

DIVISION 6035 - 4-H FOOD EXHIBITS

1. **Classes in Division:** Classes
2. **Number of Entries Permitted:**
 - a. A county may submit ONE entry per class.
 - b. A member may enter up to 3 classes in the food division. (This means: a member's name could appear up to 3 times on the county's food division invoice.)
3. **General Rules:**
 - a. General Rules Applying to All 4-H Exhibitors in the Kentucky State Fair must be met.
 - b. **Item must meet all requirements for the class;** otherwise, the entry will be disqualified.
 - c. Items entered must have been completed by the exhibitor within the current program year.
 - d. The decision of the judges is final.
4. **Unique Rules or Instructions:**
 - a. Recipes: Entries are to be made using recipes specified in the class description. All recipes can be found in the **4-H Fair Recipe Book--Food** in the **4-H Cooking 101-401 Series** or contact your county Extension agent for 4-H YD.
 - b. Curriculum for the 4-H Foods Divisions are the following: **4-H Cooking 101 – 401 Series** and **4-H Cake Decorating**.
 - c. Place the baked product on a disposable plate. Place the plate inside a re-closable zip-type bag to maintain freshness and prevent damage. (Exhibit will not be disqualified if the plate is not inside the bag.
 - d. Use of plastic film or aluminum foil to wrap product is discouraged but will not cause the product to be disqualified.
 - e. To prevent damage, wrapped cakes should be transported in a sturdy container such as a cardboard box. *Containers, pie pans, etc. will NOT be returned to the exhibitor.*
 - f. It is preferred for cakes to use a cake form. However real sponge cakes that are decorated can be used as well. *All real cakes will be discarded.*
5. **Additional Documentation Required:** Master Cake Decorating requires an additional narrative on the original design.
6. **Labeling:**
 - a. Identification Card (4LO-11SO): The State Fair Entry system will generate this label. Attach the label securely to the outside wrapper of each food entry.
7. **Entry Instructions:** All exhibits are entered through the State Fair's electronic submission system by CES Extension staff.
8. **Awards:**
 - a. Each entry that meets class requirements will receive a ribbon.
 - b. A class champion will be named in each class.
 - c. An overall grand champion and a reserve champion will be selected.
9. **Class Descriptions:** 4-H food entries will be divided into the following levels and classes:

All recipes are located in the **4-H Fair Recipe Book--Food** and also in the publication identified in the class description.

Muffins

- 841 Three **Oatmeal Muffins**: Use recipe in **4-H Cooking 101**, p. 54.
 842 Three **Cheese Muffins**: Use recipe in **4-H Cooking 201**, p. 49.
 842A Junior Creative Muffin – Any other flavor not listed – no filling, must exhibit three.
 842B Senior Creative Muffin – Any other flavor not listed - no filling, must exhibit three.

Cooperative Extension Service

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MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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Lexington, KY 40506



Disabilities
accommodated
with prior notification.

Biscuits

- 843 Three **Rolled Biscuits**: Use recipe in *4-H Cooking 201*, p. 50.
- 844 Three **Scones**: raisins may be substituted for dried cranberries. Use the recipe in the *4-H Fair Recipe Book—Food*
- 844A Junior Creative Biscuit or Scone not listed above, must exhibit three.
- 844B Senior Creative Biscuit or Scone not listed above, must exhibit three.

Quick Breads

- 845 Three **Cornmeal Muffins**: Use the recipe in the *4-H Fair Recipe Book--Food* at
- 846 Three pieces of **Coffeecake with Topping**: Use recipe in *4-H Cooking 101*, p. 59. Nuts are optional.
- 846A Junior Creative Quick Bread not listed above, baked in 8x8 pan, no filling, three pieces exhibited.
- 846B Senior Creative Quick Bread not listed above, baked in 8x8 pan, no filling, three pieces exhibited.

