

## DIVISION M - FOODS

### Division Rules & Regulations:

- Only 4-H Members may exhibit in this division. Exhibitors may enter only one (1) exhibit in each class, unless otherwise noted in section.
 

Pre-entry is required. **YOU MUST USE THE INTERNET ENTRY SYSTEMS FOUND AT [www.marylandstatefair.com](http://www.marylandstatefair.com)** Internet entries are due **July 31, 2018**. Exhibitors without internet access should contact their County Extension Educator for assistance. All release forms are due to the Maryland 4-H Center by July 31<sup>st</sup>. All exhibitors must complete and submit a release form.
- Exhibitors and exhibits must comply with the "General State Fair Rules & Regulations", "General 4-H and FFA Rules & Regulations", these "Division Rules & Regulations" and the applicable "Section Rules & Regulations".
- All exhibits must be clean and free of labels, etc., unless otherwise specified in the section rules or class description. Exhibitors must attach the Official State Fair Entry Tag to their exhibit prior to entry.
- Judging:** All exhibits will be judged on their own merit. The Judges will then at their own discretion give placings up to 10<sup>th</sup> Place in each class Food Preparation and Food Preservation. Unless otherwise noted in section, exhibits will be judged in one of the 4-H Age Divisions: Junior (ages 8-10 as of 1/1/18); Intermediate (ages 11-13 as of 1/1/18); Senior (ages 14-18 as of 1/1/18). Entries not conforming to class description and/or division/section rules & regulations will be disqualified.
- Awards:** In Food Preparation and Food Preservation, ribbons will be awarded to the 1<sup>st</sup> – 10<sup>th</sup> Place exhibits in each class. Premiums: 1<sup>st</sup> (\$7), 2<sup>nd</sup>–10<sup>th</sup> (\$5). In 4-H Healthy Lifestyles Poster, Nutrition Poster/4-H EFNEY, Food Science Display and 4-H Menu Judging, ribbons/premiums will be awarded to each exhibit according to the rating it receives - Excellent (\$7), Very Good (\$5) or Good (\$5). Rosettes will be awarded to the Junior, Intermediate and Senior Champion and Reserve Champions in each section, if there are sufficient entries as determined by the Superintendent.
- Entries for this division will be received Wednesday, August 22<sup>nd</sup> from 2pm to 8pm in the 4-H/FFA Home Arts Building and released Tuesday, September 4<sup>th</sup> from 9am to 7pm. An early-bird release period will be made available on Monday, September 3<sup>rd</sup> from 8pm to 10pm AFTER the Building is closed to the public.

### SECTIONS I-VIII - FOOD PREPARATION

Superintendent: Linda Brown

Phone: (410) 822-5548 Email: lbrown1@toad.net

### Section Rules & Regulations:

- Exhibitors must be enrolled in a 4-H Food Project for the current year.
- Exhibitors must enter the exact number of items indicated in parentheses in the class descriptions, i.e. Cookies (4) means 4 individual cookies.
- All food entries must be accompanied by a 3" x 5" Recipe Card.** The Recipe Card should include the list of the ingredients, the amounts and procedures for preparing a product. Recipe Cards must be printed or typed. Exhibits without recipe cards will be DISQUALIFIED!
- Decorated cake classes may use commercial or fondant icing. Otherwise, the frosting and cake recipes must be included on the Recipe Card. Cake must be made from batter, No Styrofoam or cereal bases may be used.
- No mixes are allowed** (cookie mixes, biscuit or pancake mixes, etc.) All entries must be homemade. Exception-Cake mixes allowed in Create-a-Cake class.
- Since refrigeration is not available, cream cheese, yogurt, and whipping cream, etc. may not be used in fillings or icings. Eggs used in recipes MUST be cooked.
- All food entries will be exhibited in plastic containers available at check-in. The Fair is not responsible for personal containers. Exhibits will be disposed of when they are no longer visually appealing. All food exhibits, excluding gift baskets/boxes, will be disposed of by Fair Staff.
- All cookies must be baked.** No-baked cookies are not acceptable in any cookie class.
- All entries must be made by individual 4-Hers. Cakes and breads split in half does not make two entries.
- All angel food, sponge and chiffon cakes must be baked in a tube pan. Top side of the cake must be displayed.

