

- 360 200 320** **Non-wearable—toys or items for the home (puppet, doll, stuffed animal, doll sweater, pillow, blanket, afghan, etc.)**
- 360 200 330** **Hands for Larger Service—item or clothing to be donated to someone in need.**

- Knitting Machine** One article made using a knitting machine
- 360 200 410** **Wearable—garment or personal accessory (hat, purse, bag, scarf, etc.)**
- 360 200 420** **Non-wearable—toys or items for the home (puppet, doll, stuffed animal, doll sweater, pillow, blanket, afghan, etc.)**
- 360 200 430** **Hands for Larger Service—item or clothing to be donated to someone in need.**

- Felted Knitting Division** Items may be knitted using needles, looms, boards, or machines. Felting may be done by hand or washing machine we methods and/or dry needle felting techniques.
- 360 300 110** **Beginning– items made with beginning knitting skills including knit and/or purl stitches and single strands of yarn. Simple flat or tube shapes.**
- 360 300 120** **Expanding—items made with more expanded knitting skills including use of multiple strands of yarn, inclusion of non-felting yarns, changing colors, attaching simple handles or tables, adding flat designs with needle felting, etc.**
- 360 300 130** **Advanced—items made incorporating more advanced knitting techniques including cables or more difficult knitting patterns, knitting in the round with four needles, I-cord for handles or design pieces, maintaining holes in knitted and felted item, attaching three dimensional design pieces, etc.**

To qualify for special wool awards listed at the end of the Clothing/Sewing Section, attach a manufacturer's "all wool" label or a merchant's statement indicating the fabric is "100% wool" or a minimum of 60% wool and no more than 40% other fiber

4-H FOOD & NUTRITION

Members must be currently enrolled in the phase in which they are exhibiting. Each member may enter up to three classes based on the phase in which they are enrolled, one exhibit per class. All foods entered must be made by the exhibitor. Commercial mixes cannot be exhibited except as an ingredient in a product. Exhibits must be displayed on a disposable plate and either covered with plastic wrap or placed in a plastic bag.

- Exhibit ingredients:
- Exhibits must be suitable for keeping at the fair without excessive spoilage or change of appearance. Highly perishable foods are not acceptable. Highly perishable foods include, but are not limited to cream cheese, custard fillings, and meats of any type.
 - Ingredients that the 4-H member cannot legally purchase, such as beer, whiskey, rum, etc. may not be used in any recipe or foods exhibit. Exhibits that include alcohol in the recipe will be disqualified. This includes menu and recipe file exhibits.
 - Commercial mixes cannot be exhibited except as an ingredient in a product.

- Preparation of exhibit:
- Exhibits must be displayed on a disposable plate and in a self-sealing bag.
 - Exhibits must include the recipe and a menu for one meal including the food item. Recipes for

- food products should include all information given on the Exhibit Recipe Card (511-00) for mat.
- The recipes will not be returned to the exhibitor. When alternative ingredients are used, these are to be underlined on the recipe.
 - All posters must include an Educational Display Exhibit Explanation Card (000-01).
 - Forms are available in county Extension offices and on the state 4-H website: <http://oregon.4h.oregonstate.edu/contest-materials-family-and-consumer-science>

Judging criteria are outlined on the appropriate evaluation form: Cookie Evaluation Form (511-01), Cereal Marshmallow Bars Evaluation Form (511-02), Recipe Collection Exhibit Evaluation Form (511-03), Muffin Evaluation Form (511-04), Quick Bread Evaluation Form (511-05), Coffee Cake Evaluation Form (511-06), Scone Evaluation Form (511-07), Shortened Cakes Evaluation Form (511-08), Yeast Breads and Dinner Rolls Evaluation Form (511-09), Focaccia Bread Evaluation Form (511-10), Sponge and Foam Cakes Evaluation Form (511-11), Pie Shell Evaluation Form (511-12), Special Pastries Evaluation Form (511-14), Food Gift Package Evaluation Form (511-14), Food and Nutrition Poster Evaluation Form (511-15), and Career/Interview Evaluation Form (511-16) all available from the county Extension office or at the State 4-H website: <http://oregon.4h.oregonstate.edu/contest-materials-family-and-consumer-science>

