

# 2008 DODGE COUNTY FAIR

## HEALTHY LIFESTYLES

### CHECK IN:

Tuesday, July 29, 2008 from 6:00 – 8:00 p.m.  
& Wednesday, July 30, 2008 from 7:00 – 9:00 a.m.

### JUDGING TIME:

Wednesday, July 30, 2008, 9:30 a.m. (closed to public)

### PREMIUMS:

Purple \$2.00; Blue \$1.50; Red \$1.00; White \$0.50

## NUTRITION, FOODS & FOOD PRESERVATION

### FOOD AND NUTRITION GUIDELINES

- A. Members may exhibit only in the projects in which enrolled.
- B. **LABELS:**  
**For All Food Products and Food Preservation Entries:** Each exhibit must include the recipe. Recipe need not be handwritten, may be photocopied or typed. Place the food on the appropriate size plate. Put exhibit in a self-sealing (Ziploc) bag. Attach entry tag AND recipe at the corner of the bag on the outside.  
**For Non-Food Entries:** Please attach the entry tag to the upper right hand corner of the entry. Attach only the section above the perforations to prevent tearing the cards when they are separated.  
**General Labeling Information:** All additional information pieces (recipes, cards, special items) must be labeled with exhibitor's name.
- C. **Criteria For Judging:** Exhibits will be judged according to score sheets available at your local extension office. Incomplete exhibits will be lowered a ribbon placing. Make sure to follow all entry instructions required for your exhibit. Incomplete exhibits will be lowered one ribbon placement.
- D. **Enter Food Exhibits:** Enter food projects in disposable materials, i.e. paper plate or plastic Ziploc bags. Not responsible for lost bread boards, china or glassware.
- E. **Number of Exhibits:** Only ONE exhibit per class for each 4-H'er.
- F. **Exhibits Are On Display Several Days:** Please limit exhibits to products which 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, frostings, 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 bread doughs are considered safe. Commercially prepared mixes are allowed in the Tasty Tidbits Creative Mixes (Class 2) exhibit and the Fast Foods Quick Baked product (Class 6) exhibit ONLY.

### INTERVIEW JUDGING PROJECTS INCLUDE: ALL Healthy Lifestyles Projects

4-H members are encouraged to participate in interview judging. Interview judging allows 4-H members to discuss their 4-H exhibits directly with the judge. This will give 4-H members the opportunity to discuss the process they took preparing their project. In addition, interview judging will give judges the opportunity to provide positive input and helpful suggestions to the 4-H member.

#### REQUEST FOR INTERVIEW JUDGING:

- Department Superintendents are to be notified when a 4-H project is entered by a 4-H member intending to Interview Judge.
- Entry cards of 4-H exhibits must designate Interview Judging Request by checking the "INTERVIEW" box at the upper right corner (above "Dodge County Fair") of the entry card.
- **Exhibitors are limited to ONE interview entry per department (project area).**

TIME: (Optional) Interview Judging / Wednesday, July 30 by appointment / 4-H Exhibit Hall

- Exhibitors will make appointments (9:30 am-5:00 pm) with superintendent at time of check in.

#### INTERVIEW JUDGING IS OPTIONAL:

- Projects are not required to be interview judged. Therefore, no projects will be deducted a ribbon placing for not interview judging.

### DEPT. E / DIV. 402

#### FAST FOODS

- Class 1 **Coffee Cake / any recipe or shape, non-yeast product:** At least 3/4 of baked product. May be exhibited in a disposable pan. Include menu for a complete meal where this recipe is served.
- Class 2 **Cost Comparison Exhibit** – Exhibit must include a food product made from scratch and a cost comparison to a similar commercial pre-made item (for example, homemade cinnamon rolls compared to a pre-made 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 a 4-H'er doesn't exhibit a food item in this class, it will be lowered a ribbon placing.
- Class 3 **Food Technology Exhibit** – Exhibit must include a food product prepared using new technology or a non-traditional method (i.e. bread machine, cake baked in convection oven, baked item made in microwave, etc.) Entry must include supporting information that discusses new method and how it compares with traditional method. If 4-H'er doesn't exhibit a food item in this class, it will be lowered a ribbon placing.