Junior	Inter.	Senior	Class Description	Junior	Inter.	Senior	Class Description
<b>QUICK BREADS CLASSES (Section 1)</b>				<b>COOKIE CLASSES (Section 3)</b>			
M1001	M2001	M3001	Baking Powder Biscuits-rolled (4)	M1030	M2030	M3030	Brownies with nuts-chewy, 2"x 2" square (4)
M1002	M2002	M3002	Muffins-Corn, no liners (4)	M1031	M2031	M3031	Brownies with nuts-cake like, 2"x 2" square (4)
M1003	M2003	M3003	Muffins-Plain, no liners (4)	M1032	M2032	M3032	Brownies without nuts-chewy, 2"x 2" square (4)
M1004	M2004	M3004	Muffins-Other, identify, no liners (4)	M1033	M2033	M3033	Brownies without nuts-cake like 2"x 2" square (4)
M1005	M2005	M3005	Corn Bread, 2" x 3" pieces (4)	M1034	M2034	M3034	Peanut Butter Cookies (4)
M1006	M2006	M3006	Coffee Cake-Cinnamon (½)	M1035	M2035	M3035	Refrigerator Cookies- sliced & baked (4)
M1007	M2007	M3007	Coffee Cake-Fruit, identify type (½)	M1036	M2036	M3036	Rolled Cookies – cut with cookie cutter (4)
M1008	M2008	M3008	Ginger Bread (½)	M1037	M2037	M3037	Snickerdoodles (4)
M1009	M2009	M3009	Fruit/Fruit & Nut Bread-identify type (½)	M1038	M2038	M3038	Bar Cookies-not brownies-2 x 2 square(4)
M1010	M2010	M3010	Vegetable/Veg & Nut Bread-identify (½)	M1039	M2039	M3039	Molded/Shaped Cookies-by hand (4)
M1011	M2011	M3011	Cheese bread (½)	M1040	M2040	M3040	Fancy Cookies-filled, iced, etc. (4)
<b>YEAST BREAD CLASSES (Section 2)</b>				M1041	M2041	M3041	Pressed Cookies – thru a gun or mold (4)
M1015	M2015	M3015	Rolls-plain, white (4)	M1042	M2042	M3042	Oatmeal Drop Cookies (4)
M1016	M2016	M3016	Rolls-whole wheat (4)	M1043	M2043	M3043	Chocolate Chip Cookies (4)
M1017	M2017	M3017	Rolls-other (4)	<b>CAKE CLASSES (Section 4)</b>			
M1018	M2018	M3018	Loaf-plain white (½)	M1044	M2044	M3044	Angel Food Cake-no icing/glaze (½)
M1019	M2019	M3019	Loaf-whole wheat (½)	M1045	M2045	M3045	Sponge Cake-no icing/glaze (½)
M1020	M2020	M3020	Loaf-other, identify (½)	M1046	M2046	M3046	Chiffon Cake – no icing/glaze (1/2)
M1021	M2021	M3021	Coffee Ring-whole product	M1047	M2047	M3047	Pound Cake-no icing/glaze or layers (½)
M1022	M2022	M3022	Loaf-whole wheat, made with bread machine (whole loaf). No Mixes	M1048	M2048	M3048	Spice Cake-icing, 2 layers (½)
M1023	M2023	M3023	Loaf-other, identify - made with bread machine (whole loaf) No Mixes	M1049	M2049	M3049	Yellow Cake-icing, 2 layers (½)
				M1050	M2050	M3050	Chocolate Cake-icing, 2 layers (½)
				M1051	M2051	M3051	White Cake-icing, 2 layers (½)
				M1052	M2052	M3052	Cup Cakes-yellow, no icing, liners ok (4)
				M1053	M2053	M3053	Cup Cakes-chocolate, no icing, liners ok(4)
				M1054	M2054	M3054	"Create-a-cake" - Boxed cake mix with additions, include recipe (1/2)

Junior	Inter.	Senior	Class Description
<b>CANDY CLASSES (Section 5)</b>			
M1055	M2055	M3055	Peanut Butter Fudge - cooked, Plain, 1"x1" (4 pieces)
M1056	M2056	M3056	Chocolate Fudge - cooked, Plain, 1"x1" (4 pieces)
M1057	M2057	M3057	Chocolate Fudge with nuts - cooked, 1"x1" (4 pieces)
M1058	M2058	M3058	Nut Brittle (4 pieces)
M1059	M2059	M3059	Uncooked Candy (4 pieces)
M1060	M2060	M3060	Cooked Candy (4 pieces)
M1061	M2061	M3061	Molded Candy, formed from melted chocolate (4 pieces)
M1062	M2062	M3062	Butter Creams (4 pieces)
M1063	M2063	M3063	Microwave Candy (4 pieces)

**DECORATED CAKE CLASSES (Section 6)** - *The whole cake may not exceed 9" w x 13" x 12" h. All decorations and cake must be edible. Cake must be made from batter ie. No rice krispies or cereal. Cake and icing recipes must be included.*

Junior	Inter.	Senior	Class Description
M1064	M2064	M3064	Special Occasion - decorated for a special event such as a wedding, birthday, anniversary, shower, etc.
M1065	M2065	M3065	Novelty - decorated to carry out an idea, may be shaped/decorated to resemble an animal, person or idea (i.e., pizza, bunny, etc. It is not a birthday, shower or other special occasion cake.
M1066	M2066	M3066	Maryland 4-H Cake - Decorated to carry out the idea of "Maryland 4-H". Place on a non-returnable container.

