

**DEPARTMENT E**  
**Healthy Lifestyles**

**NUTRITION, FOODS**  
**& FOOD PRESERVATION**

**GENERAL RULES** All exhibits in foods and nutrition must be in place by 10:00 a.m. entry day. Members may exhibit only in classes under projects carried this year. All baked goods must be baked by midnight, the night before entry day. Do not enter hot baked goods.

**LABELS FOR FOOD PRODUCTS** Each exhibit must include the recipe. Place the food on the appropriate size plate. Enter food projects in disposable materials, i.e., paper plate or plastic ziplock bag. The County Fair Board is not responsible for lost bread boards, china or glassware. Attach entry tag and recipe at the corner of the bag on the outside. 4-H'ers only need to submit a recipe with the baked product - information sheets are no longer required, but are optional. Recipe may be on any size paper or card, and may be handwritten, photocopied, or typed.

**LABELS FOR NON-FOOD PRODUCTS** Please attach the entry tag to the upper right hand corner of the entry.

**CRITERIA FOR JUDGING** Exhibits will be judged according to criteria for Judging State Fair 4-H Food and Nutrition Entries at the back of 4-H Foods Judging Handbook. Incomplete exhibits will be lowered a class ribbon. Make sure to follow all entry instructions required for your exhibit. **Commercially prepared mixes are allowed in the Tasty Tidbits Creative Mixes (Class 2) exhibit ONLY.** Prepared baking mixes, biscuit mixes, or other pre-made mixes entered in other categories will be lowered a ribbon placing. Recipes for processed foods used by 4-H members for fair exhibition (except salsa) may originate from any source. However, all processed/preserved food products **MUST** use USDA approved processing methods.

**EXHIBITS ARE ON DISPLAY FOR SEVERAL DAYS** Please limit exhibits to products that hold up well. Items that require refrigeration will not be accepted, judged, or displayed. Food products must be unquestionably safe to eat when they are entered, whether tasted or not. Egg glazes on yeast products before baking are allowed. Glazes, frosting, and other sugar based toppings are also considered safe due to the high sugar content. Eggs incorporated into baked goods, or crusts and cheeses mixed into the bread doughs are considered safe. Cream cheese fillings or melted cheese toppings may result in an unsafe food product by the time the item is judged due to unpredictable heat and/or weather conditions and will be disqualified.

## **DIVISION 350 GENERAL**

- E350001 FOOD SCIENCE EXPLORATIONS** Open to any 4-H'er enrolled in a Foods and Nutrition project. Show the connection between food and science as it relates to food preparation, food safety, or food production. Exhibit may be a poster or foam core board (not to exceed 22" by 30"), computer based presentation printed off with notes pages, if needed, and displayed in binder, an exhibit display, a written report in portfolio or notebook. Consider neatness and creativity.
- E350002 FOODS and NUTRITION Poster, Scrapbook, or Photo Display** Open to any 4-H'er enrolled in a Foods and Nutrition project, involving a nutrition or food preparation or career concept/lesson. This might contain pictures, captions, and/or reports to highlight the concept. Exhibit may be a poster or foam core board (not to exceed 22" by 30"), computer based presentation printed off with notes pages, if needed, and displayed in binder, an exhibit display, a written report in portfolio or notebook. Consider neatness and creativity.
- E350003 PHYSICAL ACTIVITY and HEALTH Poster, Scrapbook, or Photo Display** Open to any 4-H'er enrolled in a Foods and Nutrition project, involving a physical activity or career concept/ lesson. This might contain pictures, captions, and/or reports to highlight the concept. Exhibit may be a poster or foam core board (not to exceed 22" by 30"), computer based presentation printed off with notes pages, if needed, and displayed in binder, an exhibit display, a written report in portfolio or notebook. Consider neatness and creativity.

