

---

## DIVISION: FOODS & NUTRITION

---

**Check-in—Tuesday, August 2, 2022** Please arrive 15 minutes prior to your judging time. Judging time information will be shared at a later date.

**Judging—Tuesday, August 2, 2022, 3:00 – 7:00 p.m.** – Ogle County Fairgrounds / Exhibit Building

**Check-out--Sunday, August 7, 2022, 3:30-6:00 p.m.** – Ogle County Fairgrounds / Exhibit Building

### COMMITTEE MEMBERS

Vickie Smith, Forreston, Superintendent, 815-541-6924

Anna Henson, Asst. Supt., Dixon

Amanda Harbaugh, Chana

### FOODS DIVISION RULES

1. All foods exhibits are to be checked into the 4-H Exhibit Area between 3:00 and 7:00 p.m. on Tuesday, August 2, 2022. Food exhibits will be judged starting at 3:00 p.m. Exhibitors are encouraged to be present for conference judging
2. Unless otherwise stated, all foods should be exhibited on a **7 inch or smaller sized disposable plate, except bread, which needs NO plate (1/2 loaf only)** and must be covered in a clear zip-sealing appropriate size plastic bag. **No plastic wrap or glass plates**, please.
3. Exhibits which are incomplete or do not adhere to the class descriptions will not be eligible for high honor awards.
4. If food products become decomposed or moldy, they will be disposed of.
5. Members whose projects receive a State Fair Delegate or Alternate Ribbon **MUST** attend State Fair Orientation on Thursday, August 4, 2022 at 6:00 p.m. in the Exhibit Building. Families who absolutely cannot attend State Fair orientation should discuss their intentions with the Ogle County Extension Office by Noon on Thursday, August 4, 2022 prior to the orientation session. Please call 815-732-2191 with your intentions. If we do not hear from you before orientation, it will be assumed you do not wish to go to State Fair and we will offer your spot to the alternate. Once an alternate has been given a spot, it cannot be taken back. Ogle Day at the State Fair is Sunday, August 14, 2022.
6. Use *Fair Entry Online* at <http://ogle4-hfair.fairentry.com> to register your entries.
7. **4-H FOODS EXHIBITS MAY NOT DOUBLE AS JR. OPEN SHOW FOODS EXHIBITS. SEPARATE PRODUCTS MUST BE MADE FOR ENTRY IN BOTH SHOWS.**
8. **NEW:** 4-H'ers wishing to do Food/Cake Decorating should enter through the Visual Arts Division and will be judged on Saturday, July 23 at the Ogle County Farm Bureau.
9. Food exhibits must be checked out at 3:30 p.m. on August 7, 2022.
10. People who dismantle or remove 4-H exhibits before 3:30 p.m., Sunday, August 7, 2022 or before they are officially released by departmental superintendents will forfeit premiums. This rule will be enforced.
11. 4-H'ers are limited to receive one premium per class exhibited in premium eligible projects.

State Fair Entries – 7 entries total from any of the following classes: 4-H Cooking 101, 4-H Cooking 201, 4-H Cooking 301, 4-H Cooking 401, Food Science, Sports Nutrition, Food Preservation, Foods Innovation and 1 from Foods Ready4Life. All Food classes are premium eligible.

#### **50200a 4-H COOKING 101, CEREAL BARS** (Publication: *4-H Cooking 101*)

- Prepare an exhibit of three cereal marshmallow bars using the recipe included in the project manual. No icing should be used.
- If you make changes to the recipe, bring a copy of the recipe with your changes. 4-H recipe can be found on page 34 in the *4-H Cooking 101* project manual.
- *In addition to your food exhibit*, complete the *What's on Your Plate? Activity* on pages 10-11 in the *4-H Cooking 101* project manual. Bring a document with printed pictures of your 3 or more plates and the answers to questions 1-7 to remain on display with your project. The words on the plates must be legible and clearly visible in the picture. Pictures, graphics or photos are acceptable.

#### **50200b 4-H COOKING 101, COFFEE CAKE** (Publication: *4-H Cooking 101*)

- Prepare an exhibit of 1/4 of 8" square or round coffeecake using recipe included in the project manual. No icing should be used.
- If you make changes to the recipe, bring a copy of the recipe with your changes. The 4-H recipe can be found on page 59 in the *4-H Cooking 101* project manual.
- *In addition to your food exhibit*, complete the *What's on Your Plate? Activity* on pages 10-11 in the *4-H Cooking 101* project manual. Bring a document with printed pictures of your 3 or more plates and the answers to questions 1-7 to remain on display with your project. The words on the plates must be legible and clearly visible in the picture. Pictures, graphics, or photos are acceptable.

