

Foods and Nutrition Projects

Department 10 4-H and Vocational

4-H and Vocational

General Regulations for 4-H and Vocational

Eligibility:

- 1 4-H Club members must have passed their eighth birthday but not have passed their nineteenth birthday by January 1 of the current year.
- 2 Exhibitors must be 4-H members, a project in the field in which they wish to make entry and be under the supervision of Pennsylvania State University Cooperative Extension Service by July 1 preceding the fair.
- 3 Students enrolled in an accepted vocational school curriculum must be conducting a project in the class in which they wish to make entry.
- 4 Students enrolled in general home economics in a comprehensive high school are considered as qualifying.
- 5 All entries shall be approved prior to the fair by a member of Pennsylvania Department of Education, Agriculture or Family and Consumer Science staff, or their designated representative.
- 6 NOTE: In any case where there is reference to 4-H and Vocational classes, the Fair has the option - if there is a sufficient number of available exhibits -- to divide the show into two, one for 4-H and one for Vocational, or they may be shown together.
- 7 NOTE: 4-H or FFA member must be present and must have charge of his/her animal at the time of judging.

What's the real purpose of youth (4-H & FFA) livestock projects?

- 1 One purpose is to teach young people how to feed, fit, and show their animals. The more important purpose is to provide an opportunity for personal growth and development of the young person.
- 2 The Josephson Institute of Ethics has developed a curriculum, which identifies six core values, which may help to better describe the value of youth livestock projects.
- 3 This curriculum also presents the idea that people develop and strengthen character by practicing certain behaviors just as muscles are built through exercise.
- 4 Therefore, the purpose of the youth livestock program (4-H and FFA) is to provide opportunities for young people to develop character. The character traits identified and some practices (exercises) that may build character follow:

- a) Trustworthiness - includes honesty, promise keeping and loyalty daily feeding, watering of animals (promise keeping) adheres to possession deadlines (honesty) adheres to withdrawal times on drugs and de-wormer only the appropriate use of approved drugs
 - b) Respect - includes courtesy and proper treatment of people and things proper handling of animals, treat humanely proper care of animals listens to and follows advice of advisors recognizes that animal projects are dependent on 4-H'er and provides daily feed and water
 - c) Responsibility - includes the pursuit of excellence, accountability and perseverance. daily feeding and watering (even on the busy, difficult days) goes beyond providing the daily needs of the animal in giving additional time and attention to produce a winner adheres to deadlines for entry forms and for arrival at livestock shows never gives up in the show ring (perseverance)
 - d) Fairness - involves consistently applying rules and standards appropriately for different age groups and ability levels. feed only approved livestock rations only the appropriate use of approved drugs accepts winning or losing with grace conduct in the show ring follows recommended procedure
 - e) Caring - promoting the well being of people and things in a young person's world. It denotes action and not just feelings. daily feeding and watering provides clean barn/stall for animal treats animal humanely at all times
 - f) Citizenship - includes making the home community and county a better place to live for themselves and others. accepting instructions winning and losing with grace helping others at stock shows teaching younger members treating animals humanely ensuring that your meat animal is safe for consumption
- 5 All Elementary and Secondary school age children are eligible to compete. Entries must be the work of the pupils of the exhibitor and must have been done in school under the supervision of the teacher since the proceeding fair and during the school term.

General Regulations for Food and Nutrition Projects

- 1 Each item must have been made by a 4-H member who is enrolled in a 4-H project within the current year.
- 2 Exhibits should portray base requirements as outlined in specific 4-H projects
- 3 Posters shall be size 14" x 22" (half of a large poster board)

Superintendent	Telephone
Susan Belford	724-254-2239
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			1st	2nd	3rd	4th
			\$4.00	\$3.50	\$3.00	\$2.00
D = Department			S = Section		C = Class	
D	S	C	Description			

