

SECTION 4308 4-H FOOD SCIENCE & NUTRITION FAIR EXHIBITS

- Counties may enter one food preparation and preservation exhibit per class. Individual 4-H members can enter one exhibit per class, but are restricted to those exhibits designed for his/her grade group. Educational exhibits must fit 3' x 4' (width x depth) space, with sides extended. Exhibits must be free standing with sides attached. Poster must be constructed on poster board 14" x 22". Posters and displays must be permanently signed and dated on the back prior to lamination. Judging committee may mark or punch if not marked. Text of posters and displays should be readable from at least 10ft. away.
- Criteria for evaluating educational displays and posters include:
 - Originality of Idea — 20 points
 - Educational Value — 50 points
 - Display Value — 30 points
- All food products must be on a paper plate and in a sealed plastic bag. The superintendent will only exhibit a slice of cake or bread and one cookie, muffin or roll of all exhibits and will dispose of all excess food.
- 4-H'ers may use recipes indicated in the food science manuals or any other recipe that fits the exhibit requirements. Cakes must be made from scratch using shortening mixing method (no angel food or chiffon-type). Bread machines may be used for the bread exhibits but bread must be made from scratch - no mixes.
- Dried foods should be exhibited in a sealed, plastic sandwich bag.
- Canned foods should be placed in colorless, standard canning jars such as those made by Kerr, Ball, etc., and properly sealed with two (2) piece lids (no paraffin on jams and jellies). Other types of jars will be rejected. Judges will remove the screw-bands at time of judging. Labels should be neat and plainly written. Jars of jams and jellies being considered for ribbons may be evaluated for taste in addition to traditional attributes.
- Resources can be found at: <https://4h.okstate.edu/events/okc-tulsa-state-fair/index.html> and <https://4h.okstate.edu/projects/nutrition-health-wellness/index.html>
- Only the top 5 exhibits in each food preparation class will be displayed. All other exhibits may be picked up after judging is complete. Any exhibit not picked up the day of judging will be disposed of by fair officials.
- **Awards:** Ribbons will be placed to top 10 in each class.
- **FOOD PREPARATION EXHIBITS LEVEL TWO – Grades 3-5**
 1. Three (3) Muffins
 2. Three (3) Rolled Biscuits
 3. Three (3) Baked Drop Cookies (no shaped cookies such as snickerdoodle or peanut butter)

LEVEL THREE – Grades 6-8

4. One-half loaf of any yeast bread (not a sweet dough) made by hand or in a bread machine
5. Three (3) yeast cinnamon rolls (no icing)
6. Three (3) rolled sugar-type cookies (no icing; no gingerbread recipes)

LEVEL FOUR – Grade 9-12

7. One-half loaf or portion of breads from another culture. Include a one (1) page story on how this bread fits into that culture and its nutritional contribution
8. One-half of one 8" or 9" layer un-iced shorten type cake (no angel food or chiffon)

FOOD PRESERVATION EXHIBITS

- Jar rings should be left on for display. Home canned food entries to be presented in standard jars made for home canning, with a raised pattern or lettering, clear, uncolored glass and two-piece lids.

LEVEL TWO – Grades 3-5

9. One (1) pint or half (½) pint jar of jam or jelly processed in boiling water canner
10. Two (2) pieces of fruit leather
11. One (1) pint or half (½) pint of salsa/picante sauce

LEVEL THREE – Grades 6-8

12. One (1) pint jar cucumber pickles or vegetable relish
13. One (1) pint or quart of any single canned fruit (not pickled)
14. Dried Fruit (½ cup of a single dried fruit). Display in a sealed plastic sandwich/freezer bag

LEVEL FOUR – Grades 9-12

15. One (1) pint or quart jar pressure canned vegetables (no tomatoes or pickles)
16. One (1) quart or one (1) pint jar of plain canned tomatoes

4-H FOOD SCIENCE & NUTRITION POSTER & EDUCATIONAL DISPLAYS

Posters and Educational Displays must be permanently signed and dated on the back prior to lamination. Judging committee may mark or punch if not marked. Text of posters and displays should be readable from at least 10 ft. away. Posters size is 14" x 22" and Educational Displays should be no larger than 3' x 4' (depth x width) and self-standing.

DIVERSITY EXHIBITS

LEVEL TWO – Grades 3-5

17. Educational poster based on breads *or* cheeses of another country or countries.

LEVEL THREE & FOUR – Grades 6-12

18. Educational poster based on the foods from another culture. Can be based on a cultural celebration.

NUTRITION EXHIBITS

LEVEL TWO – Grades 3-5

19. Educational poster based on recipe modification for healthful eating

LEVEL THREE – Grades 6-8

20. Educational poster based on the nutritional contributions of fruits and vegetables

LEVEL FOUR – Grades 9-12

21. Educational display based on a recipe modification to include:
 - Original recipe and what modifications were made
 - How did the modifications impact the above factors?
 - What were other people's responses to the modifications?
- Benefits of the modifications

FOOD OR KITCHEN SAFETY EXHIBITS

LEVEL TWO – Grades 3-5

22. Educational poster based on food or kitchen safety

LEVEL THREE – Grades 6-8

23. Educational poster based on protein food safety

LEVEL FOUR – Grades 9-12

24. Educational poster based on outdoor cookery or grilling

OTHER EXHIBITS

LEVEL TWO – Grades 3-5

25. Educational poster illustrating a place setting for a specific occasion or menu

LEVEL THREE – Grades 6-8

26. Educational display based on a breakfast bread buffet theme. Should include menu, buffet layout, decorations, invitations, and any additional information

LEVEL FOUR – Grades 9-12

27. Educational poster based on careers in the food industry

