

## **DEPT. 125- JR. FOODS AND NUTRITION**

**Superintendent - Ann Pauli**

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**FOOD/FOOD PRESERVATION JUDGING:** Tuesday, 2:00pm - 4:30pm & 5:00pm - 6:00pm  
(Judges break from 4:30pm - 5:00pm)

**CAKE DECORATING JUDGING:** Monday, 2:00pm - 6:00pm

- All food preparations shall be made from basic ingredients (not a package mix).
- All food should be in plastic bags and in displayable condition. You may want to bring extra cookies to replace those damaged in handling. For safety, the food will not be returned to the exhibitor. Ribbons will be available at the time of judging.
- You may not enter one recipe in two different divisions. No two members of one family may enter same exhibit or items will be disqualified.
- All entries must be accompanied with recipe, printed, or handwritten on an index card (any size).
- Exhibitor must be present during judging.
- All exhibits **MUST** be prepared solely by the exhibitor.
- Be prepared to discuss with the judge the following information: nutritional value of product; details of preparation; what you learned from work in the Foods project; food safety information and what you would like to learn in the future.
- The following exhibits will remain at the Fair: Bakery items, posters, exhibits, menu, and canned foods.
- All other foods must be taken home.
- To prevent spoilage, keep cold foods cold, hot foods hot. Use coolers or insulated containers for transporting foods.
- A microwave will be available to warm up foods.
- Furnish your own plates or serving dishes as specified or as appropriate.
- All Posters should be 14" x 22".
- Champion Food Exhibit—Ribbon Only Divisions A-D.
- **SPECIAL AWARD – “HCE MERIT AWARD”** Youth Awards for outstanding workmanship – ribbon and prize money.

### **DIVISION A – Grades 3-5 Food Preparation**

**Class No. Premiums: \$1.75, \$1.50, \$1.25, \$1.00**

1. Hot or Cold Appetizer
2. Dips - taco, bean, artichoke, Reuben, etc. (include vegetable, crackers, bagels, etc.).
3. Healthy snack, single serving.
4. Salad (fruit, vegetable, gelatin, pasta) single serving.
5. Fresh Fruit Plate (3-5 different fruits) single serving.
6. Stuffed or Twice Baked potato.
7. Homemade soup, single serving.
8. Plate of 3 Muffins (no paper liners)
9. Coffeecake with streusel topping (4" x 4" corner or 1/4 wedge).
10. Homemade pretzels, plate of 3
11. Quick bread or Yeast bread (1/2 loaf).
12. Yeast rolls - 3 pieces.
13. Any other bread, not listed
14. Cake, unfrosted (4" x 4" corner piece or 1/4 wedge).
15. Plate of 3 Cupcakes.
16. Angel food cake (1/4 cake) unfrosted.

17. Plate of 3 Cookies, frosted.
18. Plate of 3 Cookies, NOT frosted.
19. Plate of 3 Dessert bars.
20. Dessert Pie, present 1 slice on a plate, any flavor.
21. Cheesecake or torte – single serving.
22. Any other dessert not listed.
23. Breakfast/brunch entrée (quiche, egg bake, casserole, strata, etc.) –single serving.
24. Sandwich or Wrap, hot or cold.
25. Healthy school bag lunch – 4 items plus beverage.
26. Homemade pizza (Traditional or cold vegetable or fruit) - single serving.
27. Vegetarian main dish – single serving.
28. Main Dish (stew, chili, lasagna, etc.) – single serving.
29. Main Dish Salad, single serving, include complete recipe.
30. Food for a Special Diet (Diabetic, Low Salt, Gluten Free, etc.).
31. International item include origin.
32. Side dish.
33. Homemade pasta.

#### **DIVISION B – Grades 6-8 Food Preparation**

**Class No.      Premiums: \$1.75, \$1.50, \$1.25, \$1.00**

1. Hot or Cold Appetizer
2. Dips - taco, bean, artichoke, Reuben, etc. (include vegetable, crackers, bagels, etc.).
3. Healthy snack, single serving.
4. Salad (fruit, vegetable, gelatin, pasta) single serving.
5. Fresh Fruit Plate (3-5 different fruits) single serving.
6. Stuffed or Twice Baked potato.
7. Homemade soup, single serving.
8. Plate of 3 Muffins (no paper liners)
9. Coffeecake with streusel topping (4" x 4" corner or 1/4 wedge).
10. Homemade pretzels, plate of 3
11. Quick bread or Yeast bread (1/2 loaf).
12. Yeast rolls - 3 pieces.
13. Any other bread, not listed
14. Cake, unfrosted (4" x 4" corner piece or 1/4 wedge).
15. Plate of 3 Cupcakes.
16. Angel food cake (1/4 cake) unfrosted.
17. Plate of 3 Cookies, frosted.
18. Plate of 3 Cookies, NOT frosted.
19. Plate of 3 Dessert bars.
20. Dessert Pie, present 1 slice on a plate, any flavor.
21. Cheesecake or torte – single serving.
22. Any other dessert not listed.
23. Breakfast/brunch entrée (quiche, egg bake, casserole, strata, etc.) –single serving.
24. Sandwich or Wrap, hot or cold.
25. Healthy school bag lunch – 4 items plus beverage.
26. Homemade pizza (Traditional or cold vegetable or fruit) - single serving.
27. Vegetarian main dish – single serving.
28. Main Dish (stew, chili, lasagna, etc.) – single serving.
29. Main Dish Salad, single serving, include complete recipe.