## **DIVISION 401 - SIX EASY BITES** **Premiums: \$2.00, \$1.75, \$1.50, 1.25**

**\* County Project Only – not eligible for State Fair Competition.**

- \*E401001 COOKIES** (any recipe, 4 on a paper plate).
- \*E401002 MUFFINS** (any recipe, 4 on a paper plate).
- \*E401901 DROPPED COOKIE** (any cookie recipe dropped from a spoon or scoop, or formed into balls that are flattened before baking).
- \*E401902 ROLLED COOKIE** (Any cookie recipe requiring chilling dough, rolling out, and cutting into shapes before baking).
- \*E401903 REFRIGERATOR COOKIE** (Any cookie recipe requiring chilling dough in shaped rolls, then slicing before baking)
- \*E401904 BAR COOKIE** (any cookie recipe made in pan and cut into bars or squares for serving.)
- \*E401905 FILLED COOKIE** (any cookie recipe with filling made from non-perishable ingredients, including jellies, jams, fruits, or candies.)

**Intermediate Foods and Nutrition Projects**  
**DIVISION 410 - TASTY TIDBITS**  
**PREMIUMS: \$2.50, \$2.25, \$2.00, \$1.75**

*\* Designates County Project Only – not eligible for State Fair Competition.*

- E410001 HEALTHY BAKED PRODUCT** Must be made with less sugar, fat or salt; modified to use a sugar or fat substitute; changed to include a whole grain; or be altered for specific allergies/food intolerances. Exhibit must include  $\frac{3}{4}$  of baked product or 4 muffins or cookies on a paper plate. May be baked in a disposable pan. Include original recipe and altered recipe. Write what you learned about products made from a modified recipe in supporting information.
- E410002 CREATIVE MIXES** (any recipe, at least  $\frac{3}{4}$  of baked product or 4 muffins or cookies on a paper plate. May be baked in a disposable pan.) Baked item made from a mix (commercial or homemade mixes acceptable). Food product must have been modified to make a new or different baked item. (Ex. Poppyseed Quick Bread from a cake mix, cake mix cookies, Streusel Coffee Cake from a cake mix, sweet rolls made from ready made bread dough, monkey bread from refrigerator biscuit dough, etc.) Write what you learned about making this product using a mix instead of a homemade recipe or recipe from “scratch”. Does it make it easier to use a convenience product or a mix?
- E410003 BISCUITS** Four biscuits on a small paper plate. This may be any type of biscuit – rolled, dropped, or cut. Recipe must be a non-yeast product baked from scratch.
- E410004 UNIQUE BAKED PRODUCT** (any recipe, at least  $\frac{3}{4}$  of baked product or 4 muffins or cookies on a paper plate. May be baked in a disposable pan.) Recipe must contain a surprise ingredient and **MUST** not use a mix (ex. Cantaloupe Quick Bread, Pork & Bean Bread, etc). **Write what you learned about making this unique item with an unusual ingredient. What was the anticipated outcome? Would you make it again?**
- E410005 FOAM CAKE** original recipe (no mixes) of at least  $\frac{3}{4}$  of the cake. Foam cakes are cakes that have a high ratio of eggs to flour and fall into three categories: angel food cakes or meringues; sponge or jelly roll cakes; and chiffon cakes.

4-H'er may ALSO bring an exhibit in each category listed. Additional cakes are County Projects Only.

- \*E410902 ANGEL FOOD CAKE** (Any cake recipe using egg whites for leavening, including flavored, marbled, or standard angel food cake).
- \*E410903 SPONGE CAKE** (Any cake recipe using egg whites and egg yolks for leavening).
- \*E410904 CHIFFON CAKE** (Any recipe using vegetable oil and egg yolks beaten into flour and dry ingredients)

- \*E410905 **HEALTHY FRUIT BARS** (at least  $\frac{3}{4}$  of a cake, may be exhibited on plate or in disposable pan. No frostings, please!) This may include pumpkin, banana, applesauce, carrot or zucchini bars or any other similar recipe.
- \*E410906 **POUND CAKE** (at least  $\frac{3}{4}$  of a cake, may be exhibited on plate or in disposable pan.)
- \*E410907 **SHORTENING OR BUTTER CAKE** (at least  $\frac{3}{4}$  of a cake, may be exhibited on plate or in disposable pan.) May be chocolate, white, or yellow.