**HEALTHY CHOICES CLASSES (Section 7)** - *These are baked items where ingredients have been eliminated, reduced or substituted so people with dietary restrictions may enjoy a baked product. Substitutions must be specific. Include an explanation of changes made to the recipe and what needs will be met by these changes. Judges will evaluate the item for its quality, taste, appearance and effectiveness in totally meeting a special dietary need.*

Junior	Inter.	Senior	Class Description
M1067	M2067	M3067	Quick Bread (1/2 loaf)
M1068	M2068	M3068	Cake (1/2)
M1069	M2069	M3069	Cookies (4)

**GIFT BASKET/BOX CLASSES (Section 8)** - *Items should be arranged in a decorated basket/box to be used as a gift. Place one sample of each item in a plastic bag for judging. Recipe Cards should include recipes for all edible items in the gift as well as the audience for which the gift is intended.*

Junior	Inter.	Senior	Class Description
M1071	M2071	M3071	Quick Bread - 5 different kinds of quick breads
M1072	M2072	M3072	Yeast Bread - 5 different kinds of yeast breads
M1073	M2073	M3073	Cookie - 5 different kinds of cookies (6 each)

**SECTIONS IX-XV - FOOD PRESERVATION**

Superintendent: Becky Ridgeway

Phone: (410) 386-2760

Email: [bridgewa@umd.edu](mailto:bridgewa@umd.edu)

**Section Rules & Regulations:**

- Exhibitors must be enrolled in a 4-H Foods Project for the current year.
- Entries will consist of 1 jar, unless otherwise specified. Both standard and wide-mouthed pint or quart regulation canning jars will be accepted except where specified otherwise in class. **Leave rims/rings on jars. Jars will not be opened for judging.**
- Label each jar clearly with 1) product name, 2) processing method and time for processing, and 3) source of the recipe.** (e.g. 1) Tomatoes; 2) Boiling Water Bath/#minutes; and 3) Ball Blue Book Guide to Preserving – 2011 Edition or USDA Guide or So Easy to Preserve – any of these recipe sources).
- Fruits, pickled vegetables, and some tomatoes and should be processed in a boiling water bath canner. Vegetables and some tomato products must be processed in a pressure canner.
- ALL foods should be processed using a tested recipe. (Recipe sources – Ball Blue Book, USDA Complete Guide to Home Canning and So Easy to Preserve, or recipes found in pectin or other canning ingredients made by companies such as Kerr, Mrs. Waggs, Ball, etc.)
- Dried foods may only be entered in the Dried Foods Classes.

Junior	Inter.	Senior	Class Description
<b>FRUIT CLASSES (Section 9)</b>			
M1081	M2081	M3081	Apple sauce
M1082	M2082	M3082	Apple Juice
M1083	M2083	M3083	Blackberries
M1084	M2084	M3084	Cherries - sour
M1085	M2085	M3085	Cherries - sweet
M1086	M2086	M3086	Grape - juice
M1087	M2087	M3087	Peaches - halves
M1088	M2088	M3088	Peaches - pieces
M1089	M2089	M3089	Pears - halves
M1090	M2090	M3090	Pears - pieces
M1091	M2091	M3091	3 jars of fruit (3 varieties)
M1092	M2092	M3092	Other fruit
M1093	M2093	M3093	Fruit Butter
<b>VEGETABLE CLASSES (Section 10)</b>			
M1095	M2095	M3095	Beans – green, whole
M1096	M2096	M3096	Beans – green, cut
M1097	M2097	M3097	Beans - lima
M1098	M2098	M3098	Beans - wax
M1099	M2099	M3099	Beets - sliced (no vinegar)
M1100	M2100	M3100	Beets - whole (no vinegar)
M1101	M2101	M3101	Carrots
M1102	M2102	M3102	Peas
M1103	M2103	M3103	Tomatoes - broken in juice
M1104	M2104	M3104	Tomatoes - whole
M1105	M2105	M3105	Tomato Juice
M1106	M2106	M3106	Other Vegetable
<b>PICKLE CLASSES (Section 11)</b>			
M1107	M2107	M3107	Pickled beets - sliced
M1108	M2108	M3108	Pickled beets - whole
M1109	M2109	M3109	Sliced cucumber - sweet
M1110	M2110	M3110	Bread and butter pickles
M1111	M2111	M3111	Sour or dill pickle, spears
M1112	M2112	M3112	Sour or dill pickle, sliced
M1113	M2113	M3113	Pickle, any other (identify)
M1114	M2114	M3114	Relish (mixed vegetables)
M1115	M2115	M3115	Pickle Relish
M1116	M2116	M3116	Corn Relish
M1117	M2117	M3117	Salsa