- Use these helpful cookie descriptions when trying to determine which class to enter your cookies:
- Bar cookies** – cookies that are spread in a pan, baked and cut
 - Drop cookies** – soft dough that is dropped from a spoon or scoop
 - No Bake cookies** – cookies that do not require baking
 - Rolled cookies** – somewhat stiff dough that is first rolled, then cut into various shapes
 - Filled cookies** – cookies that have a filling, such as fruit or nut, inside
 - Hand shaped cookies** – is the art of forming dough into different shapes
 - examples: snickerdoodles, peanutbutter, refrigerator, biscotti, sandies
 - Specialty cookies** – cookies are shaped with molds, presses or other special devices
 - examples: spritz, piped, springerle, spekulatius

Beginning Level

Basic Skills Level 1 – Cooking 101 and Baking 1

- 511 110 000: Recipe of the Year Class:** Exhibit **two** cookies. Even Years: Healthy Carrot Cake Cookies - must use recipe from OSU Food Hero website: <https://food-hero.org/recipes/healthy-carrot-cake-cookies> Odd Years: TBD
- 511 110 010: Cookies.** Exhibit **two** cookies. No frosting, icing, or glaze.
- 511 110 020: Cereal Marshmallow Bars** (must use recipe from Cooking 101, pg. 34) Exhibit **two** bars. No frosting, icing or glaze.
- 511 110 030: Muffin.** Muffin method of mixing generally means that the fat is in a liquid form (like oil) and all liquids are added to the dry ingredients with a minimum amount of stirring. Exhibit **two** muffins. No frosting, icing, or glaze.
- 511 110 040: Biscuit.** Biscuit method of mixing generally means that the fat is semi-solid (like butter/shortening) and cut into the dry ingredients before liquid is added. The dough may be beaten or kneaded for a few strokes. Exhibit **two** biscuits. No frosting, icing, or glaze.
- 511 110 160: Muffin. Baked Food Product reflecting alter-**

- native dietary choices.** Recipe for the food product has been chosen specifically to address choices or altered significantly to now reflect needs for an alternative diet, such as gluten free, sugar substitute, vegetarian, vegan, reduced fat, et. al. Underline alternative ingredient(s) in the recipe. Exhibit **two** muffins. No frosting, icing, or glaze.
- 511 111 110: Poster** showing and explaining something you have made, done, or learned in your Foods & Nutrition project. **Poster must not exceed 24" x 30".**
- 511 111 120: Favorite Recipe Collection** with five recipes of foods that you have prepared. Write current year in upper right hand corner of each recipe. Cards or recipes must be in front of file or designated (paper clips, tabs, etc.) throughout the collection for ease in judging. Recipe collection can be in a file box or in recipe book form. Pen, pencil, typed, or printed is acceptable as long as required elements are on the recipe. Follow specific guidelines on check sheet. Adding decorative items to recipes is optional and is not a part of the judging process.

Basic Skills Level 2 – Cooking 201 and Baking 2

- 511 120 000: Recipe of the Year Class:** Exhibit **two** individual items. Even Years: Let's Bake Corn Bread – Must use recipe from Baking 2, page 37. Odd Years: Scones – must use recipe from Cooking 201, page 51.
- 511 120 010: Cookies.** Exhibit **two** cookies. No frosting, icing, or glaze.
- 511 120 020: Basic Nut Bread** (must use recipe in Cooking 201 book, pg. 48 - no variations). Exhibit ¼ of loaf. No frosting, icing or glaze.
- 511 120 030: Non-Yeast Coffee Cake.** Coffee cake is to be made with a muffin method of mixing. Muffin method of mixing generally means that the fats in a liquid form (like oil) and all liquids are added to the dry ingredients with a minimum amount of stirring. Exhibit ¼ of the cake. No frosting, icing, or glaze.
- 511 120 040: Scone.** Scone is to be made with a biscuit method of mixing. Biscuit method of mixing generally means that the fat is semi-solid (like butter/shortening) and cut into the dry ingredients before liquid is added. The dough may be beaten or kneaded for a few strokes. Exhibit **two** scones. No frosting, icing, or glaze.
- 511 120 160: Quick Bread.** Baked Food Product reflecting alternative dietary choices. Recipe for the food product has been chosen specifically to address choices or altered significantly to now reflect needs for an alternative diet, such as gluten free, sugar substitute, vegetarian, vegan, reduced fat, et. al. Underline alternative ingredient(s) in the recipe. Exhibit ¼ of a large item.

- 511 222 110: Poster** showing and explaining something you have made, done, or learned in your Foods & Nutrition project. **Poster must not exceed 24" x 30".**
- 511 222 120: Favorite Recipe Collection** with five recipes of foods you have prepared, using ingredients grown in the Pacific Northwest. Write current year in upper right hand corner of each recipe. **Cards or recipes must be in front of file or designated (paper clips, tabs, etc.) throughout the collection for ease in judging.** Pen, pencil, typed, or printed is acceptable as long as required elements are on the recipe. Recipe collection can be in a file box or in recipe book form. Follow specific guidelines on check sheet. Adding decorative items to recipes is optional and is not a part of the judging process.