30. Food for a Special Diet (Diabetic, Low Salt, Gluten Free, etc.).
31. International item include origin.
32. Side dish.
33. Homemade pasta.

### **DIVISION C – Grades 9-12 Food Preparation**

**Class No. Premiums: \$1.75, \$1.50, \$1.25, \$1.00**

1. Hot or Cold Appetizer
2. Dips - taco, bean, artichoke, Reuben, etc. (include vegetable, crackers, bagels, etc.).
3. Healthy snack, single serving.
4. Salad (fruit, vegetable, gelatin, pasta) single serving.
5. Fresh Fruit Plate (3-5 different fruits) single serving.
6. Stuffed or Twice Baked potato.
7. Homemade soup, single serving.
8. Plate of 3 Muffins (no paper liners)
9. Coffeecake with streusel topping (4" x 4" corner or 1/4 wedge).
10. Homemade pretzels, plate of 3
11. Quick bread or Yeast bread (1/2 loaf).
12. Yeast rolls - 3 pieces.
13. Any other bread, not listed
14. Cake, unfrosted (4" x 4" corner piece or 1/4 wedge).
15. Plate of 3 Cupcakes.
16. Angel food cake (1/4 cake) unfrosted.
17. Plate of 3 Cookies, frosted.
18. Plate of 3 Cookies, NOT frosted.
19. Plate of 3 Dessert bars.
20. Dessert Pie, present 1 slice on a plate, any flavor.
21. Cheesecake or torte – single serving.
22. Any other dessert not listed.
23. Breakfast/brunch entrée (quiche, egg bake, casserole, strata, etc.) –single serving.
24. Sandwich or Wrap, hot or cold.
25. Healthy school bag lunch – 4 items plus beverage.
26. Homemade pizza (Traditional or cold vegetable or fruit) - single serving.
27. Vegetarian main dish – single serving.
28. Main Dish (stew, chili, lasagna, etc.) – single serving.
29. Main Dish Salad, single serving, include complete recipe.
30. Food for a Special Diet (Diabetic, Low Salt, Gluten Free, etc.).
31. International item include origin.
32. Side dish.
33. Homemade pasta.

### **DIVISION D – FOOD & NUTRITION RELATED EXHIBITS**

**Class No. Premiums: \$1.75, \$1.50, \$1.25, \$1.00**

1. Educational exhibit relating to food safety, food preservation, food preparation skills, food buying, nutrition or food related careers.
2. Educational exhibit relating to the MyPlate five food groups or food and fitness.
3. Recipe Box including at least 20 recipes which show a variety of foods in an organized manner.
4. Poster comparing cost of eating out to cost of preparing food at home.

5. Themed Gift Basket – must include at least one nutritional food item. Non-food items may be included. Basket/Package cannot exceed 24" x 24". Baskets will be judged on creativity, theme, colors, and how items relate to the theme. (Breakfast, Birthday, Get Well, etc.)
6. Dinner Menu- The concepts from the My Plate 5 food groups should be used to plan the dinner menu. Poster should be mounted on 14" x 22" poster board and include a written/printed menu and recipe card for main dish and any side dishes. (Resource: [www.choosemyplate.gov](http://www.choosemyplate.gov))

### CAKE DECORATING

**JUDGING:** Monday, 1:00pm - 7:00pm (Face to Face)

- All exhibits must be on a covered, sturdy base leaving 1 inch to 1 ½ inches of space from the border icing to the edge of the base. Entries with a border space larger 1 ½ inches will be lowered a placing. Entries with a border space less than 1 inch will be lowered a placing.
- Limit size of any individual cake to 12" x 18" (half sheet size) unless specified in Class No.
- Champion Decorated Cake Exhibit-Ribbon only
- SPECIAL AWARD – "HCE MERIT AWARD" Youth Awards for outstanding workmanship- ribbon and prize money
- No pulled sugar icing.
- No canned frostings or purchased tube icing can be used to decorate your exhibit.
- Styrofoam is allowed for decorated cakes. Styrofoam or any other non-edible material is NOT allowed for cupcakes.
- One fondant entry per exhibitor.
- Frosting and fondant may be used on the same exhibit