- Class 4 Fast Foods Menu Planning – 4-H'er develops exhibits that aid in menu planning. May be a menu plan that is developed for at least five meals, a recipe file, or a poster that is related to what is learned in the Fast Foods project. Consider creativity and neatness. Menu plan may be mounted on a 9" x 12" colored paper or poster board, or display in clear plastic binder. Refer to pages 16-19 and 60-63 in the Fast Foods Manual. Attach an evaluation found on page 64 for two or more of the menus you have prepared.
- Class 5 Fast Foods Recipe File – Collection of 10 recipes from any source. Each recipe must accompany a complete menu in which the recipe issued. 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 clear plastic binder.

## DEPT. E / DIV. 403

### ROAD TO GOOD COOKING

#### (NOT Eligible for State Fair)

- Class 901 Oatmeal Cookie / any recipe: Four on a small plate.

## DEPT. E / DIV. 401

### SIX EASY BITES

- Class 1 Cookies / any recipe: Four on a small paper plate.  
 Class 2 Muffins / any recipe: Four on a small paper plate.

## DEPT. E / DIV. 300

### YOUTH IN MOTION

- Class 1 YOUTH in Motion Poster, Scrapbook, or Photo Display: about the 4-H'ers family or self involved in a physical activity or connect/lesson involving this project. This might contain pictures, captions, and/or reports about the physical activity the individual or family did as a result of taking this project.
- Class 2 Activity Bag: A duffle bag or back pack that the 4-H'er packs so that they are always prepared to be active and make healthy food choices. May include proper workout attire, a healthy beverage or snack, a notebook or goal sheet, etc. Make sure all items are clean, clearly labeled and an explanation of why it is included in the Activity Bag. DO NOT put valuable items (i.e. electronics) in Activity Bag, instead use a picture of the item or include in the listing of items.
- Class 3 YOUTH in Motion Healthy Snack Recipe File: Collection of 10 recipes from any source. Each recipe must accompany a complete snack, menu in which the recipe is used following the idea that a healthy snack includes foods from at least two different food groups. An additional 10 recipes may be added each year 4-H'er is in project, with year clearly marked on recipes. Consider creativity and neatness. Display in recipe file or box or in a clear plastic binder.
- Class 4 Exercise Interview: Interview someone in your life that you have chosen to be active with or someone that you admire that is physically active. Why do they enjoy their exercise program? What are their goals? Why do you admire them? Maximum of two pages, one sided write up of an interview with someone who has an active exercise program. Consider creativity and neatness. Mount on a 9" x 12" colored paper or poster board, or display in clear plastic binder. Include a picture of the person interviewed. (May be laminated to preserve exhibit.) Overall size of mounted exhibit should be no larger than 9x12 inches.
- Class 5 Healthy Snack: see ideas for non-perishable snack on page 36. Four cookies, bars, muffins, etc., on a paper plate, or at least 1 cup of mix, (examples might include: granola bars, homemade crackers or chips.) Supporting information to include recipe and snack menu, and why this snack menu might be considered a healthy snack.

## DEPT. E / DIV. 410

### TASTY TIDBITS

- Class 1 Healthy Baked Product: Baked good must be made with less sugar, fat or salt, or altered using a sugar or fat substitute. Include original recipe and altered recipe. Exhibit must include ¼ of baked product or 4 muffins or cookies on a paper plate. May be baked in a disposable pan. Tell what you learned about products made from a modified recipe in supporting information.
- Class 2 Creative Mixes / any recipe: at least ¼ 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, sweet rolls made from ready made bread dough, monkey breads from biscuit doughs, Streusel Coffee Cake from a cake mix, etc.) Tell what you learned about making this product using a pre-measured mix instead of a recipe made from scratch. Does it make it better or easier to use a mix?
- Class 3 Biscuits / any recipe: Four biscuits on a small paper plate. May be rolled, dropped, or cut into shape.
- Class 4 Foam Cake: original recipe (no mixes) of at least ¼ 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.

