

DIVISION 8 — 4-H FOOD

PREPARATION CONTEST

PREMIUMS

Blue - \$6.00, Red - \$5.00, White - \$4.00

CLASS I JUNIOR CONTESTS

— Contestants must be enrolled in Foods project, including Outdoor Cooking. Classes determined by age as established in 4-H rules at beginning of the 4-H section in this book. County Only

— All ingredients and supplies, including utensils and cleaning supplies, must be furnished by participant. Range, refrigerator and work table furnished.

— Standard ingredients, commercial mixes or homemade mixes may be used.

— MEMBER MAY PARTICIPATE IN 2 JUNIOR CONTESTS, BUT NOT ALL 4.

— All contestants must bring two copies of recipe (one for judge) on 5 x 8 cards.

1. JUNIOR SNACK CONTEST (Open to all 4-H members)

Prepare a quick, nutritious snack. Main ingredient may be choice of any of the four food groups (milk, meat, vegetable-fruit, cereal-bread). Display completed snack in, or on appropriate dish, container, tray, etc. Provide judge with a recipe on 5 x 8 card or paper. To be judged on nutritional value, work habits, and finished product.

2. JUNIOR COOKIE BAKING

Prepare and bake one pan of drop, bar, or formed cookies (full recipe may be mixed and extra dough taken home.) Contestants allowed 40 minutes, including 10 minutes

cleanup time.

3. JUNIOR MEASURING

Contestant will measure flour, liquid, baking powder and fat.

4. JUNIOR SALAD OR SANDWICH

Prepare a salad or sandwich that will be a nutritious main dish luncheon course for one person. Serve on or in appropriate dish or plate and place on a placemat or similar object suitable for serving. Do not include any other foods or equipment on mat or table. One hour time allowed, including cleanup.

CLASS II INTERMEDIATE & SENIOR FOODS CONTEST

— 4-H members enrolled in the Food Preparation project are eligible to enter.

— There are two divisions in the contest: intermediate and senior. The following items apply to each division and class:

1. Participants will have one hour for set-up, preparation, and cleanup (excluding proofing and baking time, if needed). Participants must provide all ingredients and equipment except range and refrigerator.

2. Participants should prepare 1 recipe, 1 batch, etc. of the food product. No fixed number of servings is required.

3. The use of alcoholic beverages is not permitted. (Possession of such beverages by a minor is unlawful.)

4. The food prepared must be displayed on a serving platter or tray or in a dish, bowl, basket, etc. Participants must also display one place setting of the table service which would be used in serving the food at a meal (include plates, tableware, napkin, glasses, tablecloth, placemat, or whatever is appropriate). A centerpiece may be included if the participant wishes, but is not required.

5. Participants serve samples of the food to the judge (and the public, if they wish). Paper plates and plastic utensils will be provided by the fair.

INTERMEDIATE DIVISION

— Just before they begin setting up, participants must provide the judge with:

1. The recipe for the food to be prepared.

2. The itemized cost of ingredients in the food to be prepared and cost per serving. (Divide total cost of ingredients by number of servings made by recipe.) Use market prices for ingredients. There are no cost restrictions.

3. A menu for a meal in which the food to be prepared might be served, with each food on the menu identified by food group.

93412 — Salad

93422 — Sandwich

93432 — Baking powder or soda product

93442 — Yeast product

93452 — Pastry (must be rolled crust — includes meat pies and quiches)

93462 — Main dish

93472 — Vegetable dish

FOOD PREPARATION

PREMIUMS

Blue - \$4.00, Red - \$3.00, White - \$2.00

All foods entered must be made by the exhibitor. Commercial and home mixes may be used. Exhibits must be suitable for keeping at the fair without spoilage or excessive change of appearance. Highly perishable foods are not acceptable. Members may enter only one class.

COME!

HAVE FUN AT THE FAIR

SENIOR DIVISION

— Just before they begin setting up, participants must provide the judge with:

1. The recipe for the food to be prepared.

2. Menus for three meals during a day the food to be prepared might be served, with each food on the menus identified by food group.

