

**ATCP 160.71 – FOODS AND NUTRITION –  
DEPARTMENT 25**

**Adult Superintendents: Pat Sleiter, Deb Myers,  
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**Foods Rules and Instructions**

1. Exhibitors and their families are responsible for reading and complying with the Junior Fair General Rules & Instructions.
2. All Educational Exhibits will also be placed on display in Exhibition Hall during the Green County Fair. They can be picked up at the House Plants and Flowers exhibit at the close of the Green County Fair.
3. Fair Entry Form: Since premium money is given for Cake and Foods Revue, please remember to include your entry when filling out your fair entry form.
4. Cake Revue & Foods Revue (CLASS A-H): Please see the Cake Revue and Foods revue letters that accompany the pre-fair online registration for these judging events.



**CAKE REVUE**

**Judged: Saturday, March 30, 1:00 p.m.  
Green County Justice Center**

**Premiums \$ 3.00 \$ 2.75 \$ 2.50 \$ 2.25**

**Conference Judged**

- a) Open only to those members enrolled in Foods.
- b) Must decorate cakes and cookies. (Please – **NO** styrofoam)
- c) Cakes must be frosted.
- d) Exhibitors are invited to bring up to three (3) pieces of measuring equipment, utensils or unique tools that were used in making the item. This is for educational purposes and will not be part of the judging criteria.
- e) Limit of 2 entries per member
- f) Grades are as of January 1<sup>st</sup> of exhibit year.

- g) Entries must be submitted online with your regular Green County Fair entries in order to receive premium.

**CLASS A - CAKE REVUE, Gr. 3-4**

**Open to Foods & Exploring Members Grades 3-4:  
Foods Level A**

Lot

1. Decorated cookies (plate of three)
2. Decorated cupcakes (plate of three)
3. Any other single layer cake up to 9" – do your own thing. All toppings must be edible (candy, coconut, chips, nuts, etc.)

**CLASS B - CAKE REVUE, Gr. 5-6**

**Foods Level B**

4. Decorated mini cakes with theme (small cakes made with molds – NOT CUPCAKES (plate of three)
5. Decorated cookies using tips
6. Character cake from molds

**CLASS C - CAKE REVUE, Gr. 7-9**

**Foods Level C**

7. 3D cake design
8. Spring, Easter, or St. Patrick's Day theme cake
9. Cake covered and decorated with fondant

**CLASS D-CAKE REVUE, Gr. 10 and up**

**Foods Level D**

10. Three tier cake – member's own design
11. Cake with fondant (using advanced techniques)
12. Designed cupcake cake, with minimum of 24 cupcakes

## FOODS REVUE

Judging: Saturday, March 9, 1:00 p.m.  
Green County Justice Center

### Conference Judged

#### Foods Revue Rules and Instructions

- a) One exhibit per member (not including educational exhibit). May exhibit only under one unit.
- b) Posters must be no larger than 14"x22", and displays must be no larger than 28"x40", unless otherwise stated.
- c) Grades are as of January 1<sup>st</sup> of exhibit year.
- d) Foods Revue judging will be Pre-fair.
- e) **Entries must be submitted online with your regular Green County Fair entries in order to receive premium.**

Premiums \$ 3.00 \$ 2.75 \$ 2.50 \$ 2.25

## CLASS E - FOODS REVUE, Gr. 3-4

Open to Foods & Exploring Members Grades 3-4

Lot LEVEL A

20. Breakfast muffins – plate of 3 (i.e. bran, blueberry)
21. Invent a snack
22. Breakfast or lunch wrap

## CLASS F - FOODS REVUE, Gr. 5-6

Lot LEVEL B

23. Any Main Dish Salad
24. Sub Sandwich
25. Baked Pasta

## CLASS G - FOODS REVUE, Gr. 7-9

Lot LEVEL C

26. Homemade Soup
27. Quick meal
28. Stir Fry

## CLASS H - FOODS REVUE, Gr. 10 and up

Lot LEVEL D

29. Homemade Pizza, including crust
30. International Meal – entrée and side
31. Using a Magazine Picture, Duplicate the Meal
32. Any dish prepared with a pressure cooker

## FOODS EDUCATIONAL EXHIBITS

Judging: Friday – approx. 11:00am  
(following Food Preservation & Baked Goods)  
Exhibition Hall

Premiums \$ 2.00 \$ 1.75 \$ 1.50 \$ 1.25

#### Foods Revue Rules and Instructions

- a) Limit of 1 entry
- b) Exhibit must be checked in on Tuesday of the Fair, between Noon – 7:00 PM.
- c) Poster can be no larger than 14"x22". Displays can be no larger than 28"x40".

