

ATCP 160.71 – FOODS AND NUTRITION –
DEPARTMENT 25

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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. The Educational Exhibits will be collected at Foods Revue. 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-C): Please see the Cake Revue and Foods revue letters that accompany the pre-fair online registration for these judging events.



CLASS A – CAKE REVUE

Judged: Sunday, April 2, 2:00 p.m.
Green County Justice Center

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 1st of exhibit year.

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

**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 cake – do your own thing – without decorating tips
 - a. Can use candies, coconut, chips, nuts, etc.

Open to Foods Members Grades 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. Cut your own cake and decorate with anything (candies, coconut, chips, nuts, etc.)

Open to Foods Members Grades 7-9: Foods Level C

7. 3D cake design
8. Spring or Easter theme cake
9. Cake covered and decorated with fondant

**Open to Foods Members Grades 10 & Up:
Foods Level D**

10. Cake pops (using advanced techniques)
11. Cake with fondant (using advanced techniques)
12. Cupcake creation (using advanced techniques)

CLASS B – FOODS REVUE

Judging: Saturday, June 10, 9:00 a.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 22"x28", unless otherwise stated.
- c) Grades are as of January 1st 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

LEVEL A

Open to Foods & Exploring Members Grades 3-4

1. Deviled eggs
2. Invent a snack
3. Breakfast or lunch wrap

LEVEL B

Open to Foods Members Grades 5-6

4. Any Main Dish Salad
5. Sub Sandwich
6. Picnic Meal

LEVEL C

Open to Foods Members Grades 7-9

7. Tailgate Party
8. Quick meal
9. Any food using watermelon

LEVEL D

Open to Foods Members Grades 10 and Up

10. Camp out Meal
11. International Bread
12. Using a Magazine Picture, Duplicate the Meal

CLASS C – FOODS EDUCATIONAL EXHIBITS

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

LEVEL A

Open to Foods & Exploring Members Grades 3-4

1. 2-day Food Journal with Explanation (foods eaten)
2. Evaluate: Candy vs another snack

LEVEL B

Open to Foods Members Grades 5-6

3. Compare 2 Side Dishes
4. Healthy Meal under \$15.00 with explanation
5. Proper table setting

LEVEL C

Open to Foods Members Grades 7-9

6. Diabetic meal plan
7. Plan a poor nutrition meal and change it to a good nutrition meal
8. Demonstration of any nutrition concept at least 3 minutes in length

LEVEL D

Open to Foods Members Grades 10 & up

9. 7 day Meal Plan including costs of food
10. 10. Display board of a good nutrition meal and a poor nutrition meal
11. Demonstration of any nutrition concept 3-6 minutes in length



CLASS D – FOOD PRESERVATION

Judging: Thursday – 11:00am
(Following the judging of Open Foods)
Exhibition Hall
Frozen Foods will be judged first

Conference Judged

Foods Preservation Rules and Instructions

- a) Fair Association is not responsible for articles lost/stolen during fair.
- b) Only foods preserved, dehydrated, frozen by the member since July 1 of preceding year.
- c) Each frozen exhibit MUST be one (1) package (at least one pint). Must be clear freezer bag or container.
- d) Frozen food will be judged first, and will be brought in the day of judging.
- e) Canning entries must be made in standard pint or quart jars, except for jams and jellies which can be half pints or jelly jars.
- f) An exhibit consists of one jar.
- g) Limit of 4 entries.
- h) Posters can be no larger than 14"x22", and displays can be no larger than 22"x28". 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>.
- i) Exhibitors are encouraged to remove rings on sealed jars, but will not be penalized if they forget.
- j) The right is reserved to open pickles/other products if method of preserving is doubtful and as a final method to judge the project.
- k) Jars should be clean, not sticky.