**DIVISION 402- FAST FOODS**  
**PREMIUMS: \$2.50, \$2.25, \$2.00, \$1.75**

For intermediate or advanced level 4-H members. Youth may enter all classes in the age division of the project they enrolled. Please state years enrolled in project. 1 - 2 years - intermediate level; 3 years and up - advanced level. \* ***Designates County Project Only – not eligible for State Fair Competition.***

- E402001 **COFFEE CAKE** (any recipe or shape) At least  $\frac{3}{4}$  of baked product. May be exhibited in disposable pan. Include cost of making recipe and a menu for a complete meal where this recipe is served.
- E402002 **COST COMPARISON EXHIBIT** - Exhibit must include both the food product made from scratch and the comparable cost purchased product (for example, homemade cinnamon rolls compared to a premade cinnamon roll purchased at the store) Supporting information needs to include the cost of the food item made compared to the commercial product and the recipe for the homemade food item. See pages 22 – 35 of Fast Foods Manual relating to the Grocery Store Tour and the Store Shopper Tip Sheet listed on page 31. If 4-H'er doesn't exhibit both food items and the supporting information in this class, it will be lowered a ribbon placing.
- E402003 **FAST FOOD BAKED PRODUCT** Exhibit must include a food product prepared using a non-traditional method (i.e. bread machine, cake baked in convection oven, baked item made in microwave, etc.) that saves time in food preparation. Entry must include supporting information that discusses alternative preparation method and how it compares with traditional method.
- E402005 **FAST FOODS RECIPE FILE** Collection of 10 recipes from any source. Each recipe must accompany a complete menu in which the recipe is used. An additional 10 recipes may be added each year 4-H'er is in project, with year clearly marked on recipes. Display in recipe file or in a binder. Be sure to include the number of servings or yield of each recipe.

**DIVISION 411 - YOU'RE THE CHEF**  
**PREMIUMS: \$2.50, \$2.25, \$2.00, \$1.75**

Any bread item prepared or baked using a bread machine should be entered under the Fast Foods – Food Technology exhibit. All exhibits made in the You're the Chef and Foodworks Project Areas must have been prepared without the assistance of a bread machine for mixing, raising, or baking of the food item.

*\* Designates County Project Only – not eligible for State Fair Competition.*

- E411001**     **LOAF QUICK BREAD**(any recipe) - At least 3/4 of a standard loaf displayed on a paper plate. Quick bread is bread that does not require kneading or rising time and does NOT include yeast. A standard quick bread loaf measures 8 x 5 inches.
- E411002**     **WHITE BREAD** (any yeast recipe or method other than bread machine) - At least 3/4 of a standard loaf displayed on a paper plate.
- E411003**     **WHOLE WHEAT OR MIXED GRAIN BREAD** (any yeast recipe or method other than bread machine) - At least 3/4 of a standard loaf displayed on a paper plate. This may include whole wheat, rye, or any other mixed grain bread.
- E411004**     **SPECIALTY ROLLS** 4 rolls on a paper plate.     This may include sweet rolls, English muffins, kolaches, bagels, or any other sweet roll. Recipe must include yeast.
- E411005**     **DINNER ROLLS** – 4 rolls on a paper plate. This may include clover leaf, crescent, knots, buns, or any other dinner roll.
- \*E411901**     **EXTRA WHOLE WHEAT BREAD PRODUCT**, follow same criteria as listed in class **E411003**.
- \*E411902**     **EXTRA SPECIALTY ROLL** follow same criteria as listed in class **E411004**.
- \*E411903**     **EXTRA DINNER ROLL** follow same criteria as listed in class **E411005**.

**ADVANCED UNIT FOOD AND NUTRITION PROJECTS**  
**DIVISION 413 - FOODWORKS**  
**Premiums: \$3.00, \$2.75, \$2.50, \$2.25**

Any bread item prepared or baked using a bread machine should be entered under the Fast Foods – Food Technology exhibit. All exhibits made in the You're the Chef and Foodworks Project Areas must have been prepared without the assistance of a bread machine for mixing, raising, or baking of the food item.