Conference Judged

## CLASS I - FOODS EDUCATIONAL EXHIBITS, Gr. 3-4

Open to Foods & Exploring Members Grades 3-4

Lot LEVEL A

40. 2-day Food Journal with Explanation (foods eaten)
41. Evaluate: Candy vs another snack
42. Exhibit identifying foods and where they grow

## CLASS J - FOODS EDUCATIONAL EXHIBITS, Gr. 5-6

Lot LEVEL B

43. Compare 2 Side Dishes
44. Healthy Meal under \$15.00 with explanation
45. Proper table setting

## CLASS K - FOODS EDUCATIONAL EXHIBITS, Gr. 7-9

### Lot LEVEL C

- 46. Diabetic meal plan
- 47. Plan a poor nutrition meal and change it to a good nutrition meal
- 48. Demonstration of any nutrition concept at least 3 minutes in length

## CLASS L - FOODS EDUCATIONAL EXHIBITS, Gr. 10 and up

### Lot LEVEL D

- 49. 7 day Meal Plan including costs of food
- 50. Exhibit of a good nutrition meal and a poor nutrition meal
- 51. Exhibit – Making career decisions in the Foods/Nutrition Field
- 52. Exhibit: Blanching vs. Non-Blanching of Vegetables



### FOOD PRESERVATION

Judging: Friday – approx. 10:00am  
Exhibition Hall

Frozen Foods will be judged first

Premiums \$ 2.00 \$ 1.75 \$ 1.50 \$ 1.25

#### Conference Judged

#### Foods Preservation Rules and Instructions

- a) Fair Association is not responsible for articles lost/stolen during fair.
- b) Class D exhibits must be checked in on Tuesday of the Fair, between Noon-7:00pm.
- c) Only foods preserved, dehydrated, frozen by the member since July 1 of preceding year.
- d) Each frozen exhibit MUST be one (1) package (at least 1/2 pint). Must be clear freezer bag or container.

- e) Frozen food will be judged first, and will be brought in the day of judging between 8:30 – 9:30 AM.
- f) Canning entries must be made in standard pint or quart jars, except for jams and jellies which can be half pints or jelly jars.
- g) An exhibit consists of one jar.
- h) Limit of 4 entries.
- i) Posters can be no larger than 14"x22", and displays can be no larger than 28"x40".
- j) Use standard canning instructions from the U.W. – Extension Food Preservation bulletins, available at the UW-Extension Office or online: <https://learningstore.uwex.edu/Food-Preservation-and-Safety-C60.aspx>.
- k) Exhibitors are encouraged to remove rings on sealed jars but won't be penalized if they forget.
- l) The right is reserved to open pickles/other products if method of preserving is doubtful and as a final method to judge the project.
- m) Jars should be clean, not sticky.
- n) Dehydrated foods are exhibited in zip closure bags OR in a canning jar with ring and lid

Labels to be used:

#### FOOD PRESERVATION – CANNED

Date Preserved \_\_\_\_\_

#### Processing:

Pressure Canner OR  Hot Water Bath

Hot Pack OR  Cold Pack:

Time: \_\_\_\_\_ Pressure: \_\_\_\_\_

Recipe source: \_\_\_\_\_

#### FOOD PRESERVATION – DEHYDRATED

Date Preserved \_\_\_\_\_

Time: \_\_\_\_\_ Pre-Treated: \_\_\_\_\_

#### FOOD PRESERVATION – FROZEN

Date Preserved \_\_\_\_\_

Blanching Time: \_\_\_\_\_ Pre-Treated: \_\_\_\_\_

**CLASS M - FOOD PRESERVATION,  
Gr. 3-4**

Lot

- 60. Freeze a Fruit
- 61. Freezer Jam
- 62. Dehydrated leafy Herb (i.e. Parsley)
- 63. Dehydrated Apple slices using dehydrator
- 64. Dehydrated Fruit Leather, 1 fruit

**CLASS N - FOOD PRESERVATION,  
Gr. 5-6**

Lot

- 70. Freeze a vegetable
- 71. Applesauce, frozen
- 72. Dehydrated Bananas using dehydrator
- 73. Dried Fruit Leather, two or more ingredients
- 74. Fresh Packed or Quick Process Pickles
- 75. Microwave Jam
- 76. Freezer Jam
- 77. Jam with Pectin
- 78. Salsa, Frozen

