

320 401 400 Hands for Larger Service - items or garments to be donated to someone in need; use fabrics and skills appropriate to skill level 4.
Expanding skills level 5

320 101 510 Garment made from medium weight &/or bulky &/or stretchy **woven** fabric; show at least 3 new skills for this level

320 101 520 Garment made from **knit** fabric which may be bulky or have any amount of stretch; show at least 3 new skills for this level

320 101 530 Garment from **polar fleece** or comparable fabric which may have any amount of stretch; show at least 3 new skills for this level

320 101 540 Outfit (2 or more pieces) Each piece of the outfit may use one or more of the following fabrics: **woven** fabrics **and/or knit** fabrics, **and/or polar fleece**; all fabrics may have bulk &/or any amount of stretch. Show at least 3 new skills for this level.

320 101 550 Personal accessory or item for the home from **woven** fabrics **and/or knit** fabrics, **and/or polar fleece**; all fabrics may have bulk &/or any amount of stretch. Show at least 3 new skills for this level.

320 101 560 Non-garment item for use in **sports, picnics, camping, or with animals** made from **woven** fabrics **and/or knit** fabrics, **and/or polar fleece**; all fabrics may have bulk &/or any amount of stretch. Show at least 3 new skills for this level.

320 401 500 Hands for Larger Service - items or garments to be donated to someone in need; use fabrics and skills appropriate to skill level 5.

320 301 500 Creativity - Item or garment which has been enhanced through creative embellishment, fabric manipulation, or fabric creation; recycled items; exhibit must have been made by exhibitor and use fabrics and skills appropriate to skill level 5.

Expanding skills level 6

320 101 610 Garment made from medium weight &/or bulky &/or stretchy **woven** fabric; show at least 3 new skills for this level

320 101 620 Garment made from fine or light weight **woven** fabric; show at least 3 new skills for this level

320 101 630 Garment made from **woven** fabrics which require more care in handling or pattern selection (satin, dupion, crepe de chine, taffeta, velour, tulle, and net); show at least 3 new skills for this level

320 101 640 Garment made from **knit** fabric which may be bulky or have any amount of stretch; show at least 3 new skills for this level

320 101 650 Garment from **polar fleece** or comparable fabric which may have any amount of stretch; show at least 3 new skills for this level

320 101 660 Outfit (2 or more pieces) Each piece of the outfit may use one or more of the following fabrics: **woven** fabrics **and/or knit** fabrics, **and/or polar fleece**; all fabrics may have bulk &/or any amount of stretch. Show at least 3 new skills for this level.

320 101 670 Personal accessory or item for the home from **woven** fabrics **and/or knit** fabrics, **and/or polar fleece**; all fabrics may have bulk &/or any amount of stretch. Show at least 3 new skills for this level.

320 101 680 Non-garment item for use in sports, picnics, camping, or with animals; woven fabrics **and/or knit** fabrics, **and/or polar fleece**; all fabrics may have bulk &/or any amount of stretch. Show at least 3 new skills for this level.

320 401 600 Hands for Larger Service - items or garments to be donated to someone in need; use fabrics and skills appropriate to skill level 6.

Advanced skills levels 7/8/9 (all three levels exhibit together in class determined by description)

320 101 710 Garment or outfit made from medium or heavy weight **woven** fabric (no tailoring techniques)

320 101 720 Garment or outfit made from **woven** fabric using traditional tailoring methods, interfacing fusible and non-fusible methods to create a tailored look

320 101 730 Garment or outfit made from fine or light weight **woven** fabric

320 101 740 Garment or outfit made from **woven** fabrics which require more care in handling or pattern selection (satin, dupion, crepe de chine, taffeta, velour, tulle, net, beaded or sequined fabrics, velvet, hand woven, double cloth, lamé, leather, lace, etc

320 101 750 Garment or outfit made from **knit** fabric which may be bulky or have any amount of stretch

320 101 760 Garment or outfit made from **polar fleece** or comparable fabric which may have any amount of stretch;

320 101 770 Garment or outfit made from fabric specifically designed for outerwear such as rip-stop nylon, coated or uncoated outdoor fabrics

320 101 780 Garment or Outfit combining two or more of the above fabrics.

320 101 790 Personal accessory, item for the home or for use in sports, picnics, camping, or with animals made from any fabric; all fabrics may have bulk &/or any amount of stretch.

320 401 700 Hands for Larger Service - items or garments to be donated to someone in need; use fabrics and skills appropriate to skill levels

Food & Nutrition

Each member may enter up to THREE classes based on the level in which they are enrolled, one exhibit per class. All foods entered must be made by the exhibitor.

Exhibitor 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 meat 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)* format. 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)*, *Score 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)*, and *Career/Interview Evaluation Form (511-16)* available from the county Extension office or at the State 4-H website

<http://oregon.4h.oregonstate.edu/contest-materials-family-and-consumer-science>

Basic Skill - Level 1

Cooking 101 and Baking 1

511 110 000 Recipe of the Year Class Healthy Carrot Cake Cookies - must use recipe from **OSU Food Hero website:**

<https://foodhero.org/recipes/healthy-carrot-cake-cookies>. Exhibit 2 cookies

511 110 010 Cookies Exhibit 2 cookies. No frosting, icing, or glaze

511 110 020 Cereal Marshmallow Bars (must use recipe from Cooking 101, pg. 34). Exhibit 2 bars.

511 110 030 Muffin using the muffin method of mixing. 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 2 muffins. No frosting, icing, or glaze.

511 110 040 Biscuit using the biscuit method of mixing. Biscuit method of mixing generally means that the fat is semi-solid (shortening/butter) and cut into the dry ingredients before liquid is added. The dough may be beaten or kneaded for a few strokes. (Biscuits, Scones, etc.) Exhibit 2 biscuits. No frosting, icing or glaze.

511 110 160: 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. Exhibit three individual items or one-third of a large item.

511 111 110 Poster showing and explaining something you have made, done, or learned in your Foods & Nutrition project. Poster must not exceed 24"x30".

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 of ease in judging. Recipe collection can be in a file box or in a recipe book form. Pen, pencil or type is acceptable. Refer to 4-H Recipe collection Exhibit Check Sheet (40-470), available at the county Extension office, for specific guidelines.