- 50200c 4-H COOKING 101, COOKIES** (Publication: *4-H Cooking 101*)
- Prepare an exhibit of three cookies using the recipe included in the project manual. No icing should be used.
  - If you make changes to the recipe, bring a copy of the recipe with your changes. The 4-H recipe can be found on page 68-71 in the *4-H Cooking 101* project manual.
  - *In addition to your food exhibit*, complete the *What's on Your Plate? Activity* on pages 10-11 in the *4-H Cooking 101* project manual. Bring a document with printed pictures of your 3 or more plates and the answers to questions 1-7 to remain on display with your project. The words on the plates must be legible and clearly visible in the picture. Pictures, graphics, or photos are acceptable.
- 50201a 4-H COOKING 201, MUFFINS** (Publication: *4-H Cooking 201*)
- Prepare an exhibit of three cheese muffins using the recipe included in the project manual.
  - If you make changes to the recipe, bring a copy of the recipe with your changes. The 4-H recipe can be found on page 49 of the *4-H Cooking 201* project manual.
  - *In addition to your food exhibit*, complete *Experiment with Meal Planning Activity* on page 91 in the *4-H Cooking 201* project manual. Bring either page 91 with your completed answers or a document with the answers to remain on display with your project along with a picture of the meal you prepared. You do **not** need to complete the Challenge Yourself section on page 91.
- 50201b 4-H COOKING 201, SCONES** (Publication: *4-H Cooking 201*)
- Prepare an exhibit of three scones using the recipe included in the project manual.
  - If you make changes to the recipe, bring a copy of the recipe with your changes. The 4-H recipe can be found on page 51 of the *4-H Cooking 201* project manual.
  - *In addition to your food exhibit*, complete *Experiment with Meal Planning Activity* on page 91 in the *4-H Cooking 201* project manual. Bring either page 91 with your completed answers or a document with the answers to remain on display with your project along with a picture of the meal you prepared. You do **not** need to complete the Challenge Yourself section on page 91.
- 50201c 4-H COOKING 201, NUT BREAD** (Publication: *4-H Cooking 201*)
- Prepare an exhibit of 1/2 loaf (9" x 5") of basic nut bread using the recipe included in the project manual.
  - If you make changes to the recipe, bring a copy of the recipe with your changes. The 4-H recipe can be found on page 48 of the *4-H Cooking 201* project manual.
  - *In addition to your food exhibit*, complete *Experiment with Meal Planning Activity* on page 91 in the *4-H Cooking 201* project manual. Bring either page 91 with your completed answers or a document with the answers to remain on display with your project along with a picture of the meal you prepared. You do **not** need to complete the Challenge Yourself section on page 91.
- 50202a 4-H COOKING 301, DINNER ROLLS** (Publication: *4-H Cooking 301*)
- Prepare an exhibit of three dinner rolls using the recipe in the project manual. The dough may be prepared in a bread making machine, however prepared mixes are not permitted.
  - If you make changes to the recipe, bring a copy of the recipe with your changes. The 4-H recipe can be found on page 40 and 51 in the *4-H Cooking 301* project manual.
  - *In addition to your food exhibit*, complete one of the six experiments: *Experiment with Flour* p. 33-34, *Experiment with Kneading* p. 35-36, *Experiment with Yeast* p. 37-38 or 39, *Experiment with Butter* p. 62-63 or *Experiment with Cheese* p. 104-105. Bring a document with a printed picture of your experiment and the answers to the experiment questions to remain on display with your project.
- 50202b 4-H COOKING 301, YEAST BREAD** (Publication: *4-H Cooking 301*)
- Prepare an exhibit of a 1/2 loaf of yeast bread using the recipe in the project manual. The bread dough may be prepared in a bread making machine, however prepared mixes are not permitted.
  - If you make changes to the recipe, bring a copy of the recipe with your changes. The 4-H recipe can be found on page 41 – 46 and 52 in the *4-H Cooking 301* project manual.
  - *In addition to your food exhibit*, complete one of the six experiments: *Experiment with Flour* p. 33-34, *Experiment with Kneading* p. 35-36, *Experiment with Yeast* p. 37-38 or 39, *Experiment with Butter* p. 62-63 or *Experiment with Cheese* p. 104-105. Bring a document with a printed picture of your experiment and the answers to the experiment questions to remain on display with your project.