3. The itemized cost of ingredients in the food to be prepared and cost per serving. (Divide total cost of ingredients by number of servings made by recipe.) Use market price for all calculations. There are no cost restrictions.

93413 — Salad

93423 — Sandwich

93433 — Baking powder or soda product

93443 — Yeast product

93453 — Pastry (must be rolled crust - includes meat pies and quiches)

93463 — Main dish

93473 — Vegetable dish

SCORING for the Intermediate and Senior Divisions

Each of the three groupings below will account for one-third of the total score. Each participant will visit with the judge after the food is prepared and served.

1. Preparation skills (measuring, mixing-assembling, cooking and baking procedures)

2. Management (efficient use of equipment and work space, tasks done in efficient sequence)

3. Work habits (cleanliness, neatness, sanitation, safety)

MINI—MEAL CONTEST

MINI-MEAL CONTEST FOR INTERMEDIATES AND SENIORS

4-H members enrolled in Food Preparation, Food Preservation, and Outdoor Cookery are eligible to enter. Each participant must prepare a main dish and one other food which would either (a) make an entire meal if served together, or (b) be part of a larger meal if other foods were included.

The meal might be a breakfast, lunch, dinner, brunch, buffet supper, snack meal, party meal, etc. Members in Food Preservation must include in their meal at least one food product they have preserved. Outdoor Cookery participants will prepare their meals outdoors.

There are two divisions in the contest — intermediate and senior (no teams)

The following items apply to each division and class:

1. Participants will have two hours for set-up, preparation, and cleanup. (Additional time needed to get the fire ready for Outdoor Cookery will not be considered part of the two hours. Participants must provide all ingredients and equipment except range and refrigerator.

2. Participants should prepare one recipe, one batch, etc. of food product. No fixed number of servings is required.

3. The use of alcoholic beverages is not permitted. (Possession of such beverages by a minor is unlawful.)

4. The foods prepared must be displayed on a serving platter or tray or in a dish, bowl, basket, etc. Participants must also display one place setting of the table service which would be used in serving the meal (include plates, tableware, napkin, glasses, tablecloth, placemat, or whatever is appropriate.) Bring card table for displaying meal. A centerpiece may be included if the participant wishes, but is not required. Camping meals may be informal.

5. Participants will serve samples of the food to the judge and the public. Paper plates and plastic utensils will be provided by the fair.

Just before they begin setting up, all participants must provide the judge with:

1. Recipes for the foods to be prepared.

2. A menu for the meal to be prepared (or for the meal in which the foods would be served if the foods prepared in the contest are not the whole meal).

3. Itemized cost figures for each food to be prepared and cost per serving (Divide total cost of ingredients by number of servings made by the recipe.) Also, estimate the cost per person of the entire meal if the contest foods prepared are not the whole meal. Use market prices for all calculations. There are no cost restrictions.

4. A very general outline of the task sequence to be used in preparing the foods. For example:

1. Prepare pizza

2. Put pizza in oven

3. Make salad dressing

4. Make salad

(The purpose is to give a general idea of time management; however no specific is required with times given.)

93512 — Intermediate Mini-Meal (Food Preparation)

93522 — Intermediate Mini-Meal (Food Preservation)

93532 — Intermediate Mini-Meal (Outdoor Cookery)

93513 — Senior Mini-Meal (Food Preparation)

93523 — Senior Mini-Meal (Food Preservation)

93533 — Senior Mini-Meal (Outdoor Cookery)

SCORING

Each of the three groupings below will account for one-third of the total score. Each participant will visit with the judge after the mini-meal is prepared and served.

1. Preparation skills (measuring, mixing-assembling, cooking, and baking procedures).

Management (efficient use of equipment and work space, tasks done in efficient sequence)

Work habits (cleanliness, neatness, sanitation, safety)

2. Finished product (appearance, texture, color, flavor, temperature)

3. Creativity, originality (choice of foods and menu, display, service)

Appropriate table setting

Nutrition (knowledge of what foods in menu contribute to the diet)

Cost accuracy