

# DEPARTMENT 25 – FOODS AND NUTRITION

## Junior Class

SUPERINTENDENT

Virginia Peake

ASSISTANT SUPERINTENDENTS

Bryan Peake, Janet Graney, Carol Edge, Charlene Ingebritsen

**Judging - 9:00 a.m. Friday - Food Preservation & Non-Food**

**10:00 a.m. Friday - Prepared Food**

**No Exhibitor May Enter both Open and Junior Classes.**

Limit of one entry per lot number.

Grade of Exhibitor is based as of January 1st of exhibit year

1. ALL FOOD EXHIBITS BECOME THE PROPERTY OF THE FAIR BOARD UPON EXHIBIT AT THE GRANT COUNTY FAIR. All food will be disposed of by the Superintendents.
2. **Entries of prepared food items must be in place by 9:15 a.m. Friday. Entries in Food Preservation and non-food entries must be in place by 6:00 p.m. Thursday.**
3. Food entries MUST be displayed on 6" PAPER PLATES except where noted.
4. Entry tags and recipes should be secured to PLATE together. Do not attach to covering.
5. Recipe MUST accompany any baked goods. State complete recipe including procedure. All baked goods not accompanied by a recipe will receive a pink ribbon.
6. **No mixes allowed, except where noted.**
7. Food diary should consist of 5-day diary of food intake, copy of report from entry of information into food tracker at [choosemyplate.gov](http://choosemyplate.gov) and summary of what was learned.

### PREMIUMS (Class 1-3)

| Blue   | Red    | White  | Pink   |
|--------|--------|--------|--------|
| \$2.00 | \$1.75 | \$1.50 | \$1.25 |

CLASS 1 - OPEN TO EXHIBITORS GRADES 3-4 ENROLLED IN "SIX EASY BITES" - LEVEL A.

Lot No.

1. Plain muffins - 3 (nothing added)
2. Baked drop cookies - 3 (i.e. chocolate chip, oatmeal, etc.)
3. Plain cake made from mix, 3" corner, unfrosted
4. Food prepared in a microwave
5. Nutritional snack mix - 1 cup
6. Food diary and report (refer to rule #7)
7. Recipe collection, one category with at least 10 recipes
8. Educational poster (14" x 22")
9. Any activity from project book
10. Brownies - 3" corner square

CLASS 2 - OPEN TO EXHIBITORS GRADES 5 & OVER ENROLLED IN "SIX EASY BITES" - LEVEL A.

Lot No.

11. Cake - 3" corner square, unfrosted
12. No-bake cookies - 3
13. Bar cookie - 3" corner square, unfrosted
14. Plain muffins - 3 (nothing added)
15. Baked Drop cookies - 3 (i.e. chocolate chip, oatmeal, etc.)
16. Food prepared in a microwave
17. Food diary and report (refer to rule #7)
18. Recipe collection, one category with at least 10 recipes
19. Educational poster (14" x 22")
20. Any activity from project book
21. Brownies - 3" corner square

### PREMIUMS (Class 3-4)

| Blue   | Red    | White  | Pink   |
|--------|--------|--------|--------|
| \$2.50 | \$2.25 | \$2.00 | \$1.75 |

CLASS 3 - OPEN TO EXHIBITORS GRADE 8 AND UNDER ENROLLED IN "TASTY TIDBITS" - LEVEL B.

Lot No.

22. Cake - 3" corner square, unfrosted
23. Quick bread - 1/3 of full size loaf showing end
24. Bar cookie - 3" corner square, unfrosted
25. Rolled cookies - 3 unfrosted
26. Twisty pretzels - 2
27. Muffins, not plain - 3
28. Food prepared in a microwave
29. Food diary and report (refer to rule #7)
30. Recipe collection, box or book, two categories with at least 10 recipes in each
31. Educational poster (14" x 22")
32. Any activity from project book
33. Brownie - 3" corner square

CLASS 4 - OPEN TO EXHIBITORS GRADE 9 AND OVER ENROLLED IN "TASTY TIDBITS" - LEVEL B.

