

**ATCP 160.71 – FOODS AND NUTRITION –
DEPARTMENT 25**

Judged: Saturday, April 9, 10:00 a.m.

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) Fair Entry Blank: Since premium money is given for Cake and Foods Revue, please remember to include your entry when filling out your fair entry blank.

CLASS A – CAKE REVUE

F-T-F

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.
6. Grades are as of January 1st of exhibit year.

Lot Open to Members Grades 3-4 – Foods Level A

1. Decorated cookies (plate of three)
2. Decorated cupcakes (plate of three)
3. Any other cake – do your own thing – without decorating tips
 - Can use candies, coconut, chips, nuts, etc.

Open to Members Grades 5-6 – Foods Level B

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

Open to Members Grades 7-9 – Foods Level C

10. 3D cake, i.e. Barbie, Winnie, lamb, rabbit, on a decorated cake board plate
11. Easter or Spring design on a cake using 3 different tips
12. Simple Gingerbread House, any theme. Must make your own gingerbread
13. Cake covered and decorated with fondant

- Open to Members Grades 10 and up - Foods Level D
20. Gingerbread House, any theme. Must make your own gingerbread.
21. Cupcake Display – judged on neatness, design and originality
22. Any other cake using advanced techniques. Cake maybe any design
23. Any other cake without tips. May use fondant



CLASS B – FOODS REVUE

F-T-F

Judging: Tuesday, June 14 6:30 p.m.

Green County Justice Center multi Purpose Rooms

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.
- 4) Foods Revue Judging will be Prefair.
- 5) **PRE-REGISTRATION IS DUE JUNE 1, 2011.** Turn in forms to the Extension Office. (This is in addition to your Green County Fair entry form!)

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

Level A

Members Grades 3-4

1. Muffins, plate of 3
2. Microwave dessert using fruit
3. Breakfast Wrap or pita pocket

Educational Exhibits

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

Level B

Members Grades 5-6

10. Crockpot meal
11. Brunch Egg Dish, microwave or bake using 3 or more different vegetables
12. Appetizer Plate with at least 2 different appetizers

Educational Exhibits

14. Healthy Snacks
15. Kitchen Safety

Level C

Members Grades 7-9

- 2. Grilled Shish-kebob, meat and/or veggie with homemade sauce
- 3. Casserole with at least 3 ingredients, one must be protein, can use one prepared/package item, i.e. cream-of-soup
- 4. Seafood entre

Educational Exhibits

- 22. Pros and cons of low-carb diet
- 23. 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
- 31. Cheesecake
- 32. International themed meal (including themed clothing or decoration/souvenir)

Educational Exhibits

- 34. Good Fats vs. Bad Fats
- 35. Sugars & Artificial Sweeteners
- 36. Careers in Food Service



CLASS C – FOOD PRESERVATION F-T-F
Judged: Friday, July 22, 1:00 p.m.
Exhibition Hall

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, and will be brought in the day of judging.
- 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

CLASS E – CONSUMER SAVVY

F-T-F

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

Judging: Friday, July 22, 1:00 p.m.
Exhibition Hall
(after Food Preservation and Baked Goods)

PREMIUMS \$ 2.00 \$ 1.75 \$ 1.50 \$ 1.25

Consumer Savvy Rules and Instructions

- 1. Exhibitors must be enrolled in the Foods or Consumer Savvy Project
- 2. One entry per lot
- 3. Not responsible for any articles that are lost or stolen at the fair

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

Lot Open to Grades 3-6 – The Consumer in Me- Level A

- 1. Poster or display of different shopping styles
- 2. Prepare a sample shopping list
- 3. Savings Plan
- 4. Spending habits log
- 5. Comparing costs of similar products
- 6. Cyber consumerism: researching shopping sites

Lot Open to Grades 7-9 – Consumer Wise – Level B

- 1. Consumer manners, customs
- 2. Role of personal values in decision-making
- 3. Planning for a major purchase
- 4. Impact of advertising on children ages
- 5. Create an ad
- 6. Comparing results of search engines

Lot Open to Grades 10 and above – Consumer Roadmap – Level C

- 1. Where products are manufactured
- 2. Comparing different economies with U.S.
- 3. Checking website information accuracy
- 4. Comparing TV, radio ads to print
- 5. Interviewing a shop owner
- 6. Product complaint letter
- 7. True costs of owning a car

CLASS D – BAKED GOODS **F-T-F**
Judging: Friday, July 22, 1:00 p.m.
Exhibition Hall

Baked Goods Rules and Instructions

- 1. All exhibits must be homemade from scratch.
- 2. Recipe should be included.
- 3. All exhibits will be displayed on a Styrofoam plate in a zip lock bag.

LEVEL A

- 1. Brownies, plate of 3
- 2. Chocolate Chip cookies, plate of 3

LEVEL B

- 3. Biscuits from scratch, plate of 3
- 4. Yellow cake from scratch

LEVEL C

- 5. Quick Bread, any variety
- 6. Bread sticks – yeast bread from scratch, plate of 4

LEVEL D

- 7. Yeast, whole grain bread or rolls
- 8. Whole grain dinner rolls, plate of 4
- 9. Angel food or sponge cake made from scratch
- 10. Fruited double crust pie