## DEPT. E / DIV. 411

### YOU'RE THE CHEF

- Class 1 Loaf Quick Bread (any recipe) – At least ¾ of a standard loaf displayed on a paper plate. A standard quick bread loaf measures approximately 8 ½" x 4 ½" or 9" x 5".
- Class 2 White Bread: (any yeast recipe or method other than bread machine) – At least ¾ of a standard loaf displayed on a paper plate.
- Class 3 Whole Wheat or Mixed Grain Bread: (any yeast recipe or method other than bread machine) – At least ¾ of a standard loaf displayed on a paper plate.
- Class 4 Specialty Rolls: 4 rolls on a paper plate. May be sweet rolls, English muffins, kolaches, bagels, or any other sweet roll recipe. Recipe must include yeast.
- Class 5 Dinner Rolls: 4 rolls on a paper plate. May be cloverleaf, crescent, knot, bun, bread sticks or any other type of dinner roll.

## DEPT. E / DIV. 413

### FOODWORKS

- Class 1 Double Crust Fruit Pie : Made with homemade fruit filling. *No egg pastries or cream fillings*. No canned fillings. May be a double crust, crumb, or lattice topping. Enter in an 8 or 9-inch disposable pie pan.
- Class 2 International Foods Display Exhibit: Baked product from another country or culture with at least one accessory typical of that country. The name of the country or culture should be a prominent part of the display. Include the recipe of the baked item. Explain what was learned about the culture and country, what makes this recipe unique to the country, and when this recipe is served. Attach to the recipe card. Attach exhibitor's name and county to each accessory item and recipes cards. Display in a suitable container that allows for item to be transported and displayed. Should be displayed in an area no larger than 12" deep by 15" wide x 10" high. Accessory items should be securely attached. Exhibit will be judged on creativity and imagination. Consider accessories other than dolls. Baked item will be sampled by judges, so it should be bread, rolls, cookies, etc., not casseroles, cream pies, etc. County Fair Board is not responsible for lost or stolen accessories.

FOOD PRESERVATION

- Class 3 International 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.
- Class 4 Interview a Caterer: Maximum of two pages, one side write up of an interview with a caterer. Consider creativity and neatness. Mount on a 9" X 12" colored paper or poster board or display in clear plastic binder. Include a picture of the person interviewed. (May be laminated to preserve exhibit.) Overall size of mounted exhibit should be no larger than 9 X 12 inches.
- Class 5 Specialty Bread: ( any recipe made with yeast) – Tea rings, braids, or any other specialty bread products must be exhibited whole.
- Class 6 Specialty Pastry / any recipe: pie tarts, puff pastry, phyllo doughs, scones, biscotti, choux, croissants, Danish, strudels. Four on a paper plate or at least ¾ of baked product. Pastries made with cream or egg based fillings will be disqualified. Phyllo dough may be pre made or from scratch.

---

# FOOD PRESERVATION

---

FOOD PRESERVATION GUIDELINES

- A. Entries Per Individual: Each 4-Her is limited to a total of ONE exhibit per class in the food and nutrition and food preservation area.
- B. Food 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 in a pressure canner.) All non-acid vegetables and meats must be processed in a pressure canner. Spoiled or open container disqualifies entry.
- C. Uniformity: Jars and type of lid should be the same size, all small or large, not necessarily the same brand. Half pint jars may be used for jellies and preserves. The jars are not to be decorated by the exhibitor in any way. Canning jars must be used, others will be disqualified. No one fourth pint jars allowed. Leave jar rings on for display, it helps protect the seal. **No zinc lids.**
- D. 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. Write plainly on a label and paste or tape securely on jar bottom. Specialized sticky labels not required. Label dried food articles with recipe and method of pretreatment, drying method and drying time. Write plainly on label and paste or tape securely to back of a 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 Ziploc bags together. Be sure to adjust time and pressure for county altitude. All food preservation entries must include recipe and source of recipe.
- E. Current Project: All canning must be the result of this year's 4-H project, since September 1, 2006.
- F. Criteria for Judging: Exhibits will be judged according to score sheets available at your local Extension Office. 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. Altitude for Dodge County is 1377.50.
- G. Enter food projects in disposable materials, i.e. paper plate or plastic Ziploc bag. Not responsible for lost bread boards, china or glassware.
- H. The County Fair Board is not responsible for lost, damaged or broken exhibits.