*\* Designates County Project Only – not eligible for State Fair Competition.*

- E413001**     **DOUBLE CRUSTED FRUIT PIE** - MADE WITH HOME MADE FRUIT FILLING. No egg pastries or cream fillings will be accepted. No canned fillings or pre-made crusts. May be a double crust, crumb, or lattice topping. Using an 8- or 9-inch disposable pie pan is recommended but not required. Not responsible for items baked in non-disposable pan.
- E413002**     **FAMILY FOOD TRADITIONS** (any recipe, at least 3/4 of baked product or 4 muffins or cookies on a paper plate. May be baked in a disposable pan.) Any baked item associated with family tradition and heritage. Entry must include (A) recipe, (B) tradition or heritage associated with preparing, serving the food, (C) where or who the traditional recipe came from.
- E413003**     **CULTURAL FOOD EXHIBIT** - (any recipe) - Four cookies, bars, muffins, etc. on a paper plate. The name of the country or culture should be included as part of the supporting information with the recipe.
- E413005**     **SPECIALTY BREAD** (any recipe made with yeast) - Tea rings, braids, or any other specialty bread products must be exhibited whole. May be baked in a disposable pan.
- E413006**     **SPECIALTY PASTRY** (any recipe) – pie tarts, puff pastry, phyllo doughs, scones, biscotti, choux, croissants, Danish, strudels. Phyllo dough may be pre made or from scratch. Four on a paper plate or at least  $\frac{3}{4}$  of baked product. Pastries made with cream or egg based fillings will be disqualified.
- \*E413901**     **EXTRA SPECIALTY BREAD OR PASTRY** follow same criteria as listed in class.

## **DIVISION 407 - FOOD PRESERVATION**

**Premiums: \$2.50, \$2.00, \$1.50, \$1.00**

**PROCESSING METHODS** Current USDA processing methods must be followed for all food preservation. Jams, preserves and marmalades, fruit, tomatoes and pickled vegetables **MUST** be processed in a boiling water bath. Tomatoes may be processed by a boiling water bath or pressure canner. All non-acid vegetables and meats must be processed in a pressure canner. Spoilage or open container disqualifies entry.

**UNIFORMITY** Jars and type of lid should be uniform but not necessarily the same brand. Standard canning jars must be use - others will be disqualified. No one fourth pint jars allowed. Jelly glasses or half pint jars may be used for jellies and preserves. The jars are not to be decorated in any way. No zinc lids. Leave jar rings on for fair display as it helps protect the seal. Improperly canned or potentially hazardous food items will be disqualified.

**LABELING** Label jars with name of product, type of pack (hot or cold), processing method and time, pounds of pressure (low acid food), altitude where product was processed, name and county of exhibitor. **CONTACT THE POLK COUNTY EXTENSION OFFICE IF UNSURE OF ALTITUDE OR PROCESSING TIME.** Exhibits processed incorrectly will be lowered one ribbon placing. Write plainly on a label and paste or tape securely on jar bottom. Specialized sticky labels are not required. Label dried food articles with method of pretreatment, drying method, and drying time. Write plainly on label and paste or tape securely to back of self-sealing bag. Securely attach official entry card to exhibit. Multiple jar exhibits should be contained in a small undecorated box. Use a rubber band or twisty to keep exhibit containing 3 ziplock bags together. All food preservation entries must include recipe and source of recipe.

**RECIPE** All food preservation entries must include recipe and source of recipe. Recipes for processed foods used by 4-H members for fair exhibition (except salsa) may originate from any source. However, all processed/preserved food products **MUST** use USDA approved processing methods.

**CURRENT PROJECT** All canning must be the result of the this year's 4-H project, since September, of the previous year. **CRITERIA FOR JUDGING** Exhibits will be judged according to Criteria for Judging at the back of the 4-H Foods Judging Handbook. Incomplete exhibits will be lowered a ribbon class. Canned food items not processed according to altitude in the county will be lowered one class ribbon.

**CRITERIA FOR “YOUTH PREMIUM FOOD PRESERVATION AWARD”**, sponsored by the Alltrista Corporation and the Ball Home Canning products and the Kerr Home Canning Line: To acknowledge youth achievements in the art of home food preservation, Alltrista Corporation is offering four (4) coupons (valued at \$5.00 each) toward the purchase of Ball brand or Kerr brand Home Canning Products and four (4) Ball Blue Book home canning guides. The best exhibit submitted by a youth, canned in Ball Jars and sealed with Ball Two-Piece Vacuum Caps or canned in Kerr Jars and sealed with Kerr Two-Piece Vacuum Caps shall be selected from each class indicated below to receive the following: in Fruits, Vegetables, Pickled Foods and Jellied/Jam, there shall be one winner in each class. Each winner shall receive one (1) home canning product coupon and one (1) canning guide.