- l) 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 – FROZEN

Date Preserved _____

Blanching Time: _____ Pre-Treated: _____

FOOD PRESERVATION – DEHYDRATED

Date Preserved _____

Time: _____ Pre-Treated: _____

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

Level A – Grades 3-4

Lot

1. Freeze a Fruit
2. Freezer Jam
3. Dehydrated leafy Herb (i.e. Parsley)
4. Dehydrated Apple slices using dehydrator
5. Dehydrated Fruit Leather, 1 fruit
6. Poster on Dry & Syrup Pack options for Fruit
7. Poster on Packaging Material for Freezer Storage
8. Poster Identifying Foods & Where They Grow

Level B – Grades 5-6

Lot

9. Blanched Vegetable, Frozen for Display
10. Freezer Soup from Leftovers
11. Dehydrated Bananas using dehydrator
12. Poster: Blanching vs. Non-Blanching of Vegetables
13. Dried Fruit Leather, two or more ingredients
14. Fresh Packed or Quick Process Pickles
15. Microwave Jam
16. Freezer Jam
17. Jam with Pectin
18. Salsa, Frozen
19. Poster – How Flavors Affect Taste Buds

Level C – Grades 7-9

Lot

20. Fermented/Cured Pickles
21. Canned Salsa
22. Canned Fruit Gr. 7-9
23. Dehydrated Vegetable
24. Dehydrated Meat
25. Frozen Main Dish
26. Jelly, no pectin
27. A display of 3 different spreadable fruit preserves (may be a jam, jelly, preserve, conserve, marmalade, or chutney or butter)
28. Demonstration on correct Wrapping Methods for Freezing

Level D – Grades 10 & up

Lot

29. Canned Vegetable
30. Spaghetti Sauce (no meat)
31. Canned Fruit Gr. 10 & up
32. Fruit Pie Filling
33. Pickled Vegetable
34. Bread and Butter Pickle
35. Pressure Canned Tomatoes
36. Exhibit – Design-A-Package or Testing Food Package Strength
37. Poster/Exhibit – Making Career Decisions in the Foods/Nutrition Field

CLASS E – BAKED GOODS

Judging: Thursday – approx. 11:00am
(Following the judging of Class D: 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 at family packet pick up in Exhibition Hall)
- d) **You are to pick up your entry tickets (Noon-6:30pm) and check-in with superintendents (Noon-7pm) on Tuesday of fair week.**
- e) **Baked goods must be brought and checked in between 8:30-10:30am on Thursday, near the Cheese cooler.**
- f) Only one item or slice 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

Grades 3-4

Lot

1. Granola bars, plate of 3
2. Oatmeal cookies, plate of 3
3. Bran muffins, plate of 3

Grades 5-6

4. Pretzel – baking powder, plate of 3
5. Brownies from scratch – unfrosted, no nuts, ¼ pan
6. Chocolate cake from scratch, replace oil with applesauce, ¼ pan

Grades 7-9

7. Banana Bread, ½ loaf including heel
8. Hand-made yeast bread, ½ loaf including heel
9. Cinnamon yeast rolls - unfrosted, plate of 3

Grades 10 and Up

10. Angel Food Cake from scratch (bring entire cake for judging)
11. International/ethnic bread or pastry
12. Double crusted fruit pie, whole pie

**Lot Open to Members Grades 10 and Above –
 Consumer Roadmap – Level C**

13. Where products are manufactured
14. Comparing different economies with U.S.
15. Checking website information accuracy
16. Comparing TV, radio ads to print
17. Interviewing a shop owner
18. Product complaint letter
19. True costs of owning a car

CLASS F – CONSUMER SAVVY

Judging: Thursday at approx.12:00 p.m.

(Following the judging of Class E: Baked Goods)
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 22"x28".
- b) Fair Association not responsible for any articles that are lost or stolen at the fair

**Lot Open to Grades 3-6 – The Consumer in Me –
 Level A**

1. Poster or display of different shopping styles
2. Prepare a sample shopping list
3. Savings plan
4. Spending habits log
5. Comparing costs of similar products
6. Cyber consumerism: researching shopping sites

**Lot Open to Members Grades 7-9 – Consumer
 Wise – Level B**

7. Consumer manners, customs
8. Role of personal values in decision-making
9. Planning for a major purchase
10. Impact of advertising on children
11. Create an ad
12. Comparing results of search engines