Lot No.

34. Rolled cookies - 3, unfrosted
35. Quick coffee cake - 3" corner square
36. Biscuits - 3
37. Pressed cookies - 3 different shapes
38. Cake - 3" corner square, unfrosted
39. Muffins - 3 (not plain)
40. Food prepared in a microwave
41. Food diary and report (refer to rule #7)
42. Recipe collection, box or book, three categories with at least 10 recipes each
43. Educational poster (14" x 22")
44. Any activity from project book

### PREMIUMS (Class 5-6)

| Blue   | Red    | White  | Pink   |
|--------|--------|--------|--------|
| \$3.00 | \$2.75 | \$2.50 | \$2.25 |

CLASS 5 - OPEN TO EXHIBITORS - ALL GRADES - ENROLLED IN "YOU'RE THE CHEF" - LEVEL C

Lot No.

45. Nationality cookies - 3 cookies of one variety; must include statement of recipe source and nationality of cookies
46. Filled cookies - 3, unfrosted
47. Angel food cake, - 1/4 cake, unfrosted
48. Sponge cake - 1/4 cake, unfrosted
49. Pie crust - unfilled - 6" to 9"
50. Bread sticks - 3
51. Yeast bread - 3" slice including end of regular size loaf
52. Dinner rolls - 3
53. Candies - 3 pieces each of two varieties
54. Food prepared in a microwave
55. Food diary and report (refer to rule #7)
56. Recipe collection, box or book, four categories with at least 10 recipes each
57. Educational poster (14" x 22")
58. Poster on careers in food industry (14" x 22")
59. Any activity from project book

CLASS 6 - OPEN TO EXHIBITORS GRADE 9 AND OVER ENROLLED IN "FOODWORKS" - LEVEL D.

Lot No.

60. Holiday cookies - 3
61. Bread made in bread machine - 3" slice including end
62. Double crust fruit pie - 5-inch pie tin
63. Low-calorie dessert - 1 serving; include basic nutrition information

64. Whole wheat or rye yeast bread - 3" slice including end of regular loaf
65. Yeast cinnamon rolls - 3
66. Pizza crust
67. Jelly roll cake - 3" slice including end of regular loaf
68. Donuts - 2
69. Candies - 3 pieces each of two varieties
70. Pasta, any shape, - 2 cups
71. Food prepared in a microwave
72. Food diary and report (refer to rule #7)
73. Recipe collection, box or book, six categories with at least 10 recipes each
74. Educational poster (14" x 22")
75. Any activity from project book
76. Poster on menu planning (14" x 22")

PREMIUMS

|        |        |        |        |
|--------|--------|--------|--------|
| Blue   | Red    | White  | Pink   |
| \$2.00 | \$1.75 | \$1.50 | \$1.25 |

CLASS 7 - OPEN TO ANYONE (ALL GRADES) - IN A SPECIAL EDUCATION PROGRAM IN SCHOOL AND REQUIRING SPECIAL HELP IN DEVELOPING THEIR FOODS AND NUTRITION EXHIBIT

Lot No.

77. Cupcakes, unfrosted - 3 (prepared in microwave)
78. Cake from a mix - 3" corner
79. Healthy cookies - 3
80. Coffeecake or dinner rolls made from frozen bread dough - 3 rolls or 3" slice
81. Candies - 3 pieces each of two varieties
82. Relish tray with 3 to 6 different vegetables items - 6" or 9" plate
83. Food diary and report (refer to rule #7)
84. Recipe collection, box or book, with at least 10 different recipes
85. Educational poster (14" x 22")
86. Scrapbook displaying your project work, (8 1/2" x 11")
87. Any activity from project book

**Red Star Yeast and Products will have an award in the yeast categories.**



CAROL EDGE ACHIEVEMENT AWARD

In honor of Carol Edge's volunteer service as a Grant County Fair junior foods superintendent for over 50 years, the family is awarding a special award in her name, to a 4-H member for overall best exhibit at the Grant County Fair in foods and/or food preservation.