***See rules for specific labeling instructions.***

- E407001**     **DRIED FRUIT** Exhibit 3 different examples of dried fruit. Place each dried fruit food (6-10 pieces of fruit, minimum 1/4 cup) in separate self sealing bags. Use a rubberband or "twisty" to keep exhibit together. See Rule E. for special labeling instructions.
- E407002**     **FRUIT LEATHER** Exhibit 3 different examples of 3 different fruit leathers. Place a 3-4" sample of each fruit together in separate self sealing bags. Use a rubberband or "twisty" to keep exhibit together. See Rule E for special labeling instructions.
- E407010**     **DRIED VEGETABLES** Exhibit three different examples of dried Place each food (1/4 cup of each vegetable) in a ziplock bag (½ pint or 1 pint). Use a rubber band or twisty to keep exhibit together.
- E407011**     **DRIED HERBS** Exhibit 3 sample of dried herbs. Place each food (1/4 cup of each herb) in separate self-sealing bag. Use a rubber band or twisty to keep exhibit together.
- E407012**     **1 JAR FRUIT EXHIBIT** One jar of canned fruit.
- E407013**     **3 JAR EXHIBIT** Exhibit 3 jars of different canned fruits. May be three different techniques for same type of product, ex. Applesauce, canned apples, apple pie filling, etc.
- E407014**     **1 JAR TOMATO EXHIBIT** One jar of a canned tomato product.
- E407015**     **3 JAR TOMATO EXHIBIT** Exhibit 3 jars of different canned tomato products (salsa, sauces without meats, juice, stewed, etc.)
- E407020**     **1 JAR VEGETABLE OR MEAT EXHIBIT** One jar of a canned vegetable or meat. Include only vegetables canned in a pressure canner.

- E407021**      **3 JAR EXHIBIT** Three jars of different kinds of canned vegetables. Include only vegetables canned in a pressure canner.
- E407022**      **QUICK DINNER** Exhibit a minimum of 3 jars to a maximum of 5 jars (all same size) plus menu. Meal should include 3 canned or frozen foods that can be prepared within an hour. List complete menu on a 3' x 5' file card and attach to one of the jars.
- E407030**      **1 JAR PICKLED EXHIBIT** One jar of a pickled and/or fermented product.
- E407031**      **3 JAR PICKLED EXHIBIT** Three jars of different kinds of canned pickled and/or fermented products.
- E407040**      **1 JAR JELLIED FRUIT EXHIBIT** One jar of a jam, jelly or marmalade.
- E407041**      **3 JARS JELLIED FRUIT PRODUCT** Three different kinds of jellied fruit products. Entry may be made up of either pints or half pints (but all jars must be the same size). Entry must be processed in the boiling water bath according to current USDA recommendations.

#### **DIVISION 415 MISCELLANEOUS**

**Premiums: \$2.50, \$2.25, \$2.00, \$1.75**

*\* Designates County Project Only – not eligible for State Fair Competition.*

- \*E415901**      **FOOD FLOP** - Any one food project that failed. Must be accompanied by a written or typed summary explaining what you planned, what you did while preparing the item, the result, why you think the flop occurred and how you would keep it from happening again. Include a sample of the flopped food item.
- \*E415902**      **YOU PUT WHAT IN WHAT?** (Surprise ingredient food product) A baked product that will maintain its appearance throughout fair. Include easy to read recipe prominently displayed. Recipe must contain a unique or unexpected ingredient and must not be a mix. (Example: sauerkraut cake, mashed potato cake, pork and bean bread, castor oil cookies.) Product should be displayed, along with the recipe, in a unique and attractive manner. Entries will be tasted and judged. Limit one entry per member.
- \*E415914**      **GIFTS IN A JAR** Entry must include recipe attached with what is in jar and what the recipient of the "gift" must do to bake or cook the product.