**DRIED FOODS CLASSES (Section 15) -** *Drying foods is a method of preserving. Moisture is removed from fruits/ vegetables to preserve them for later use. Food must be dried enough to inhibit all bacteria, molds and enzymes. Dried fruits and vegetables are clean, flavorful, have characteristic color, and are brittle (vegetables) or leathery (fruits). (Jars should be ½ pint standard clear canning jars) Label All Products With Product Name, Drying Methods & Length of Time of Drying.*

Junior	Inter.	Senior	Class Description
M1141	M2141	M3141	Fruit Leather
M1142	M2142	M3142	Dried Fruit
M1143	M2143	M3143	Dried Vegetables
M1144	M2144	M3144	Jerky
M1145	M2145	M3145	Herbs

Junior	Inter.	Senior	Class Description
<b>JELLY CLASSES (Section 12) -</b> <i>Jelly is made of fruit juice. Good jelly is clear, free from crystals or sediment, sparkling, has a tender texture and natural color and flavor of fresh fruit. When removed from the glass, it will hold its shape and when cut leaves a clean, clear, sharp cleavage. Jars should be ½ pint standard canning jelly jar. Do not use fancy/gourmet jars, no fabric covers.</i>			
M1118	M2118	M3118	Apple Jelly
M1119	M2119	M3119	Grape Jelly
M1120	M2120	M3120	Strawberry Jelly
M1121	M2121	M3121	Blackberry Jelly
M1122	M2122	M3122	Other Jelly
<b>PRESERVES CLASSES (Section 13) -</b> <i>Preserves are made of one or two fruits. The fruit, whole or large pieces, is cooked in a syrup until clear and transparent, tender, firm, crisp and well plumped. The shape of the fruit is retained and the juice is thick and syrupy. (Jars should be ½ pint standard canning jelly jar)</i>			
M1125	M2125	M3125	Blackberry Preserves
M1126	M2126	M3126	Peach Preserves
M1127	M2127	M3127	Pear Preserves
M1128	M2128	M3128	Strawberry Preserves
M1129	M2129	M3129	Blueberry Preserves
M1130	M2130	M3130	Cherry Preserves
M1131	M2131	M3131	Other Preserves
<b>JAM CLASSES (Section 14) -</b> <i>Jams are usually made of one fruit crushed into a mass of an even, soft consistency thick enough to spread easily or be divided into portions. Juices are not separated from fruits and are of a jelly-like consistency. (Jars should be ½ pint standard canning jelly jars)</i>			
M1133	M2133	M3133	Blackberry Jam
M1134	M2134	M3134	Raspberry Jam
M1135	M2135	M3135	Strawberry Jam
M1136	M2136	M3136	Blueberry Jam
M1137	M2137	M3137	Peach Jam
M1138	M2138	M3138	Cherry Jam
M1139	M2139	M3139	Other Jam

## SECTION XVI - 4-H HEALTHY LIFESTYLES POSTER

Superintendent: Ann Sherrard

Phone: (301) 334-6960

Email: [anns@umd.edu](mailto:anns@umd.edu)

### Section Rules & Regulations:

1. Only one entry per exhibitor may be entered in this section.
2. Posters must be the work of the Exhibitor. Posters may be of horizontal or vertical orientation. Horizontal posters are considered more useful, since they would fit better on a TV screen. Avoid a square-shaped poster. **Posters should follow this theme: "Let's Move for Good Health."**
3. Posters must be designed on or affixed to standard poster board, 14" x 22" in size. Exhibitors may use any media: water color, ink, crayon, acrylic, charcoal, oils or collage. Posters may not be three-dimensional. Cartoon figures, such as Snoopy, Barney, etc., cannot be used because they are copyrighted.
4. The following information must be printed on the upper left-hand corner of the back of the poster: Exhibitor's Name, Age, Phone #, 4-H County/City, Theme and Interpretive Statement. Posters must include the "AA Statement" on the front of the poster (see General 4-H/FFA Rules & Regulations).

