

**ATCP 160.71 – FOODS AND NUTRITION –
DEPARTMENT 25
Judging: Monday, June 22, 6:30 p.m.
Government Services Building**

F-T-F

Foods Rules and Instructions

1. Mini-Revue: Each Foods project member who exhibits at the Foods Revue is invited to make a public exhibit at the Mini-Revue at the Green County Fair; Mini-revues are held in the Youth-In-Action Building at the Green County Fair.
2. All Educational Exhibits will also be placed on display in Exhibition Hall during the Green County Fair. The Educational Exhibits will be collected at Foods Revue. They can be picked up at the House Plants and Flowers exhibit at the close of the Green County Fair.
3. All Food Preservation displays will be shown at the Fair; please bring one jar/package to the Fair for display on the opening day of the Fair.
4. Fair Entry Blank: Since premium money is given for Foods Revue, please remember to include your entry when filling out your fair entry blank.
5. **PRE-REGISTRATION IS DUE JUNE 9, 2009**. Turn in forms to the Extension Office. (This is in addition to your Green County Fair entry form!)

CLASS A – FOODS REVUE

Favorite Foods Revue rules and Instructions

1. One exhibit per member (not including educational exhibit). May exhibit only under one unit.
2. All foods project members are encouraged to participate in a mini-revue for county fair.
3. Grades are as of January 1st of exhibit year.

Premiums \$ 3.00 \$ 2.75 \$ 2.50 \$ 2.25

Level A

Members Grades 3-4

1. Lunch box meal
2. Muffins (2 on plate)
3. Microwave dessert using fruit
4. Wrap or pita pocket sandwich

Educational Exhibits

5. Food Pyramid
6. Nutrition in Breakfast/Importance of Breakfast

Level B

Members Grades 5-6

10. Crockpot meal – one protein food and at least two vegetables, bring entire pot and serve portion on site
11. Vegetable Combination Dish - 3 or more different vegetables
12. Brunch Egg Dish, containing at least 3 ingredients
13. Appetizer Plate with at least 2 different appetizers (complexity of appetizers will be taken into account)

Educational Exhibits

14. Healthy Snacks
15. Shopping for a Meal on a Budget

Level C

Members Grades 7-9

20. Grilled sandwich
21. Meatloaf or meatballs with homemade pasta and simple sauce or gravy
22. Seafood entree
23. Bundt cake from scratch, bring whole cake and serve single slice when asked
24. Rachael Ray style demo – one person

Educational Exhibits

25. Pros and cons of low-carb diets and/or other weight loss strategies
26. Exercise as part of a healthy lifestyle

Level D

Members Grades 10 and up

30. Make your own pasta and create a dish using it (Emphasis on CREATE!)
 31. Cheesecake – must bring entire cheesecake and serve slice on site
 32. International themed meal (including themed clothing or cultural souvenir/photos)
 33. Rachael Ray style demo – one person
- Educational Exhibits**
34. Good Fats vs. Bad Fats
 35. Sugars & Artificial Sweeteners
 36. Careers in Food Service

CLASS B – CAKE DECORATING

Judged: Saturday, March 28, 10:00 a.m.

1. Open only to those members enrolled in Foods.
2. Must decorate cakes and cookies. (Please – **NO** Styrofoam)
3. Cakes must be frosted.
4. Bring pans, tips and piping bags used. (**DO NOT** bring colors, frosting, bowls, spatulas, books, etc.)
5. Limit of 2 entries per member.
7. Grades are as of January 1st of exhibit year.