#### **DIVISION 415 - Create, Bake, Decorate!**

**Premiums: \$2.50, \$2.25, \$2.00, \$1.75**

*\* Designates County Project Only – not eligible for State Fair Competition.* Any 4-H'ers enrolled in a foods project may exhibit in this area. Cakes may be flat, cut up, or layer types. Decorated cakes and decorated gingerbread houses are considered as two different types of entries. Therefore, if a 4-H'er is exhibiting a gingerbread house for the first time, it is entered in the beginning division (one year of gingerbread house decorating experience) regardless of any previous cake decorating experience. Gingerbread houses should be placed on a base (cardboard, tray, etc.), no larger than 12", to be able to fit in the display case at the Polk County Fair.

Supporting information should include years enrolled in the Cake Decorating project, size of tips used on decorated item, why the design was chosen and how this cake or decorated item could

be used for a special event or occasion. Recipes for cake or frosting are not required. This item is not tasted - judging is based on skill in decorating the item. For more information on how to decorate cakes and other items, contact the Polk County Extension Office for the "Create, Bake, Decorate!" manual. Special prizes to be awarded to the top decorated cakes (only decorated cakes eligible for this award), selected in each division. Winners will receive a certificate of recognition from the Wilton Cake Decorating Company and special prizes in honor of their achievement.

**BEGINNING DIVISION:** For 4-H members entering a decorated item for the 1<sup>st</sup> or 2<sup>nd</sup> year.

\***E415903 GRAHAM CRACKER GINGERBREAD HOUSE** (first year) to be made and exhibited prior to exhibiting Decorated Gingerbread House.

\***E415904 DECORATED GINGERBREAD HOUSE** must be made of gingerbread with edible items and parts on base no wider than 12".

\***E415905 DECORATED CAKE** (without the use of tips. Show creativity using cookies, candies, chocolate chips, small toy items, etc. to decorate cake for specific party or theme).

\***E415906 DECORATED COOKIE, BOX, BLOCK, ETC.** Show cake decorating skills as outlined in CLASS 46. Item should be frosted, as in the tops of a cupcake, or the outside covering of the box or block.

\***E415907 SET OF FOUR DECORATED BORDERS** Use the same tip on all four borders. Use no larger than a 6" by 8" covered cardboard and allow 1" space around outside for handling.

\***E415908 DECORATED CAKE** (decorated with two different style decorating tips, any size. Allow cake board to extend at least an inch around the base of the decorated cake, no wider than 12".

**ADVANCED DIVISION:** For 4-H members entering decorated items for 3 or more years.

\***E415909 DECORATED GINGERBREAD HOUSE** House must be made of gingerbread with edible items and parts on base no wider than 12".

\***E415910 DECORATED CAKE** (without the use of tips. Show creativity using cookies, candies, chocolate chips, small toy items, etc. to decorate cake for specific party or theme).

\***E415911 DECORATED COOKIE, BOX, BLOCK, ETC.** Show cake decorating skills as outlined in CLASS 52. Item should be frosted, as in the tops of a cupcake, or the outside covering of the box or block.

\***E415912 SET OF FOUR DECORATED BORDERS** Use the same tip on all four borders. Use no larger than a 6" by 8" covered cardboard and allow 1" space around outside for handling.

\***E415913 DECORATED CAKE** (decorated with at least three different style decorating tips, any size. Allow cake board to extend at least an inch around the base of the decorated cake, no wider than 12".