### DIVISION E - Cake Decorating - Beginning (1-2 years)

**Class No. Premiums: \$1.75, \$1.50, \$1.25, \$1.00**

1. Decorated birthday cake– No larger than 9" square or 9" round
2. Decorated special occasion cake – No larger than 9" square or 9" round
3. Decorated Cake (no tips and no fondant) – No larger than 9" square or 9" round
4. Decorated Holiday Cookies (6) (no Styrofoam) Three different holidays
5. Tiered cake – Base no larger than 9" square or 9" round
6. Sugar Molds (6)
7. Decorated Gingerbread or Graham Cracker House (base cardboard or graham cracker)
8. Panoramic Egg
9. Decorated holiday/special occasion cupcakes (3- all the same design)
10. Chocolate molds using 3 colors (Plate of 6, no larger than 3 inches in diameter.)
11. A large single mold (sugar or chocolate) using 3 colors. (For example, Easter Bunny)
12. Cake decorated with purchase fondant
13. Cake decorated with homemade fondant (include recipe)

### DIVISION F - Cake Decorating - Intermediate (3-4 years)

**Class No. Premiums: \$1.75, \$1.50, \$1.25, \$1.00**

1. Decorated birthday cake – No larger than 9" square or 9" round
2. Decorated special occasion cake – No larger than 9" square or 9" round
3. Decorated Cake (no tips and no fondant) – No larger than 9" square or 9" round
4. Wedding cake – Base no larger than 14"
5. Decorated Holiday Cookies (6) (no Styrofoam) Three different holidays
6. Tiered cake – Base no larger than 12"
7. Sugar Molds (6)
8. Decorated Gingerbread or Graham Cracker House (base cardboard or graham cracker)

9. Panoramic Egg
10. Decorated holiday/special occasion cupcakes (3– all the same design)
11. Chocolate molds using 3 colors (Plate of 6, no larger than 3 inches in diameter.)
12. A large single mold (sugar or chocolate) using 3 colors. (For example, Easter Bunny)
13. Cake decorated with purchased fondant
14. Cake decorated with homemade fondant (include recipe)

### **DIVISION G - Cake Decorating – Advanced (5 or more years)**

**Class No. Premiums: \$1.75, \$1.50, \$1.25, \$1.00**

1. Decorated birthday cake – No larger than 9” square or 9” round
2. Decorated special occasion cake – No larger than 9” square or 9” round
3. Decorated Cake (no tips and no fondant) – No larger than 9” square or 9” round
4. Wedding cake – Base no larger than 14”
5. Decorated Holiday Cookies (6) (no Styrofoam) Three different holidays
6. Tiered cake – Base no larger than 12”
7. Sugar Molds (6)
8. Decorated Gingerbread or Graham Cracker House (base cardboard or Graham Cracker)
9. Panoramic Egg
10. Decorated holiday/special occasion cupcakes (3-all the same design)
11. Chocolate molds using 3 colors (Plate of 6, no larger than 3 inches in diameter)
12. A large single mold (sugar or chocolate) using 3 colors. (for example: Easter Bunny)
13. Cake decorated with purchased fondant
14. Cake decorated with homemade fondant (include recipe)
15. A plate of 4 petit fours
16. A cake any size (not to exceed 12 inches) depicting your favorite book. Bring that book to the Fair for your face-to-face judging. (Frosting, fondant, or both may be used)

### **FOOD PRESERVATION**

#### **General Instructions**

**JUDGING:** Tuesday, 1:00pm - 4:30pm & 5:00pm - 7:00pm

(Judge’s break from 4:30pm - 5:00pm)

- The right is reserved to open pickles and other products if the method of preserving is doubtful, and as a final method to judge the product.
- Up to date USDA methods are required. No Open Kettle Canning accepted! This is NOT an accepted method of processing home canned foods. Exhibitor MUST follow the UW-Extension “Wisconsin Safe Food Preservation Series” publication for food processing times which are available to download and print at the Learning Store: <https://learningstore.uwex.edu>.
- These UW-Extension publications are based on the USDA Food Processing Guidelines at [https://nchfp.uga.edu/publications/publications\\_usda.html](https://nchfp.uga.edu/publications/publications_usda.html)
- Jams/Jellies – one jar will be opened for judging and may be taken home. The second jar will remain on exhibit.
- Any signs of spoilage will disqualify the entry. All canning exhibits must be fresh products canned by exhibitor since last year's Fair. No hot jars accepted. (Jars must be clean, not sticky.)
- Judging will be face-to-face.
- Jars must be standard canning size jars in either pint or quart or jelly glass (1/2 pint) with rings removed.
- Jars should be clear in color, label jars and attach label before bringing to fair. (See Below)



Updated 03/25/24

16. Pickle relish, 2 jars
17. Apples, quartered or halved, 2 jars
18. Rhubarb, 2 jars
19. Red Raspberries, 2 jars
20. Green Beans, 2 jars
21. Yellow Wax Beans, 2 jars
22. Cherries, 2 jars
23. Display of 3 kinds of homemade dried foods