**50202c 4-H COOKING 301, TEA RING** (Publication: *4-H Cooking 301*)

- Prepare an exhibit of 1 tea ring using the recipe in the project manual. The dough may be prepared in a bread making machine, however prepared mixes are not permitted.
- If icing is used, the recipe for the icing must also come from the project manual.
- If you make changes to the recipe, bring a copy of the recipe with your changes. The 4-H recipe can be found on page 45 in the *4-H Cooking 301* project manual.
- *In addition to your food exhibit*, complete one of the six experiments: *Experiment with Flour* p. 33-34, *Experiment with Kneading* p. 35-36, *Experiment with Yeast* p. 37-38 or 39, *Experiment with Butter* p. 62-63 or *Experiment with Cheese* p. 104-105. Bring a document with a printed picture of your experiment and the answers to the experiment questions to remain on display with your project.
- Can be displayed on appropriate size paper plate if needed and bag for product.

**50202d 4-H COOKING 301, SWEET ROLLS** (Publication: *4-H Cooking 301*)

- Prepare an exhibit of three sweet rolls using the recipe in the project manual. The dough may be prepared in a bread making machine, however prepared mixes are not permitted.
- If icing is used, the recipe for the icing must also come from the project manual.
- If you make changes to the recipe, bring a copy of the recipe with your changes. The 4-H recipe can be found on page 42, 43, and 44 in the *4-H Cooking 301* project manual.
- *In addition to your food exhibit*, complete one of the six experiments: *Experiment with Flour* p. 33-34, *Experiment with Kneading* p. 35-36, *Experiment with Yeast* p. 37-38 or 39, *Experiment with Butter* p. 62-63 or *Experiment with Cheese* p. 104-105. Bring a document with a printed picture of your experiment and the answers to the experiment questions to remain on display with your project.

**50202e 4-H COOKING 301, CAKE** (Publication: *4-H Cooking 301*)

- Prepare an exhibit of 1/4 layer of a Rich White Cake or Rich Chocolate Cake, top side up (without frosting), using the recipe in the project manual.
- If you make changes to the recipe, bring a copy of the recipe with your changes. The 4-H recipe can be found on page 115-120 in the *4-H Cooking 301* project manual.
- *In addition to your food exhibit*, complete one of the six experiments: *Experiment with Flour* p. 33-34, *Experiment with Kneading* p. 35-36, *Experiment with Yeast* p. 37-38 or 39, *Experiment with Butter* p. 62-63 or *Experiment with Cheese* p. 104-105. Bring a document with a printed picture of your experiment and the answers to the experiment questions to remain on display with your project.

**50203a 4-H COOKING 401, FOCACCIA BREAD** (Publication: *4-H Cooking 401*)

- Prepare an exhibit of 1/4 of a 15" X 10" loaf of focaccia bread (do not include dipping oil), using the recipe included in the project manual.
- If you make changes to the recipe, bring a copy of the recipe with your changes. The 4-H recipe can be found on page 22 of the *4-H Cooking 401* project manual.
- *In addition to your food exhibit*, pick one of the recipes from Cooking 401 that is not a choice for exhibit. Make the recipe and take a picture of the results. Bring a document with a printed picture of the food you made from the recipe and the answers to the following two questions: 1.) If you made this recipe again, what would you do differently? 2.) What did you learn that can help you in other ways besides preparing food?

**50203b 4-H COOKING 401, PIE SHELL** (Publication: *4-H Cooking 401*)

- Prepare an exhibit of one baked pie shell – traditional, oil, or whole wheat (no graham cracker) using the recipe included in the project manual.
- If you make changes to the recipe, bring a copy of the recipe with your changes. The 4-H recipe can be found on page 97, 99, or 100 of the *4-H Cooking 401* project manual.
- *In addition to your food exhibit*, pick one of the recipes from Cooking 401 that is not a choice for exhibit. Make the recipe and take a picture of the results. Bring a document with a printed picture of the food you made from the recipe and the answers to the following two questions: 1.) If you made this recipe again, what would you do differently? 2.) What did you learn that can help you in other ways besides preparing food?
- **No glass pie plates!**