Lot Open to Members Grades 3-4 – Foods Class I

1. Decorated cookies (plate of three)
2. Decorated cupcakes (plate of three)
3. Any other cake - do your own thing - without decorating tips

Open to Members Grades 5-6 – Foods Class II

5. Decorated cookies (plate of three)
6. Decorated mini cakes (small cakes made with molds – **NOT CUPCAKES** (plate of three)
7. Cut your own character cake, without decorating tips, can use candies, coconut, chips, nuts, etc.
8. Mini cake (not cupcake) using fondant

- Open to Members Grades 7-9 – Foods Class III
10. Decorated 2-layer cake (either two cakes the same size with frosting in between or a torted cake: one cake cut into slabs, with frosting in between)
 11. Easter or Spring design on a cake using at least 3 different tips
 12. Molded character cake with tips
 13. Cake with fondant

- Open to Members Grades 10 and up - Foods Class IV
15. Wedding or Anniversary Cake
 16. Gingerbread House, any theme. Must make your own gingerbread.
 17. Any other cake without tips. May use fondant
 18. Any other cake using advanced techniques, cake maybe any design



CLASS C – FOOD PRESERVATION
Judged: Monday, June 22, 6:30 p.m.
Government Service Building

Food Preservation Rule and Instructions

1. Fair Association is not responsible for articles lost/stolen during the fair.
2. Only foods preserved, dehydrated, frozen by the member since July 1 of preceding year.
3. Each frozen exhibit MUST be one (1) package (at least one pint). Must be clear freezer bag or container.
4. Frozen food will be judged first.
5. Canning entries must be made in standard pint or quart jars, except for jams and jellies which can be half pints or jelly jars.
6. An exhibit consists of one jar.
7. Limit of 4 entries.
8. Use standard canning instructions from the U.W.- Extension Food Preservation bulletins, available at the Extension Office.
9. No rings or sealed jars except for frozen or dehydrated products.
10. The right is reserved to open pickles/other products if method of preserving is doubtful and as a final method to judge the project.
11. Jars should be clean, not sticky.
12. Dehydrated foods are exhibited in zip closure bags and in a canning jar with ring and lid.

Labels to be used:

FOOD PRESERVATION – CANNED	
Date Preserved:	_____
Processing:	
Pressure Canner	_____
Hot Pack:	_____ Cold Pack: _____
Hot Water Bath	_____

FOOD PRESERVATION – DEHYDRATED	
Date Preserved:	_____
Time:	_____ Pre-Treated: _____

FOOD PRESERVATION – FROZEN	
Date Preserved:	_____
Blanching Time:	_____ Pre-Treated: _____

Premiums \$ 2.00 \$ 1.75 \$ 1.50 \$ 1.25

Level A – Grades 3-4

Lot

1. Freeze a Fruit
2. Freezer Jam
3. Freeze a Sandwich
4. Frozen Cookies (one dozen)
5. Dehydrated leafy Herb (i.e. Parsley)
6. Dehydrated Fruit Leather, 1 fruit
7. Poster on Packaging Material for Preserving
8. Poster Identifying Foods & Where They Grow

Level B – Grades 5-6

Lot

15. Blanched Vegetable, Frozen for Display
16. Freezer Soup from Leftovers
17. Dehydrated Bananas using dehydrator
18. Display Blanching vs. Non-Blanching of Vegetables
19. Dried Fruit Leather, two or more ingredients
20. Fresh Packed or Quick Process Pickles
21. Microwave Jam
22. Freezer Jam
23. Jam with Pectin
24. Salsa, Frozen
25. Poster – How Flavors Affect Taste buds

Level C – Grades 7-9

Lot

40. Fermented/Cured Pickles
41. Canned Salsa
42. Canned Fruit
43. Dehydrated Vegetable
44. Dehydrated Meat
45. Frozen Main Dish
46. Jelly, no pectin
47. A display of 3 different spreadable fruit preserves (may be a jam, jelly, preserve, conserve, marmalade, or chutney or butter)
48. Demonstration on correct Wrapping Methods for Freezing

Level D – Grades 10-12

Lot

50. Canned Vegetable
51. Spaghetti Sauce (no meat)
52. Canned Fruit
53. Fruit Pie Filling
54. Pickled Vegetable
55. Bread and Butter Pickle
56. Pressure Canned Tomatoes
57. Exhibit – Design-A-Package or Testing Food Package Strength
58. Poster/Exhibit – Making Career Decisions in the Foods/Nutrition Field