I Spy in the Kitchen - (Beginner)						
10	N61	233	Peanut Butter Kisses (4) or other no bake cookies (4)			
10	N61	235	Trail mix or granola ½ cup in a clear ½ pint jar			
10	N61	237	Bar Cookies (4), any type			
10	N61	239	Oatmeal Raisin Cookies (4)			
10	N61	241	Poster on cooking terms or measuring or some food science topic			
(Beginner) - Let's Bake Quick Breads (made without yeast)						
10	N63	243	(2) Muffins, any type			
10	N63	245	(2) Biscuits, any type			
10	N63	247	(1) Loaf, fruit bread			
10	N63	249	(1) Loaf, vegetable or peanut butter bread			
10	N63	250	Poster on Quick Breads			
[Intermediate] - Star Spangled Foods						
10	N65	251	(4) Snicker doodles (4)			
10	N65	253	(4) Oatmeal muffins (4)			
10	N65	255	(1 cake) Coffee Cake made without yeast			
10	N65	257	Poster depicting foods of a region or culture within the U.S.			
[Intermediate] – Yeast Breads on the Rise						
10	N67	261	(2) Pretzels			
10	N67	263	(4) Rolls, same type			
10	N67	265	(1) Loaf or round of yeast read			
10	N67	267	(1) Bread machine loaf or(4) rolls made in bread machine			
10	N67	269	Poster about yeast breads or making yeast breads			
<Advanced> - Global Gourmet						

10	N69	271	A dessert cake or bread from another country or culture (indicate country or culture and provide recipe with exhibit)
10	N69	273	Poster giving information about foods from a country or culture outside the U.S.
< Advanced > - Breads Around the World			
Breads Around the World (Indicate country and attached recipe).			
Do not exhibit breads with fillings that require refrigeration			
10	N71	275	A loaf or round bread from another country or culture outside U.S. (please submit recipe.)
10	N71	277	A plate of (4) roll, pretzels, tortillas or smaller breads from another country or culture. (Please submit recipe.)
10	N71	279	Poster on a specific bread and information about the country or culture the bread represents. Include a recipe on the poster. Recipe does not need to be in the project book.
Microwave Magic - Bag of Tricks			
10	N73	281	Poster microwave safe equipment or breakfast bites comparison, or power levels, calcium or one or more aspects of the food pyramid.
10	N73	283	Granola in pint canning jar with screw able lid
10	N73	285	2- 3 cups of a food-safe snack made in the microwave oven
10	N73	287	(1) food safe desert made in microwave (entire desert)
10	N73	289	(4) pieces of microwave fudge
Microwave Magic Micro – Magicians			
10	N75	291	Poster on arranging food in a microwave oven, or cooking ground beef, or meal planning, or one or more vitamins and minerals.
10	N75	293	(1) layer upside down cake (pineapple, peach or apple)
10	N75	295	(4) Apple brownies or 4 fudge brownies or 4 other bar cookies.
Microwave Magic - Amazing Rays			
10	N77	297	Poster on pasta cooking tips or making casseroles, or reheating leftovers in the microwave, or meat cookery in the microwave, or defrosting and browning
10	N77	299	(1) layer coffee cake (entire cake)
10	N77	301	(4) pieces of microwave peanut brittle

10	N77	303	(4) Pieces of toffee or 4 pieces of other chocolate candy made in the microwave.
Microwave Magic - Presto Meals			
10	N79	305	Poster on microwave oven comparison shopping, or benefits or microwave cooking or tips for selecting foods to microwave, or holding times, or breakfast, or use of oven cooking bags, or microwave cleaning, or shielding and venting
10	N79	307	Make-it-your-own microwave recipe poster. Include recipe card and product and picture or drawing of the recipe you developed.
10	N79	309	(1) unfrosted layer cake (chocolate, carrot, applesauce) made in microwave oven
10	N79	311	(4) cupcakes made in microwave oven
10	N79	313	(1) bunt cake (any type) made in microwave oven
10	N79	315	(1) cherry or pecan pie made in microwave oven using recipe in project book
10	N79	317	(1) 8-oz Jar of grape jelly or one 8-oz jar of strawberry jam using recipe in project book
Adventures with food			
10	N81	319	(3) Peanut butter kisses or other no bake cookie (3)
10	N81	321	(3) other no-bake cookies
10	N81	323	(3) Drop cookies (any type)
10	N81	325	(3) rolled (cut-out) cookies
10	N81	327	(1/2) cup trail mix in a clear half-pint jar.
10	N81	329	Poster on food pyramid, kitchen or food safety, or table setting/ manners
10	N81	331	Starter collection of recipes
Food and Fitness for Fun			
10	N83	333	(3) plain muffins (no topping)
10	N83	335	(3) bran muffins (no topping)
10	N83	337	(3) fruit muffins (no topping)
10	N83	339	(3) cereal squares or treats made from non-sweetened cereal
10	N83	341	(3) medium popcorn balls

