



## **Project Title: COUNTY: Foods: Consumer Dairy**

### **Description:**

Exhibit product in disposable containers (preferably clear). Divisions 1-5 must include the recipe and instructions on one or more recipe cards found on the extension website, plus a menu for one meal (breakfast, lunch or dinner) on an 8½" x 11" paper, stiffened with card board. Recipe Cards and Menus should be listed separately and written clearly or typed. No prices should be included on the menu (not a restaurant style menu). Don't forget your fruits and vegetables. The menu sheet and board are NOT to exceed the 8½" X 11" size of paper. The menu must include the exhibited food product. Recipe and menu should be in a sheet protector (to stay clean).

This project has open judging.

### **State Fair Entries:**

NONE

### **Exhibit Class Guidelines:**

#### **DIVISION 1 (Grade 3)**

Exhibit a prepared appetizer or snack. The recipe must include 1 or more dairy products that is a major ingredient. Examples include: dips, spreads, cheese balls, etc., which could be served with raw vegetables, fruits, crackers, and chips. The goal is an attractive, nutritious, and tasty treat.

#### **DIVISION 2 (Grade 4)**

- Exhibit an individual serving of a cooked pudding made with milk. NO BOX MIXES.

#### **DIVISION 3 (Grade 5)**

- Exhibit a one layer, simple butter cake, either round or square not frosted.

#### **DIVISION 4 (Grade 6)**

- Exhibit a simple coffee cake which does not use yeast.

#### **DIVISION 5 (Grade 7)**

- Exhibit a pizza no larger than 12" in diameter. Real cheese must be used. Convenience products may be used. EXAMPLE: Crust mix, canned sauce. Vegetables must be sliced.

#### **DIVISION 6-10 (Grades 8-12)**

- Exhibit a baked, nonperishable product which uses at least two dairy products.

For baked product competitions: Filling, frosting, glazing, pie filling, and meringue, (whether uncooked or cooked are not permitted to contain whipped cream, unpasteurized milk or uncooked eggs/egg whites (these require refrigeration. Cream cheese in a baked product only. No home-canned fruits, vegetables, or meats are permitted in products. Recipes must be provided that show which ingredients were used in each part of the product. Contestants should carefully wash their hands and make sure that their hands do not have any open cuts before preparing foods.

Whenever possible, baked products should be transported and stored in chilled coolers (41 F).

If a casserole, exhibit 4 servings maximum. Larger recipes may be cut in half. Include recipe card and menu of one day's meals and snacks on an 8½" x 11" paper stiffened with cardboard. Menu sheet and board are NOT to exceed the 8½" X 11" size of paper. The menu must include the exhibited food product.

Exhibits should be different from the Foods Project exhibit and the previous Dairy Foods Exhibit. (OR)

### **DIVISIONS 4-10 (Grades 6 – 12)**

- Exhibit may include either an educational poster 22" x 28" horizontal or an educational display (3' x 3' table space). Choose one of the following categories:
  - Meal planning for Weight Control - Using the USDA's MyPlate.gov, develop a daily meal plan (3 meals and 1 to 2 snacks) for each of the following: to maintain weight, to lose weight and to gain weight. List the calorie count of each food, each meal, and the total for each daily food plan. Explain why each food was chosen.
  - Make a NUTRITION GAME for children. It should be based on the USDA's MyPlate.gov. Play the game with children. Your exhibit should include the game, children's comments about the game, the age of the children you made the game for, and who played the game.
  - Show a COMPARISON of 4 nutritious dairy snacks versus 4 high calorie empty snacks. Compare the nutritional value, cost, and calories of each snack. Incorporate one of the good snacks into a day's meal plan, illustrating the contribution snacks can make to the overall food plan.
  - Select 8-10 foods and COMPARE THE CALCIUM AND PROTEIN CONTENT of each food. At least 5 of the food choices must be dairy products. Using the 3 highest sources of protein from your list, plan a day's menus (3 meals and 1-2 snacks). The highest sources of protein and calcium may be in the same 3 foods.
  - Develop and prepare an ORIGINAL RECIPE using at least 2 dairy products. The finished product should be shown in one or more of the following ways: actual product, and/or color photograph. Take a series of photographs to show the different steps in preparing your recipe.
  - Plan a balanced one-day menu plan (3 meals plus 1-2 snacks), including 3-4 dairy products. Identify the major nutrients in each food listed. Display at least 3 recipes - a dairy product should be a major ingredient in one of these recipes. Using the above menu plan, make a poster which includes menus for one breakfast, one lunch, one dinner, and 1-2 snacks. Serving sizes must be labeled for each menu item.