

## FOODS, BAKED

**STATE FAIR ENTRY:** Yes

**EXHIBIT BY:** All \* items must come to project judging.

Division	Grade	Project Book	Record Sheet
Book A	3 - 4	4-H-1032*	4-H-1032*
Book B	5 - 6	4-H-1033*	4-H-1033*
Book C	7 - 9	4-H-1034*	4-H-1034*
Book D	10 - 12	4-H-1035*	4-H-1035*

NOTE: Each year the 4-H'er is required to complete 3 new activities in the specified manual.



**JUDGING TIME:** Friday, July 16 at 9:00 a.m. Check in your project on Friday, July 16 between 7:30 a.m. and 8:45 a.m.

**PROJECT DESCRIPTION:**

4-H member will learn basic food preparation and display techniques.

**EXHIBIT:**

**General Instructions:**

- All foods except pies must be exhibited on paper, sturdy cardboard or a foam paper plate and be covered. Pies must be exhibited in disposable aluminum foil pans and be covered. For cakes – cut a piece of cardboard about ½ inch larger than the bottom of the cake. Cover this cardboard with wax paper, plastic wrap or foil before putting the cake on it. Any product that may be sticky on the bottom, such as some fancy breads, should be put on round, square, rectangle cardboard. Cover this cardboard with wax paper, plastic wrap, or foil before putting the food product on it.
- Label will be available at project check-in.
- Whole products will be exhibited for judging. Only a slice of the exhibit or one cookie will remain for show. The rest of the product may be taken home after judging.
- Recipes are required and must be placed on cards no larger than 5½" x 8½" and must be covered with plastic.** Be sure to include the recipe source and all the information requested in the exhibit description, as well as your name, county and grade level / exhibit option and date product was made. Recipe cards will not be returned. **Note: Any ingredient that could be a potential allergen must be clearly identified.**
- 5½" x 8½" recipe cards can be picked up at the Extension Office.
- 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.
- Project manual is to be exhibited.
- For food competitions:** Fillings, frostings, glazes, and meringues are not permitted to contain cream cheese, sour cream, heavy cream, or whipped cream if they are not fully cooked/baked. These items are allowed as ingredients in food products IF the final product is cooked/baked. Additionally, raw milk, raw milk products or uncooked eggs/egg whites are not permitted. Eggs/egg whites that have been cooked to 160°F (i.e. pasteurized or included as part of a batter and baked) are acceptable. No home-canned fruits, vegetables, or meats are permitted as ingredients in food products. Fresh-cut, uncooked, fruits and/or vegetables are not permitted to be used in food products or used as garnishes for the product. 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 on the recipe card. Plus, the recipe card must include the 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.

- Grade 3:** Three snack-sized (approximately 2" – 3" individual size) baked cookies: drop, molded or bar. No glaze or frosting. Display on a dessert size paper or foam plate.
- Grade 4:** Three standard size muffins that contain an ingredient that is a source of Vitamin A or Vitamin C (no muffin liners).
- Grade 5:** A square, oblong or round layer reduced-fat cake, without frosting. Reduce the amount of fat in the recipe by using a fruit puree or baby food fruit product that does not contain yogurt. Do NOT use cake mix. Do NOT use oval or bread pans for cakes.
- Grade 6:** Three no-yeast, any shape pretzels with a whole grain flour mixture (shaped, stick, or nugget) OR three no-yeast sweet or savory rolled biscuits with a whole grain flour. (**No drop biscuits**)
- Level C (grades 7, 8 or 9):** Choose one baked product from the following list. It is suggested to choose a different option each year.
- ✓ Three yeast bread sticks or yeast rolls (any shape, medium size - not a sweet roll), using a whole grain flour mixture such as whole wheat, rye, oat bran, etc. Hand knead. Do NOT use bread machines.
  - ✓ A yeast bread (can be loaf, braid, but not rolls) using a whole grain flour mixture such as whole wheat, rye, oat bran, etc. Hand knead. Do NOT use bread machines. NOTE: NO tea ring.
  - ✓ One package of a non-perishable, invented healthy snack (such as a granola bar, popcorn snack, trail mix, etc.). Your snack must include at least 2 food groups from My Plate. Exhibit must include your snack product and a separate folder containing a marketing plan with product name, recipe, how it will be packaged, a package design, where it will be sold and suggested selling price. Style your snack for a photo shoot and include the picture in your marketing plan. Label should include product name, date, quantity, and serving size. (Suggest your label also include nutrition information.) Only a sample of product will be left for display at the fair. A complete sales display is not required for this project.
- Level D (grades 10, 11 or 12):** Choose one baked product from the following list. It is suggested to choose a different option each year.
- ✓ A single or double crust baked fruit pie (**crust is to be homemade** and not a graham cracker crust) in a disposable pie pan. (NOTE: Custard, cream, cream cheese frostings and fillings, and raw egg white frosting are not acceptable in an exhibit because they are highly perishable when left at room temperature.)
  - ✓ A non-perishable **baked food product** for a catered meal or special event in which organizers have requested low fat and / or reduced sugar items. Exhibit will include your food product and a **notebook** outlining how this product is to be used at the event, menu, supplies to buy, preparation schedule, equipment, table layout, etc. A table display is optional and should be no larger than 16" deep x 22" wide x 28" high. Include index card with recipe.
  - ✓ Select a condition in which people have to specifically modify their eating habits (diabetes, heart disease, Celiac disease, food allergies, etc.) Prepare a non-perishable food product appropriate for someone with this condition. Exhibit will include your **food product** and a **notebook** summarizing the condition or allergy, nutrition considerations involved with the condition, a description of your baked item, and an explanation of how it fits within the nutrition considerations. Make sure to note any ingredients that could cause an allergic reaction. Include index card with recipe.