

DIVISION 6035

4-H FOOD EXHIBITS

1. Number of Entries Permitted:

- a. A youth may submit ONE entry per class.
- b. Member may enter up to 3 classes in the Food Division.

2. General Rules:

- a. See “General Rules Applying to All 4-H Exhibitors in the Kentucky State Fair” at www.kystatefair.org. Click on “Competition,” then “Premium Book”, then 4-H Exhibits.
- b. Item must meet all requirements for the class; otherwise, the entry will be disqualified.
- c. Items entered must have been completed by the exhibitor within the current program year.
- d. The decision of the judges is final.

3. Unique Rules or Instructions:

- a. Recipes: Entries are to be made using recipes specified in the class description. All recipes can be found in the 4-H Fair Recipe Book-Food at <http://4-h.ca.uky.edu/content/food-and-nutrition>, in the 4-H Cooking 101-401 Series or contact your county Extension agent for 4-H YD.
- b. Place the baked product on a disposable plate. Place the plate inside a re-closable zip-type bag to maintain freshness and prevent damage. (Exhibit will not be disqualified if the plate is not inside the bag.)
- c. Use of plastic film or aluminum foil to wrap product is discouraged but will not cause the product to be disqualified.
- d. To prevent damage, wrapped cakes should be transported in a sturdy container such as a cardboard box. Containers, pie pans, etc. will NOT be returned to the exhibitor

4. Additional Documentation Required: none

5. Class Descriptions: 4-H food entries will be divided into the following levels and classes:

All recipes are located in the 4-H Fair Recipe Book--Food at <http://4-h.ca.uky.edu/content/food-and-nutrition> and also in the publication identified in the class description.

Muffins

- 841 Three Oatmeal Muffins: Use recipe in 4-H Cooking 101, p. 54.
842 Three Cheese Muffins: Use recipe in 4-H Cooking 201, p. 49.

Biscuits

- 843 Three Rolled Biscuits: Use recipe in 4-H Cooking 201, p. 50.
844 Three Scones: raisins may be substituted for dried cranberries. Use the recipe in the 4-H Fair Recipe Book Food at <http://4-h.ca.uky.edu/content/food-and-nutrition>.

Quick Breads

- 845 Three Cornmeal Muffins: Use the recipe in the 4-H Fair Recipe Book--Food at <http://4-h.ca.uky.edu/content/food-and-nutrition>.
846 Three pieces of Coffeecake with Topping: Use recipe in 4-H Cooking 101, p. 59. Nuts are optional.

Cookies

- 847 Three Chewy Granola Bars (gluten-free): Use recipe in 4-H Cooking 101, p. 35.
848 Three Brownies: Use recipe in 4-H Cooking 101, p. 67. Nuts are optional.
849 Three Snickerdoodle Cookies: Use the recipe in 4-H Cooking 201, p. 88

Cakes

- 850 Half of one 8” or 9” layer Rich Chocolate Cake (no icing): Use recipe in 4-H Cooking 301, p. 116.
851 Half of one 8” or 9” layer Carrot or Zucchini Cake (no icing): Use recipe in 4-H Cooking 301, p. 119.
May use carrots or zucchini.
852 One-fourth of a Basic Chiffon Cake: Use recipe in 4-H Cooking 401, p. 118. Do not use variations.

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Pies

853 One whole Double Crust Apple Pie: Use recipes in 4-H Cooking 401, p. 105 and 97 or in the 4-H Fair Recipe Book--Food at <http://4-h.ca.uky.edu/content/food-and-nutrition>. Leave pie in the disposable pie pan and place all in a zip-type plastic bag. May use spice variation if desired.

Yeast Breads

854 Three Cinnamon Twists (no icing): Use recipe in 4-H Cooking 301, p. 42 & 44.

855 Three Soft Pretzels: Use recipe in 4-H Cooking 301, p. 48. Use any one topping listed.

856 One loaf Oatmeal Bread: Use recipe in 4-H Cooking 401, p. 25.

Bread Made in a Bread Machine

857 One loaf Honey Whole Wheat Bread made in a bread machine: Use the recipe in the 4-H Fair Recipe Book-Food at <http://4-h.ca.uky.edu/content/food-and-nutrition>. May be a 1-pound, 1½-pound, or 2-pound loaf.

Candy

858 Three pieces Classic Chocolate Fudge (size: about one inch square): Use recipe in 4-H Cooking 401, p. 89. Nuts are optional.

Adapted Food

859 Adapted Recipe and supporting documents: Using a recipe from another 4-H Food Exhibits Class youth adapt the recipe to meet a dietary restriction. Entry will consist of: the food item, the original recipe, and an explanation of the adaption that includes

- 1) what the adaption is,
- 2) How this meets a dietary need,
- 3) the new recipe.