**50203c 4-H COOKING 401, SPONGE CAKE** (Publication: *4-H Cooking 401*)

- Prepare an exhibit of 1/4 golden sponge cake, top side up, without frosting, using the recipe included in the project manual.
- If you make changes to the recipe, bring a copy of the recipe with your changes. The 4-H recipe can be found on page 117 of the *4-H Cooking 401* project manual.
- *In addition to your food exhibit*, pick one of the recipes from Cooking 401 that is not a choice for exhibit. Make the recipe and take a picture of the results. Bring a document with a printed picture of the food you made from the recipe and the answers to the following two questions: 1.) If you made this recipe again, what would you do differently? 2.) What did you learn that can help you in other ways besides preparing food?

**50203d 4-H COOKING 401, FRENCH BREAD** (Publication: *4-H Cooking 401*)

- Prepare an exhibit of 1/2 loaf French bread using the recipe included in the project manual.
- If you make changes to the recipe, bring a copy of the recipe with your changes. The 4-H recipe can be found on page 24 of the *4-H Cooking 401* project manual.
- *In addition to your food exhibit*, pick one of the recipes from Cooking 401 that is not a choice for exhibit. Make the recipe and take a picture of the results. Bring a document with a printed picture of the food you made from the recipe and the answers to the following two questions: 1.) If you made this recipe again, what would you do differently? 2.) What did you learn that can help you in other ways besides preparing food?

**50204 FOOD SCIENCE:** (Publication: *What's On Your Plate 1, 2, 3, 4*)

Prepare a display, digital presentation, or poster on one of the food science experiments from the manual that you completed. Share 1) the food science question you investigated; 2) process used to conduct the experiment; 3) results and observations; 4) what you learned; and 5) how you have applied this information. You must furnish any equipment you need for the exhibit. Internet service is not provided. All exhibits must include something visual, such as a printed copy of a digital presentation. Electronic equipment will only be used during your judging time and will not remain on display during the exhibit period.

**50206 Sports Nutrition** (Publication: *Sports Nutrition: Ready, Set, Go*)

Prepare a display, digital presentation, or poster on one of the activity chapters in the manual that you completed. The activity chapters are listed by page number in the table of contents. Your exhibit should include, at minimum, information on one physical fitness component and one food/recipe component from the activity chapter. The exhibit should include the project manual with the pages of the activity completed. You may also include live demonstration of physical activities. Do not bring food made using the recipes, but consider adding pictures of the completed recipes to your exhibit. You must furnish any equipment you need for the exhibit. Internet service is not provided. All exhibits must include something visual, such as a printed copy of a digital presentation. Electronic equipment will only be used during your judging time and will not remain on display during the exhibit period.

Examples for Activity 1

Example A: Make a video of yourself practicing flexibility, strength and endurance physical fitness activities and making pasta salad with different vegetable, pasta and dressing ideas. Bring a screen shot and brief description of your video to leave on display.

Example B: Make a poster of pictures of flexibility, strength and endurance physical fitness activities and information on the results of making the spinach and mandarin orange salad. Include answers to the questions in the book.

**FOOD PRESERVATION**

- Prepare an exhibit using ONE of the following food preservation methods: canning; freezing; drying; pickles/relishes; jams, jellies, and preserves; **OR** a combination of these (see Preservation Combination option below), excluding freezing. **No freezer jam exhibits will be allowed for Freezing; Jams, Jellies, and Preserves; or for the Preservation Combination options.**
- All preserved products should be prepared and processed according to the current USDA/Extension information. USDA information on preserving food, including recipes can be found at: [www.homefoodpreservation.com](http://www.homefoodpreservation.com) or [web.extension.illinois.edu/foodpreservation](http://web.extension.illinois.edu/foodpreservation). Recipes must be processed in a water-bath or pressure canner.

- **All food preservation exhibits must be labeled with:** 1) The name of the food; 2) The date preserved; 3) Appropriate method(s) of food preservation (For canned projects: boiling water bath or pressure canner; For drying projects: Specify equipment used (food dehydrator, oven, etc.)).

**Examples:**

Strawberry jam, boiling water bath. July 13, 2020.

Green beans, pressure canner. July 13, 2020.

Beef jerky, food dehydrator and oven. July 13, 2020.