**SAFETY**  
**DIVISION 440 - SAFETY**  
**Premiums: \$2.50, \$2.25, \$2.00, \$1.75**

- E440001**     **FIRST AID KIT** A first aid kit is a good way to organize supplies in an emergency. The kit should be assembled in a container appropriate for the kit's intended use. A description of where the kit will be stored and examples of specific emergencies for that situation should be included in the exhibit. The kit should include a written inventory and purpose statement for included items. Items should cover the following areas: airway and breathing, bleeding control, burn treatment, infectious disease protection, fracture care and miscellaneous supplies. Use Citizen Safety Manual, 4-H 425, pages 6 and 7 and Score sheet SF110 for guidance.
- A) any kit containing any of the following will be automatically disqualified:
1. Prescription medications (if the purpose of the kit is to provide medication for someone with special need, explain in written description and inventory, but remove the medication).
  2. Articles or items with expiration dates on or before the judging date. (This includes sterile items, non-prescription medications, ointments, salves, etc. Articles dated month and year only are considered expired on the last day of that month.)
  3. Any controlled substance.
- E440002**     **DISASTER KIT (Emergency Preparedness)**-Disaster kits must contain the materials to prepare a person or family for emergency conditions caused by a natural or man-made incident. Selection of materials is left to the exhibitor. Family or group kits must have enough material or items for each person. A description of the kit's purpose, the number of people supported, and a list of contents is required. Youth are encouraged to test their kit by challenging their family to try to survive using only the included materials for the designated time. If tested, share that experience in kit documentation Please include an

explanation of drinking water needs for your disaster kit. Do not bring actual water to the fair in the kit. Refer to score sheet SF111.

**E440003 SAFETY SCRAPBOOK** The scrapbook must contain 15 news articles from print and/or internet sources about various incident types. Mount each clipping on a separate page and accompanied by a description of events leading to the incident and any measures that might have prevented it. The Scrapbook should be bound in a standard size hardcover binder or notebook for 8 ½" X 11" size paper. Correct sentence structure, readability and thorough explanations are an important part of judging.

**E440004 SAFETY EXPERIENCE:** The exhibit should share a learning experience the youth had related to safety. Examples could be participating in a first aid or first responder training, a farm safety day camp, babysitting workshop or similar event; scientific experiment related to safety; or the youth's response to an emergency situation. The exhibit should include a detailed description of the experience, the youth's role, some evidence of the youth's leadership in the situation and a summary of the learning that took place. Exhibits may be presented in a poster with supplemental documentation, a notebook including up to ten pages of narrative and pictures, or a multimedia presentation on a CD lasting up to five minutes.

**E440005 CAREERS IN SAFETY** The exhibit should identify a specific career area in the safety field and include education and certification requirements for available positions, salary information, demand for the field and a summary of the youth's interest in the field. Examples of careers include firefighters, paramedics, emergency management personnel, some military assignments, law enforcement officers, emergency room medical personnel, fire investigator and more. It is recommended youth interview a professional in the field in their research. Additional research sources might include books, articles, career web sites, job-related government web sites or interviews with career placement or guidance counselors. Exhibits may be presented in a poster with supplemental documentation, a notebook including up to ten pages of narrative and pictures, or a multimedia presentation on a CD lasting up to five minutes.

#### **DIVISION 450 FIRE SAFETY**

**Premiums: \$2.50, \$2.25, \$2.00, \$1.75**

**E450001 FIRE SAFETY POSTER** This is a home floor plan drawn to scale showing primary and secondary escape routes and where fire extinguishers and smoke detectors are located. Draw every room, including all doors and windows. Draw **black** or **blue** arrows showing primary escape routes from each room. Use **red** arrows showing **secondary** routes to use if the primary routes are blocked. Primary and secondary escape routes must lead outside to an assembly location. . Documentation should include evidence the escape plan has been practiced at

least four times. Posters must be constructed of commercial poster board at least 11" x 14" but not larger than 22" x 28".

- E450002 FIRE SAFETY SCRAPBOOK** The scrapbook must contain 10 news articles from print and/or internet sources about fires to residential or commercial properties or landscapes. Mount each clipping on a separate page accompanied by a description of events leading to the incident and any measures that might have prevented it. The Scrapbook should be bound in a standard size hardcover binder or notebook for 8 ½" X 11" size paper. Correct sentence structure, readability and thorough explanations are an important part of judging
- E450003 FIRE PREVENTION POSTER** Posters should promote a fire prevention message and be appropriate to display during National Fire Prevention Week or to promote fire safety at specific times of the year (Halloween, 4th of July, etc.). Originality clarity and artistic impression will all be judged. Do not include live fireworks, matches or other flammable/explosive/hazardous materials. Any entry containing this material will be disqualified. Posters must be constructed of commercial poster board at least 11" x 14" but not larger than 22" x 28".