- Class 1 Dried Fruit: Exhibit 3 different examples of dried fruits. Place each dried fruit (6-10 pieces of fruit, minimum of 1/4 cup) in a self sealing bag. Use a rubber band or "twisty" to keep exhibit together. See Rule D for special labeling instructions.
- Class 2 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 rubber band or "twisty" to keep exhibit together. See Rule D for special labeling instructions.
- Class 10 Dried Vegetables: Exhibit 3 samples of dried vegetables. Place each food (1/4 cup of each vegetable) in a separate self sealing bag. Use a "twisty" to keep exhibit together. See Rule D for special instructions.
- Class 11 Dried Herbs: Exhibit 3 samples of dried herbs. Place each food (1/4 cup of each herb) in a separate self-sealing bag. Use a "twisty" to keep exhibit together. See Rule D for special labeling instructions.
- Class 12 1 Jar Fruit Exhibit: One jar of a canned fruit. See Rule D for special labeling instructions.
- Class 13 3 Jar Exhibit: Exhibit 3 jars of different canned fruit. May be three different techniques for same type of product, ex. Applesauce, canned apples, apple pie filling, etc. See Rule D for special labeling instructions.
- Class 14 1 Jar Tomato Exhibit: One jar of a canned tomato product. See Rule D for special labeling instructions.
- Class 15 3 Jar Tomato Exhibit: Exhibit 3 jars of different canned tomato products (salsa, sauces without meats, juice, stewed, etc.) See Rule D for special labeling instructions.
- Class 20 1 Jar Vegetable or Meat Exhibit: One jar of a canned vegetable or meat. Include only vegetables canned in a pressure canner. See Rule D for special labeling instructions.
- Class 21 3 Jar Exhibit: Three jars of different kinds of canned vegetables. Include only vegetables canned in a pressure canner. See Rule D for special labeling instructions.
- Class 22 Quick Dinner: Exhibit a minimum of 3 jars to a maximum of 5 jars (all the same size) plus menu. Meal should include 3 canned foods that can be prepared within an hour. List complete menu on 3" x 5" file card and attach to one of the jars. See Rule D for special labeling instructions.
- Class 30 1 Jar Pickled Exhibit: One jar of a pickled and/or fermented product. See Rule D for special labeling instructions.
- Class 31 3 Jar Exhibit: Three jars of different kinds of canned pickled and/or fermented products. See rule D for special labeling instructions.
- Class 40 1 Jar Jelled Fruit Exhibit: One jar of a jam, jelly or marmalade. See Rule D for special labeling instructions.
- Class 41 3 Jar Jelled Fruit Exhibit: Three different kinds of jelled 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. See Rule D for special labeling instructions.

HEALTH(NOT Eligible for State Fair)

- Class 901 Health A – Discovering Myself. Poster, notebook, or scrapbook. Include, using any means you wish, information about any of the following topics: peer pressure, nutrition, physical fitness, choosing not to smoke, friendships, disabilities, families, decision making, brain power, understanding advertising, memorizing, behavior, TV violence, self worth, beliefs, self talk, stress, study habits, seat belts, home fire safety, first aid.

Class 902 Health B – Fun With Friends. – Poster, notebook, or scrapbook. Include, using any means you wish, information about any of the following topics: choosing not to smoke, fitness, physical development, choosing not to use alcohol, conversations, friendships, attraction to the opposite sex, communication, decision making, values, concept mapping, problem solving, stress, put-downs, jumping to conclusions, values, cultural differences, sports injuries, bicycle safety, child safety.

Class 903 Health C – Teen Talk. – Poster, notebook, or scrapbook. Include, using any means you wish, information about any of the following topics: media images, waiting for sex, nutrition, physical fitness, communicating, dating, values, weight control or eating disorders, HIV, depression, behavior, personality, stress, life philosophy, elderly, exercise, traditions, study habits, time management, contacting your representative.