Expanding Skills Level 3 – Cooking 301 and Baking 3

- 511 130 000: Recipe of the Year Class:** Exhibit ¼ of the item. Even Years: Cool Rise White Bread (must use recipe from Baking 3, page 23). Odd Years: Dakota Bread (must use recipe from Baking 3, page 22).
- 511 130 010: Shortened Cakes** (cakes with fat). No commercial mixes; No fillings or toppings (i.e., frosting,

- icing, glaze, powdered sugar, fruit or nuts). Exhibit **two** individual items or ¼ of a large item.
- 511 130 020: Basic Dinner Rolls** (must use recipe from Cooking 301, pg. 40) Maybe shaped into cloverleaf, crescent, knot, bun, bread stick or any other type of roll. Exhibit **two** rolls.
- 511 130 030: Yeast Bread product, plain dough using all white flour.** Exhibit ¼ of a loaf.
- 511 130 040: Yeast Bread product, plain dough using all whole wheat flour.** Exhibit ¼ of a loaf.
- 511 130 050: Yeast Bread product, plain dough using an alternative grain.** Exhibit ¼ of a loaf.
- 511 130 060: Yeast Bread product, plain dough using a combination of flours.** Exhibit ¼ of a loaf.
- 511 130 070: Yeast Bread product (using any type of flour) with added non-perishable ingredients** (ie. herbs, nuts, dried fruit, etc.) Exhibit ¼ of a loaf.
- 511 130 080: Family Food Traditions.** Any baked item associated with family tradition and heritage. Entry must include a) recipe, b) tradition or heritage associated with preparing, serving the food, and c) where or who the traditional recipe came from. Exhibit at least ¼ of baked product or **two** muffins, cookies, pita, tortillas, etc.
- 511 130 160: Yeast Bread.** Baked Food Product reflecting alternative dietary choices. Recipe for the food product has been chosen specifically to address choices or altered significantly to now reflect needs for an alternative diet, such as gluten free, sugar substitute, vegetarian, vegan, reduced fat, et. al. Underline alternative ingredient(s) in the recipe. Exhibit **two** individual items or ¼ of a large item.
- 511 333 110: Poster** showing and explaining something you have made, done or learned in your Foods & Nutrition project. **Poster must not exceed 24" x 30".**
- 511 333 120: Favorite Recipe Collection** with ten recipes of foods you have prepared, using a variety of grain products. (Examples: granola, rice pudding, bulgur salad, pizza.) Write current year in upper right hand corner of each recipe. **Cards or recipes must be in front of file or designated (paper clips, tabs, etc.) throughout the collection for ease in judging.** Pen, pencil, typed, or printed is acceptable as long as required elements are on the recipe. Recipe collection can be in a file box or in recipe book form. Follow specific guidelines on check sheet. Adding decorative items to recipes is optional and is not a part of the judging process.
- 511 333 130: Photo series or pictorial story** depicting hunted or harvested foods of the Pacific Northwest from harvest to table. Series may include up to twenty color photos, pictures or drawings of one theme on one story board **not to exceed 24" x 30"**. Please note if some of the photos were taken by someone else. Exhibits will be judged on the exhibitor's ability to creatively depict a story and not on their photography or drawing ability.

Advanced Skill Level 4 – Cooking 401 and Baking 4

- 511 140 000: Recipe of the Year Class:** Exhibit ¼ of the item. Even Years: Busy Day Oatmeal Cake (must use recipe from Baking 4, page 17). Odd Years: Single Pie Crust (must use recipe from Baking 4, pg. 21).
- 511 140 010: Foam Cakes** (Angel Food, Sponge, Chiffon). No commercial mixes; no fillings or toppings (i.e., frosting, icing, glaze, powdered sugar, fruit or nuts). Exhibit **two** individual items or ¼ of a large item.
- 511 140 020: Focaccia Bread** (must use recipe from Cooking 401, pg. 22) Exhibit ¼ of item.
- 511 140 030: Yeast Bread product,** plain dough using all white flour. Exhibit ¼ of a loaf.
- 511 140 040: Yeast Bread product,** plain dough using all whole wheat flour. Exhibit ¼ of a loaf.
- 511 140 050: Yeast Bread product,** plain dough using an alternative grain. Exhibit ¼ of a loaf.