**CLASS O - FOOD PRESERVATION,  
Gr. 7-9**

Lot

- 90. Fermented/Cured Pickles
- 91. Canned Salsa
- 92. Canned Fruit
- 93. Dehydrated Vegetable
- 94. Dehydrated Meat
- 95. Frozen Main Dish
- 96. Jelly, no pectin
- 97. Exhibit of 3 different spreadable fruit preserves  
(may be a jam, jelly, preserve, conserve,  
marmalade, or chutney or butter)

**CLASS P - FOOD PRESERVATION,  
Gr. 10 and up**

Lot

- 100. Canned Vegetable
- 101. Spaghetti Sauce (no meat)
- 102. Canned Fruit
- 103. Fruit Pie Filling
- 104. Pickled Vegetable
- 105. Bread and Butter Pickle
- 106. Pressure Canned Tomatoes

**BAKED GOODS**

**Judging: Friday – approx. 10:00am**  
*(Following the judging of Food Preservation)*

**Exhibition Hall**

**Conference Judged**

Baked Goods Rules and Instructions

- a) All exhibits must be homemade from scratch.
- b) Recipe **MUST** be stapled to the entry tag.
- c) All exhibits will be displayed on a Styrofoam plate in a zip lock bag. (Can pick up at Extension office or on Tuesday in Exhibition Hall, near the Foods & Flowers Department.)
- d) **You are to pick up your entry tickets (Noon-6:30pm).**
- e) **Baked goods must be brought and checked in between 8:30-9:30am on Friday, at the Foods Department display.**
- f) Bring whole pan/loaf (any size acceptable). Only a portion is kept for fair exhibition, the rest may be taken home by the exhibitor when judging is complete.
- g) Limit two entries per exhibitor.

**Premiums \$ 2.00 \$ 1.75 \$ 1.50 \$ 1.25**

**CLASS Q - BAKED GOODS, Gr. 3-4**

Lot

- 110. Granola bars, plate of 3
- 111. Sugar cookies, any shape/no frosting, plate of 3
- 112. Fruit muffins, any fruit, plate of 3

## **CLASS R - BAKED GOODS, Gr. 5-6**

Lot

- 113. Bundt Cake, unfrosted, not chocolate
- 114. Brownies from scratch – unfrosted, no nuts
- 115. Pineapple upside down cake from scratch

## **CLASS S - BAKED GOODS, Gr. 7-9**

Lot

- 116. Fruit crisp, entire pan exhibited
- 117. Hand-made yeast bread, Whole loaf
- 118. Sticky bottom rolls – entire pan brought turned out on a plate or tray

## **CLASS T-BAKED GOODS, Gr. 10 and up**

Lot

- 119. Angel Food or sponge cake from scratch  
(bring entire cake for judging)
- 120. International/ethnic bread
- 121. Double crusted fruit pie, whole pie

## **CONSUMER SAVVY**

**Judging: Friday at approx. 11:00 a.m.**

*(Following the judging of Class C: Foods Educational Exhibits)*

**Exhibition Hall**

**Premiums \$ 2.00 \$ 1.75 \$ 1.50 \$ 1.25**

Consumer Savvy Rules and Instructions

- a) Exhibitors must be enrolled in the Foods or Consumer Savvy Project
- a) One entry per lot.
- b) Posters can be no larger than 14"x22", and displays can be no larger than 28"x40".
- b) Fair Association not responsible for any articles that are lost or stolen at the fair

## **CLASS U - CONSUMER SAVVY, Gr. 3-6**

Lot **Level A**

- 130. Exhibit of different shopping styles
- 131. Prepare a sample shopping list
- 132. Savings plan
- 133. Spending habits log
- 134. Comparing costs of similar products
- 135. Cyber consumerism: researching shopping sites

## **CLASS V - CONSUMER SAVVY, Gr. 7-9**

Lot **Level B**

- 140. Consumer manners, customs
- 141. Role of personal values in decision-making
- 142. Planning for a major purchase
- 143. Impact of advertising on children
- 144. Create an ad
- 145. Comparing results of search engines

## **CLASS W - CONSUMER SAVVY, Gr. 10 and up**

Lot **Level C**

- 150. Where products are manufactured
- 151. Comparing different economies with U.S.
- 152. Checking website information accuracy
- 153. Comparing TV, radio ads to print
- 154. Interviewing a shop owner
- 155. Product complaint letter
- 156. True costs of owning a car