Class 904 Health D – Preparing for the Future. - Poster, notebook, or scrapbook. Include, using any means you wish, information about any of the following topics: Pregnancy prevention, health habits, skin safety, cancer, dating, relationships, codependency, abuse, health screenings, choosing not to use alcohol, problem solving, health decisions, stress, communication, conflict resolution, being a parent, habits, maturity, goal setting, careers, resumes, work ethic, advertising.

## DEPT. E / DIV. 439

### LIFETIME SPORTS

*(NOT Eligible for State Fair)*

Class 901 Box or diorama depicting some aspect of the project.

Class 902 Poster, maximum 22" x 28", diagramming a skill or term.

Class 903 Scrapbook showing accomplishments or experience gained through the project.

Class 904 Notebook with written articles about the project.

## DEPT. E / DIV. 440

### SAFETY

Class 1 FIRST AID KIT: Prepare the kit according to guidelines in the Citizen Safety manual, 4-H 425, pages 6 & 7. Refer to Score Sheet SF 110. Kits containing any of the following will be automatically disqualified:

- Prescription medications. (If the kit's purpose is to provide medication for someone with special needs, explain in the written description and inventory, but remove the medication.)
- Materials with expiration dates on or before the JUDGING DATE. (This includes sterile items, non-prescription medications, ointments, salves, etc. Materials dated month and year only are considered expired on the last day of that month.)
- Any controlled substance.

Class 2 DISASTER KIT (Emergency Preparedness): Disaster kits must include: materials to prepare a person or family for emergency conditions caused by 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 and a list of individual contents is required. Please include short explanation of water needs for your disaster kit. Do not bring actual water to the fair in the kit. Refer to Score Sheet F 13-06-79.

Class 3 SAFETY SCRAPBOOK: The Scrapbook must contain 15 news articles from both print and internet about various incident types. 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.

## DEPT. E / DIV. 450

### FIRE SAFETY

Class 1 FIRE SAFETY DRAWING: This will be a scale drawing of a home floor plan showing the primary and secondary escape routes and where fire extinguishers and smoke detectors should be located. Sketch all the rooms in the house showing doors and windows. Use a black or blue pen, draw arrows from each room showing the primary escape route from the house. Use red arrows from each room showing secondary routes to use if the primary route is blocked. Primary and secondary escape routes must lead outside to an assembly location.

Class 2 FIRE SAFETY SCRAPBOOK: This scrapbook will contain at least 10 news articles from both print and internet sources about fires. Each clipping will be mounted on a separate page and accompanied by a statement of probable cause of the fire and measures that could have prevented it. The scrapbook should be bound in a standard hard cover binder or notebook for 8 ½ x 11" paper. Correct sentence structure, readability and thorough explanations are an important part of judging.

Class 3 FIRE PREVENTION POSTER: This must be constructed of commercial poster board at least 11" x 14". Any media can be used. Posters should be appropriate to display during National Fire Prevention Week or to promote fire safety at specific times of the year (Christmas, 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.

## DEPT. E / DIV. 469

### BICYCLES/CYCLING

*(NOT Eligible for State Fair)*

Class 901 Demonstration Display – The exhibit is to be prepared on 24" high and 32" wide board, not to exceed ¼" thickness. 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 a-ways of parts are recommended.

Class 902 Bike Restoration – Exhibitors of bicycles need to restore/overhaul/ upgrade a bicycle to include current safety features. A report must be included, covered by clear plastic, describing costs, repair costs, and what was done. "Before" and "After" photos should be included.

Class 903 Bicycle Poster – 14" x 22" either vertical or horizontal arrangement. They may be in any medium – watercolor, ink, crayon, etc., so long as they are not three-dimensional.

Class 904 Display – showing your features checklist used when comparing three different bikes.

Class 905 You Be the Teacher – Educational notebook, display, collection of materials that relate to project. Include 8 ½" x 11" page describing exhibit and summary of learning.