### CLASSES

M1155 Junior Healthy Lifestyles Poster

M2155 Intermediate Healthy Lifestyles Poster

M3155 Senior Healthy Lifestyles Poster

## SECTION XVII - NUTRITION POSTER/4-H EFNEP

Superintendent: Ann Sherrard

Phone: (301) 334-6960

Email: [anns@umd.edu](mailto:anns@umd.edu)

### Section Rules & Regulations:

1. This section is open to all youth currently enrolled in the 4-H Expanded Foods and Nutrition Program (EFNEP). This exhibit provides the opportunity for 4-H Members to share nutrition knowledge and concepts gained in EFNEP programs with others. Only one poster per Exhibitor may be entered.
2. Posters must be created by the Exhibitor. Posters must be designed on or affixed to standard poster board (14" x 22") and must contain a nutrition message.
3. Exhibitors may use any media: water color, ink, crayon, acrylic, charcoal, oils or collage. Posters may not be three-dimensional. Posters must be 14" x 22" and contain a nutrition message. Cartoon figures, such as Snoopy, Barney, etc., cannot be used because they are copyrighted.
4. The following information must be printed on the upper left-hand corner of the back of the poster: Exhibitor's Name, Age, Phone #, 4-H County/City, Theme and Interpretive Statement. Posters must include the "AA Statement" on the front side of the poster (see General 4-H/FFA Rules & Regulations).

### CLASSES

M1162 Junior Nutrition Poster

M2162 Intermediate Nutrition Poster

M3162 Senior Nutrition Poster

## SECTION XVIII - FOOD SCIENCE DISPLAY

Superintendent: Ann Sherrard

Phone: (301) 334-6960

Email: [anns@umd.edu](mailto:anns@umd.edu)

### Section Rules & Regulations:

1. Only one enter per Exhibitor may be entered in each class.
2. Displays must be the work of the individual, group projects are not allowed.
3. Displays must not involve live animals, harmful chemicals, explosives, open flames or any other potentially hazardous materials.
4. The display may range in size from 28"W x 14"D x 22"H to 36"W x 17"D x 42"H. The display must be sturdy enough to stand alone. Graphs, charts, information table, photographs, drawings, etc. may be used in the display. A printed or typewritten 1-page summary must be attached to the display.
5. Refer to the "4-H Food Science Display" Procedures & Regulations for Judging Criteria and additional information (available from the 4-H office).

### CLASSES

M1169 Junior Food Science Display

M2169 Intermediate Food Science Display

M3169 Senior Food Science Display

## SECTION XIX - 4-H MENU JUDGING

Superintendent: Ann Sherrard

Phone: (301) 334-6960

Email: [anns@umd.edu](mailto:anns@umd.edu)

### Section Rules & Regulations:

1. Only one enter per Exhibitor may be entered in each class.
2. Menus must be selected from the following:
  - a: Convenience Food Meal - Attach label(s) from the convenience foods used (*M1176 Junior, M2176 Intermediate & M3176 Senior*)
  - b: Fast Food Restaurant Meal - Attach nutrition information from the Fast Food Restaurant (*M1177 Junior, M2177 Intermediate & M3177 Senior*)
  - c: Packed Lunch Meal - One meal in a bag or otherwise packed lunch (*M1178 Junior, M2178 Intermediate & M3178 Senior*)
  - d: Vegetarian Meal - Include dairy products and/or eggs but no meat, poultry or fish (Lacto-ova) (*M1179 Junior, M2179 Intermediate & M3179 Senior*)
  - e: Ethnic Meal - Describe the culture (*M1180 Junior, M2180 Intermediate & M3180 Senior*)
3. Menus must include the following: (a) correct number of servings from each of the food groups in MyPyramid; (b) a contrast of color, texture and flavors; and (c) a description of the preparation methods and amounts of food.
4. The following information must appear on the back of the menu: Exhibitor's Name, Age, Phone Number, 4-H County/City, Class Number.
5. Refer to the "4-H Menu Judging" Procedures & Regulations for Judging Criteria and additional information (available from the 4-H office).

#### Menu Judging Criterion

- How closely does the menu follow the written guidelines for the class?
- Nutritional Quality – does the menu reflect the recommendations from MyPyramid?
- Balance – does the menu provide a variety of the following in the foods to create interest?
  - o Color
  - o Temperature (Lunch Box menus may be an exception)
  - o Texture
- Presentation of the entry (neatness and use of visuals, etc.)