Cookies

- 847 Three **Chewy Granola Bars** (gluten-free): Use recipe in *4-H Cooking 101*, p. 35.
- 848 Three **Brownies**: Use recipe in *4-H Cooking 101*, p. 67. Nuts are optional.
- 849 Three **Snickerdoodle Cookies**: Use the recipe in *4-H Cooking 201*, p. 88
- 849A Junior Creative Cookie or Bar Not listed above, must exhibit three.
- 849B Senior Creative Cookie or bar not listed above, must exhibit three.

Cakes

- 850 Half of one 8" or 9" layer **Rich Chocolate Cake** (no icing): Use recipe in *4-H Cooking 301*, p. 116.
- 851 Half of one 8" or 9" layer **Carrot or Zucchini Cake** (no icing): Use recipe in *4-H Cooking 301*, p. 119. May use carrots or zucchini.
- 852 One-fourth of a **Basic Chiffon Cake**: Use recipe in *4-H Cooking 401*, p. 118. Do not use variations.

Pies

- 853 One whole **Double Crust Apple Pie**: Use recipes in *4-H Cooking 401*, p. 105 and 97 or in the *4-H Fair Recipe Book—Food*. Leave pie in the disposable pie pan and place all in a zip-type plastic bag. May use spice variation if desired.

Yeast Breads

- 854 Three **Cinnamon Twists** (no icing): Use recipe in *4-H Cooking 301*, p. 42 & 44.
- 855 Three **Soft Pretzels**: Use recipe in *4-H Cooking 301*, p. 48. Use any one topping listed.
- 856 One loaf **Oatmeal Bread**: Use recipe in *4-H Cooking 401*, p. 25.

Bread Made in a Bread Machine

- 857 One loaf **Honey Whole Wheat Bread** made in a bread machine: Use the recipe in the *4-H Fair Recipe Book—Food*. May be a 1-pound, 1½-pound, or 2-pound loaf.

Candy

- 858 Three pieces **Classic Chocolate Fudge** (size: about one inch square): Use recipe in *4-H Cooking 401*, p. 89. Nuts are optional.

Adapted Food

- 859 Adapted Recipe and supporting documents: Using a recipe from another 4-H Food Exhibits Class youth adapt the recipe to meet a dietary restriction. Entry will consist of: the food item, the original recipe, and an explanation of the adaption that includes 1) what the adaption is, 2) How this meets a dietary need, 3) the new recipe.

Cake Decorating

Reference curriculum: 4-H Cake Decorating (March 2001) University of Wyoming. 4-H (42500).

Judging in this division is based upon cake quality and decoration. Cakes must be real but may be any flavor. Cakes will not be returned. Styrofoam cakes will be disqualified.

860 Level 1- Beginning Cake Decorating – May not include FONDANT of any of the following:

- a. Single layer cake
- b. Single-layer cake in a specialty pan
- c. Single-layer cake cut into a shape

Exhibiting the following decorating skills: Cake border, side decoration, leaves, and star-tip flowers using only buttercream frosting.

861 Level 2 – Intermediate Cake Decorating - May not include FONDANT of any of the following:

- a. Two-layer cake

Exhibit the following decorating skills: (a) borders that include one of the following: scroll drop flower, dot and heart, or shell or ruffle. (b) must include one type of leaf pattern such as a of plan leaf ruffled leaf holly or violet leaf, and (c) one flat surface flower and one nail head flower. May use buttercream or royal icing.

862 Level 3 – Advanced Cake Decorating - May not include FONDANT of any of the following:

- a. Cakes consisting of a minimum of two layers each
- b. Two tiers of layered cakes

Exhibit the following decorating skills: (a) borders that include one of the following: ribbon swag, flower and vine, basketweave, bow trimmed strings, (b) Nail head flowers only. May use buttercream, royal, or fondant icing.

863 Level 4 – Master Cake Decorating

- a. Cakes consisting of a minimum of two layers each
- b. Three tiers or more of layered cakes

A cake of original design. Must include skills learned in levels 1, 2, and 3. Must include a brief written description of your cake that includes the goals, plan, accomplishment, and self-evaluation of the completed project. Any additional technique can be used in the custom design.