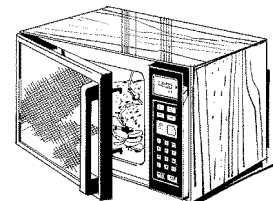


FOODS (MICROWAVE)

STATE FAIR ENTRY: No

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

Division	Project Book	Record Sheet
Level A (grades 3 - 4)	BU-08087*	BU-08087* & 4-H 8087-a or bW*
Level B (grades 5 - 6)	BU-08088*	BU-08088* & 4-H 8088-a or bW*
Level C (grades 7 - 9)	BU-08089*	BU-08089* & 4-H 8089-a,b or cW*
Level D (grades 10 - 12)	BU-08090*	BU-08090* & 4-H 8090-a,b or cW*
NOTE: Each year the 4-Her is required to complete 3 new activities from 3 different BITES 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:

Members will learn basic food preparation techniques for using the microwave. In the advanced divisions, members will learn how to convert recipes and prepare dishes for the entire meal.

EXHIBIT:

General Instructions:

1. How to prepare products for display.
 - Most food products should be displayed on a paper or foam plate.
 - 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 fruit crisps or pies, may be left in the container in which they were microwaved. **Containers should be labeled so they may be returned to you following judging.**
 - All canned products must have the ring on the jar top to protect the seal.
2. 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 will go home after judging.
3. **Recipes are required and must be placed on 5½" x 8½" cards 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 / exhibit option and **date the food produce was made.** **Note: Any ingredient that could be a potential allergen must be clearly identified**
4. 5½" x 8½" recipe cards can be picked up at the Extension Office.
5. All food exhibits must be made from scratch.
6. Exhibit will consist of a recipe file (no smaller than 3" x 5" cards). Recipe file should have 10 dividers each titled with the division number or description (advanced years). Each year add 5 recipes for the division completing, including the recipe of the product exhibited. In front of the first section include one card describing each of the following items for your microwave:
 1. Brand name, wattage, outside dimensions, oven cavity dimensions.
 2. Special features I like on my microwave and how I will use them.
 3. Features that I do not like on my microwave and why.
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. **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:** Microwave snack mix (in a package).
Grade 4: Six squares or bars of microwave fudge.
Grade 5: Six bars of microwave cookies or brownies.
Grade 6: One microwave upside down cake.
Grade 7: One microwave fruit crisp.
Grade 8: One microwave coffee cake.
Grade 9: One package of a microwave candy product.
Grade 10: One microwave double layer or bundt cake. (Note: Custards, cream, and cream cheese fillings or frostings are not acceptable in an exhibit because they are highly perishable when left at room temperatures.)
Grade 11: One microwave fruit and / or nut pie. (Note: Custards, cream, and cream cheese fillings are not acceptable in an exhibit because they are highly perishable when left at room temperatures.)
Grade 12: A jar of microwave jam or jelly. Label with name of product, quantity, and date made. Note: On recipe card include how you processed in the water bath canner.

NOTE: For Food Safety reasons, the Judge will NOT be tasting the Food Preservation items.