#### **DIVISION 530 - BICYCLE SAFETY**

**\*denotes those entries which are not eligible for State Fair.**

- \*E530901 BIKE RESTORATION REPORT** Exhibitors need to restore/overhaul/upgrade a bicycle to include current safety features. A report must include the following information: Describing costs, repair costs, and what was done. "Before" and "After" photos should be included
- \*E530902 DISPLAY** It may include: 1) parts or system of a bicycle, 2) working or broken parts, or 3) a step-by-step procedure of how some repair or service job is performed. A limited number of photographs are acceptable. Actual parts or cut-aways of parts are recommended.
- \*E530903 BIKE ANATOMY (PARTS)** Poster (8 ½" X 11") showing the parts of a bicycle.
- \*E530904 COMPARISON REPORT** A report of price and feature comparisons that you took into account when purchasing a bike of your own.
- \*E530905 YOU BE THE TEACHER EXHIBIT** Share with others what you learned in the project. Exhibit may be a notebook or small display of an educational nature. Include 8 ½" X 11" page describing exhibit and summary of learning.

#### **LIFETIME SPORTS**

**DIVISION 530 – LIFETIME SPORTS**  
**Premiums: \$2.50, \$2.25, \$2.00, \$1.75**

4-H'ers may exhibit one article per class. The article may be a diorama, poster, scrapbook, notebook, etc. that expresses something learned or explains some aspect of the project. (See

leaders guide for examples and ideas.) 4-H'er must be enrolled in the project exhibiting in.  
\*Denotes those entries which are not eligible for State Fair.

- \*E530906     **ARCHERY**
- \*E530907     **GOLF**
- \*E530908     **BOWLING**
- \*E530909     **TENNIS**

**DEPARTMENT F**  
**ESI: Entrepreneurship Investigation**

**DIVISION 531 ESI**  
**Premiums: \$1.50, \$1.25, \$1.00, \$.75**

For classes **5310011-3**, follow guidelines for posters.

**ESI Unit 1 DISCOVER THE E-SCENE**

**F531001**     **INTERVIEW AN ENTREPRENEUR.** Share what you learned from the person about starting and running a business or how they deliver excellent customer service. How will what you have learned through this interview change your future plans or ways of thinking about business? (based on pages 2.1 - 2.4 of manual)

**ESI Unit 2 THE CASE OF ME**

**F531002**     **SOCIAL ENTREPRENEURSHIP PRESENTATION** Prepare a five slide power point presentation about a social entrepreneurship event to benefit a group or individual in your community. Social entrepreneurs are people who are in business to help others. Submit a print out of the note pages which show each slide and include an explanation of each slide. Enter exhibit in a report cover with fasteners (no slide bars). Refer to page 2.4 of Unit 2 The Case of Me for ideas.

**ESI Unit 3 Your Business Inspection**

**F531003**     **MARKETING PACKAGE** (mounted on a 14" x 22" poster) must include at least three items (examples) developed by the 4-H'er from the following list: business card, brochure, advertisement, business promotional piece, printout of an internet home page, packaging design, signs, logo design, direct mail piece, etc. The marketing package should be for an original business developed by the 4-H'er and not an existing business.

**F531004**     **ORIGINAL PRODUCT** with an information sheet (8 ½" x 11") answering the following questions:

1. What did you enjoy the most about making the product?
2. What challenges did you have when making the product? Would you do anything differently next time? If so, what?
3. What is the suggested retail price of the product? How did you decide on the price?
4. Market analysis of the community – data gathered through a survey of potential customers. Use the three questions on page 3.3 and survey at least 10 people in your community about your product.
5. How much would you earn per hour? Show how you determined this figure.
6. What is unique about this Product?

**F531005 PHOTOS OF AN ORIGINAL PRODUCT** (mounted on a 14" by 22" poster) must include three photos of developed product and a mounted information sheet answering the following questions. If exhibiting in both Class F531004 and Class F531005, products must be entirely different products.

1. What did you enjoy the most about making the product?
2. What challenges did you have when making the product? Would you do anything differently the next time? If so, what?
3. What is the suggested retail price of the product? How did you decide on the price?
4. Market analysis of the community – data gathered through a survey of potential customers. Use the three questions on page 3.3 and survey at least 10 people in your community about your product.
5. How much would you earn per hour? Show how you determined this figure.
6. What is unique about this product?