- **All food preservation exhibits must be accompanied with the recipe(s)** – typed or written, with the source of the recipe(s) listed. **Required Recipes and Sources for Food Preservation Exhibits** – all food preservation recipes must be from an approved source. Those sources are:
  - *PUT IT UP! Food Preservation for Youth* manuals
  - U.S. Department of Agriculture (USDA)
  - National Center for Home Food Preservation
  - Ball/Kerr Canning (recipes after 1985)
  - Mrs. Wages
  - DO NOT BRING RECIPES FROM: Magazine or newspaper clippings, Pinterest (unless it is from a source listed above), Grandma's or a recipe from a family member or friend without a source, or Cookbooks (excluding the Ball, Kerr and Put It Up! book).
- **Canning Equipment Requirements:** All canned products must be canned in clear, standard jars in good condition (no chips or cracks). Jars must be sealed using two-piece canning lids (flat lid and band). Must use a new, unused flat lid. Bands must not be rusty or severely worn.

**50208a CANNING** (Publications: *Can My Tomatoes, Can My Vegetables*)

The exhibit should include two different canned foods in appropriate jars for the products. Food may be fruit, vegetable, or tomato product (i.e., salsa, juice, etc.).

**50208b FREEZING** (Publication: *Freeze My Fruits and Veggies*)

Prepare a nutrition display that illustrates a freezing principle. There is NOT a food exhibit option for this preservation method.

**50208c DRYING** (Publication: *Dry My Fruit*)

Exhibit two (2) different dried foods packed in plastic food storage bags. Choose from fruit, vegetable, fruit leather, or meat jerky.

**50208d PICKLES AND RELISHES** (Publication: *Make My Pickles*)

Exhibit two pint jars of different recipes of pickles and/or relishes.

**50208e JAMS, JELLIES, AND PRESERVES** (Publication: *Make My Strawberry Jam*)

Exhibit half-pint jars of two different jams, jellies, and/or preserves.

**50208f PRESERVATION COMBINATION** (Publications: *Can My Tomatoes, Make My Strawberry Jam, Make My Pickles, Dry My Fruit, Can My Vegetables*)

Exhibit two different preserved food products, excluding freezing, in appropriate jars/packaging (drying). For example, exhibit 1 jar of tomatoes (Canning) and 1 half-pint of jelly (Jams, Jellies, and Preserves).

**50210 FOOD NUTRITION Ready4Life CHALLENGE: (Open to 11-18 year-olds enrolled in any Food Nutrition project.)** See rules at the end of the General Projects section of the fair book.

**50211 Foods Innovation Class: Open to youth enrolled in any Foods project.**

Demonstrate the skills and knowledge you have gained through the project. The exhibit may include, but isn't limited to, original recipes, results of experiments not in the foods project books, variations on recipes or experimenting with unique cooking or baking methods. Your work can be displayed by a food product, demonstrations, digital presentations, performances, or posters which you have made. Choose whatever method best shows what you've learned. Your exhibit should not fit in the other exhibit options for this project. You must furnish any equipment you need for your exhibit. Internet service will not be provided for the exhibit. All exhibits must include something visual, such as a printed copy of a digital presentation, which will remain on display during the exhibition. Electronic equipment will only be used during your personal judging time and will not remain on display during the entire exhibit period. If you bring a food product, the food will NOT be tasted.

## **FOOD AWARDS**

Champion 4-H Cooking 101, Marshmallow Bars  
Champion 4-H Cooking 101, Cookies  
Champion 4-H Cooking 101, Coffeecake  
Champion 4-H Cooking 201, Cheese Muffins  
Champion 4-H Cooking 201, Nut Bread  
Champion 4-H Cooking 201, Scones  
Champion 4-H Cooking 301, Dinner Rolls  
Champion 4-H Cooking 301, Yeast Bread  
Champion 4-H Cooking 301, Tea Ring  
Champion 4-H Cooking 301, Sweet Rolls  
Champion 4-H Cooking 301, Cake  
Champion 4-H Cooking 401, Focaccia Bread  
Champion 4-H Cooking 401, Pie Shell  
Champion 4-H Cooking 401, Golden Sponge Cake  
Champion 4-H Cooking 401, French Bread  
Grand Champion Food Preservation  
Grand Champion Food Science  
Grand Champion Sports Nutrition  
Champion Foods Nutrition Ready4Life Challenge

