

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. 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. See "General Rules Applying to All 4-H Exhibitors in the Kentucky State Fair" at www.kystatefair.org. Click on "Competition," then "Premium Book", then 4-H Exhibits.
 - 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.

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*

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.

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

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).

860 Level 1- Beginning Cake Decorating

- 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

- 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

- 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.