10	N83	345	(1/2) cup of popcorn in half-pint jar.
10	N83	347	Poster on one aspect of fitness, a food experiment, measuring label reading, or kitchen equipment
Food Preservation			
10	N85	349	Let's Can Tomatoes and Fruit – (3) jar display of fruit and tomatoes (must include fruit in sugar syrup, fruit in fruit juice, and one jar of tomato product)
10	N85	351	Let's Can Low-Acid Foods - (3) jar display of low acid vegetables or vegetable mixtures
10	N85	353	Let's Make Jams and Jellies – (4) Four jar display of sweet spreads (four different jams or jellies)
10	N85	355	Let's Freeze It – A meal plan that uses the freezer inventory; results of the experiment you completed; frozen-food inventory; and exhibit you prepared from the topics listed on page three in the member's guide.
Make It With Mixes			
10	N86	357	Three small items (ex. Cookies/muffins) or 1 large item (ex. cake).
10	N87	359	Same kind items as above that are variations of the mix or made without gluten, fat, or another ingredient. Indicate the variation on a card attached to the entry.
10	N86	360	A poster on a topic related to the project.
Food works			
10	N87	359	(1) Baked pastry crust in an 8 "- pie pan.
10	N87	361	(1) international or cultural baked item, labeled with country and recipe name
10	N87	363	(1) Unfrosted Angel food cake.
10	N87	365	(3) Pieces of Beef Jerky.
10	N87	367	(1/2) cup roasted peanuts in clear half-pint jar.
10	N87	369	(3) pieces of Candy, (label with type)
10	N87	371	Poster showing a party plan with theme, food experiments, international foods, food preparation technique, snacks for children/infant nutrition, or recycling kitchen glass, plastic, or aluminum

Six Easy Bites			
10	N89	373	(3) Unfrosted Brownies.
10	N89	375	(3) Unfrosted Granola bars or other bar cookies.
10	N89	377	(1) Loaf of any type Quick Bread.
10	N89	379	(3) 2-inch squares of cornbread or Gingerbread, no topping.
10	N89	381	Poster on amount of fat/sugar in common foods, food experiment, a food preparation skill, or food labeling
Tasty Tidbits			
10	N91	383	(3) Pretzels
10	N91	385	(3) Baking powder biscuits or scones
10	N91	387	(1) Unfrosted layer cake from scratch.
10	N91	389	(1) unfrosted layer cake where all or most of the fat has been replaced with fruit or another food product (include the recipe)
10	N91	391	Poster on cost comparison of foods, a food preparation skill, food experiment, or food career
You're the Chief			
10	N93	393	(1) loaf of yeast bread (any type)
10	N93	395	(3) yeast rolls or bread sticks
10	N93	397	(1) ring or specialty bread
10	N93	399	Invented snack with labeling information and marketing information...
10	N93	401	(1/2) cup dried fruit in a clear half-pint jar (labeled with type and date).
10	N93	403	(3) strips or rolls of fruit leather (labeled with type and date_
10	N93	405	A poster about one of the following: putting a meal together (meal planning) or a food preparation technique (ex. Stir fry, slow cook, vegetable cookery, gelatin cookery, food preservation)
At Your Disposal			
10	N97	419	Poster or educational display or some phase of this project.
The Rent Event			
10	N98	421	A story about your 4-H project experience

Crafts Caravan

A story about your 4-H project experience

10	N99	423	Level 1 – Meet the Guide --- (1) craft from each project.
10	N99	425	Level 1 – Amazing Ways With Lines --- (1) craft from each project.
10	N99	427	Level 1 – Texture it's on Top --(1) craft from each project.
10	N99	429	Level 1 --Take A Look at Texture (1) craft from each project.
10	N99	451	Lev 1 – The World of Color (1) craft from each project.
10	N99	452	Level 1 – All Around the Color Neighborhoods --- (1) craft from each project.
10	N99	455	Level 1 – The Shape of Things(1) craft from each project.
10	N99	457	Level 1 – In and Out of Shape (1) craft from each project.
10	N99	459	Level 2 –The Line in Design (1) craft from each project.
10	N99	461	2 –Meet the Builder in Design (1) craft from each project.
10	N99	463	Level 2 –Pattern and Texture (1) craft from each project.
10	N99	465	L 2 – Enrichment with Textiles(1) craft from each project.
10	N99	467	Level 2 –Color as Language -(1) craft from each project.
10	N99	469	Level 2 –Color Opposites --- (1) craft from each project.
10	N99	501	Level 2 –Shapes --- (1) craft from each project.
10	N99	503	Level 2 – Super Shapes --- (1) craft from each project.