

terns, 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.

#### Hands for Larger Service (all levels)

This class is for members to share their learning and skills with others—primarily with someone in need. Create an item or garment that will be given away to someone in need.

**360 300 10** knitted item or items to be donated to someone in need

#### Innovation Class

This class is for intermediate and senior 4-H members to share a creative and innovative exhibit that does not fit well in the other classes. Often these exhibits will include a technological component. The exhibit must be related to the project but is otherwise open for you to share your skills and talents. Examples may include the use of technology to add another dimension to your project such as illumination or interactivity. Or it may be a creative writing relating to the project, or a blog where you share your learning and project work adventure.

**360 900 112** Intermediate knitting innovation class

**360 900 113** Senior knitting innovation class

#### 2017 Celebrate our World: Japan

To celebrate the diversity in our world, each year the Oregon 4-H project areas will focus attention on the cultures of a different country or region of the world. This special emphasis allows members to focus on learning about the country/region and the skills and techniques unique to that culture.

**360 800 112 Intermediate Celebrate our World inspired knitting project**

**360 800 113 Senior Celebrate our World inspired knitting project**

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/node/1855>

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 (511-13), 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/node/1855>

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

**Note: Fill in blank in class number ( ) with corresponding number for Junior, Intermediate, or Senior for Basic and Expanding skill levels. Advanced skill level is for Intermediate and Senior levels only.**

- Junior
- Intermediate
- Senior

#### 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: Baking Powder Biscuits – must use recipe from Baking 1, page 13

**511 110 01:** **Cookies.** Exhibit **two** cookies. No frosting, icing, or glaze.

**511 110 02:** **Cereal Marshmallow Bars** (must use recipe from Cooking 101, pg. 34) Exhibit **two** bars. No frosting, icing or glaze.

**511 110 03:** **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 04:** **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 16:** **Muffin. 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** muffins. No frosting, icing, or glaze.

**511 111 11:** **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 12:** **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 00:** **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 01:** **Cookies.** Exhibit **two** cookies. No frosting, icing, or glaze.

**511 120 02:** **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 03:** **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 04:** **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 16:** **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 11:** **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 12:** **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, pg.22) (Note: ½ cup of whole wheat flour is missing

from an older version of the curriculum. Please add this if it is missing.).

**511 130 01:** **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 02:** **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 03:** **Yeast Bread product, plain dough using all white flour.** Exhibit ¼ of a loaf.

**511 130 04:** **Yeast Bread product, plain dough using all whole wheat flour. Exhibit ¼ of a loaf.**

**511 130 05:** **Yeast Bread product, plain dough using an alternative grain.** Exhibit ¼ of a loaf.

**511 130 06:** **Yeast Bread product, plain dough using a combination of flours.** Exhibit ¼ of a loaf.

**511 130 07:** **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 08:** **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 16:** **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.

#### Advanced Skill Level 4 – Cooking 401 and Baking 4 (for intermediates and seniors)

**511 140 00:** **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 01:** **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 02:** **Focaccia Bread** (must use recipe from Cooking 401, pg. 22) Exhibit ¼ of item.

**511 140 03:** **Yeast Bread product, plain dough using all white flour.** Exhibit ¼ of a loaf.

**511 140 04:** **Yeast Bread product, plain dough using all whole wheat flour.** Exhibit ¼ of a loaf.

**511 140 05:** **Yeast Bread product, plain dough using an alternative grain.** Exhibit ¼ of a loaf.

**511 140 06:** **Yeast Bread product, plain dough using a combination of flours.** Exhibit ¼ of a loaf.

**511 140 07:** **Yeast Bread product (using any type of flour) with added non-perishable ingredients** (ie. herbs, nuts, dried fruit, etc.) Exhibit ¼ of a loaf.

**511 140 08:** **Yeast Bread product using special shaping.** Exhibit **two** individual items or ¼ of a large item.

**511 140 09:** **Specialty Pastry.** Baked items such as pie tarts, puff pastry, phyllo doughs, scones, biscotti, choux, croissants, danish, strudels. Phyllo dough must be made from scratch. **Pastries made with cream or egg based fillings will be disqualified.** Exhibit **two** individual items.

**511 140 16:** **Baked Food Product (from any exhibits in Level 4) 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,