

# FOODS: FOOD PREPARATION

**PLEASE NOTE: Any changes/updates from the previous year will be *BOLDED* and *ITALICIZED*! Pay special attention to any projects with *BOLD, ITALICIZED WORDS* because they have changed from last year.**

Completion, exhibition participation, and State Fair information for Food Preparation			
Division/Level	Grades (suggested)	Completion Activities Needed*	Maximum State Fair Entries
Level 1	Grades 3-5	Record Sheet	No State Fair Entries
Level 2	Grades 6-8	Record Sheet	No State Fair Entries
Level 3	Grades 9-12	Record Sheet	No State Fair Entries

## GUIDELINES

1. Refer to the Hendricks County 4-H Policies, Entry & Exhibit Guidelines for poster and general display guidelines.
2. Food Preparation is a product that cannot be in any other foods category, and must be perishable.
3. You need to bring the entire dish you have prepared; it cannot be just a portion of the recipe.
4. You will need to bring a place setting display such as placemat, plate, fork, spoon, knife, water glass, etc. and you will need to serve the Judge your product.
5. All products should be made from scratch not a box mix.
6. You are judged on product and presentation.
7. Since it is illegal in the State of Indiana for youth under the age of 21 to purchase or consume alcoholic beverages, 4-H members are to use recipes that do not include an alcoholic beverage as an ingredient. A suitable non-alcoholic or imitation product may be substituted.
8. It is required that you include the recipe and a day's menu with your exhibit.

## EXHIBIT CLASSES

### **Level 1: Grades 3-5 (suggested)**

You may select one (1) of the following categories in which to enter: (Select a different exhibit each year-not necessarily a different category.)

- |   |                   |
|---|-------------------|
| 1. Appetizer  | 4. Salad          |
| 2. Snack  | 5. Vegetable Dish |
| 3. Reception (table decorations and setting included) | 6. Main Course    |
|   | 7. Dessert        |

Bring your exhibit, recipe, and a day's menu including your product.

### **Level 2: Grade 6-8 (suggested)**

You may select one (1) of the following categories in which to enter: (Select a different exhibit each year-not necessarily a different category.)

- |   |                   |
|---|-------------------|
| 1. Appetizer  | 4. Salad          |
| 2. Snack  | 5. Vegetable Dish |
| 3. Reception (table decorations and setting included) | 6. Main Course    |
|   | 7. Dessert        |

Bring your exhibit, recipe, and a day's menu including your product.

### Level 3: Grade 9-12 (suggested)

You may select one (1) of the following categories in which to enter: (Select a different exhibit each year-not necessarily a different category.)

- |  |                   |
|--|-------------------|
| 1. Appetizer   | 4. Salad          |
| 2. Snack   | 5. Vegetable Dish |
| 3. Reception (table decoration and setting included) | 6. Main Course    |
|  | 7. Dessert        |

Bring your exhibit, recipe, budget with cost comparison/analysis, and a day's menu including your product.

Additionally, youth in this category must do a cost comparison/analysis from at least two stores of the meals they plan keeping the given budget in mind. Cost analysis/comparison can be done through virtual shopping, creating an online list, etc. Physical receipts are not necessary. Cost comparison/analysis would include all items needed in the recipe(s).

#### Additional Food Preparation Guidelines:

For Food Competitions: Raw milk, raw milk products or uncooked eggs/egg whites are not permitted. Eggs/egg whites that have been cooked to 160oF (i.e. pasteurized or included as part of a batter and baked) are acceptable.

Foods should be transported to the competition in a way that minimizes contamination and maintains the quality of the food (i.e. foods that are judged as frozen should remain frozen at all times).

Recipes must be provided that identifies all ingredients that were used in each part of the product. Any ingredient that could be a potential allergen must be clearly identified. Each food product must be labeled with the following information:

- Name
- Date the food product was made

Contestants should carefully wash their hands and make sure that their hands do not have any open cuts before preparing foods. If cuts are present, the wound should be bandaged and a single use food service glove worn on the hand during all stages of food production. Contestants should not be preparing food exhibits for competition within 48 hours of recovering from any illness. People experiencing symptoms of vomiting, diarrhea, fever, and/or jaundice should not be allowed to prepare food.

Judges and individuals who will consume products from county and/or state competitions should be informed that they are at risk for foodborne illness since the established policy cannot guarantee that an entry has been properly prepared or handled before, during or following the competition. The food products for competitions are home produced and processed and the production area is not inspected by the Indiana State Department of Health. Tasting of a food product is solely at the discretion of the judge and consumers. Judges are NOT to taste any home preserved foods such as low-acid or acidified foods like green beans, tomatoes, or tomato products, jams/jellies/fruit preserves or fermented products produced in the home.