

# 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.**

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

## **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 thru 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 thru 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 thru 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.

# ENTRY & EXHIBIT GUIDELINES FOR THE HENDRICKS COUNTY 4-H FAIR

All exhibits and entries must be made during the period indicated on the fair schedule.

1. All exhibits must be picked up during the allotted time period or ribbons and awards will be forfeited.
2. All project selections must be made on 4-HOnline. Exhibits that will be presented/displayed at the Hendricks County 4-H Fair must be entered into FairEntry online by designated date.
3. **Judges evaluating exhibits should recognize individual differences and creativity, therefore using information in this handbook as a guide rather than a requirement.**
4. All non-livestock exhibits must include an exhibit label in the lower right hand corner of their exhibit available from FairEntry. Livestock exhibits will receive stall/cage cards when the project is brought to the fairgrounds.
5. In case of an unavoidable circumstance, such as death of animal or drought, which prevents members from exhibiting, insert an explanation in your record book, signed by your parent or guardian and 4-H Leader, and turn book in at the Extension Office to be considered as completing the project.
6. White cards ("My Record of Achievement") must be turned in to exhibit in 4-H. Completion cards must be presented at check-in.
7. **Members are eligible to exhibit their project via Interactive Demonstration during the County Fair, but will not qualify for State Fair. Additionally, Interactive Demonstrations will be a non-judged exhibit option where members may showcase what they have learned in the project to the general public. All projects have the option for Interactive Demonstration exhibit at the county level.**
8. A 4-H member can exhibit in only one division of each project.
9. All exhibitors will receive ribbons. Exhibits in the livestock classes will receive ribbons designated first to tenth places with all exhibits below tenth receiving achievement ribbons. All other projects will be graded as to quality with the highest quality to receive blue ribbons; average quality, red ribbons; below average, white ribbons. Any exhibit not meeting the **guidelines** of the project will be judged on its merit then lowered one placing ribbon. Exhibit entered late, improperly, or not judged will receive a green merit ribbon. Exhibits with exceptional merit will be awarded honor group ribbons as determined by the judge.
10. **Posters are to be 22"x28" and displayed horizontally and placed in a clear plastic sleeve or covered with clear plastic to protect its contents. Display boards should be designed to sit on a table using no more than 36" of tabletop space. Space should be left in the lower right hand corner to place an exhibit tag provided by Purdue Extension Staff.**

The dimensions for the poster are 22 inches tall and 28 inches wide.

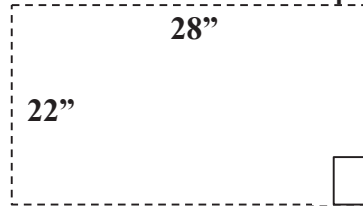


Exhibit tag comes from information entered on FairEntry prior to the 4-H Fair. The exhibit tag needs to go on the outside of the plastic sleeve in the bottom right hand corner.

11. State Fair Livestock 4-H entries are to be entered on the State Fair website by the 4-H member by June 1. The Extension Office will make all other non-livestock project entries through FairEntry.
12. Use of skateboards, skates, roller blades, and bicycles are prohibited on the grounds unless in conjunction with a fair event.
13. Dogs and other domestic animals are prohibited on the grounds unless in conjunction with a 4-H Fair event or dogs being used as service animals for impaired individuals.
14. All judges' decisions will be final.
15. **All** posters, notebooks, and display boards **MUST** include a reference list indicating where information was obtained, giving credit to the original author, to complete the 4-H member's exhibit. This reference list should/might include web site links, people and professionals interviewed, books, magazines, etc. It is recommended this reference list be attached to the back of a poster or display board, be the last page of a notebook, or included as part of the display visible to the public. A judge is not to discredit an exhibit for the way references are listed. Reference Sheets are available at the Extension Office for use.
16. For personal safety concerns, notebooks/posters/displays exhibited should only contain name, county, grade, level, and club if needed. Do not list personally identifiable information (i.e. phone, address, etc.).