

Book 19 - 4-H Nutrition

Nutrition: Ag Center - Monday, July 8th, 10:00 a.m. –5:00 p.m.

Cakes, Pies & Candies: Display Barn - Monday, October 7th, Registration: 2:45 - 5:30 p.m.; Judging: 3:00 - 6:00; Results: 7:00 p.m.
(Summer Judging Cake Decorating see Member's Handbook for project exhibition requirements)

Food items need to be brought to the 4-H Display Barn Monday from 7:30 - 10:00 a.m. or with you to judging

Superintendents.....Barb Salyers and Shannon Carter

4-H CLASSES

1. Let's Start Cooking
2. Let's Bake Quick Breads
3. Yeast Breads on the Rise
4. You're The Chef
5. Sports Nutrition: Ready, Set, Go
6. Everyday Food and Fitness
7. Grill Master
8. Snack Attack!
9. Pathways to Culinary Success
10. Star Spangled Foods
11. Global Gourmet
12. Fast Break for Breakfast
13. Racing the Clock to Awesome Meals
14. Party Planner: A 4-H Guide to Quantity Cooking
15. Dashboard Dining: A 4-H Guide to Healthful Fast Food Choices
16. Beyond the Grill

PREMIUMS	A	B	C
	2.00	1.50	.75

17. Beginner (1st Year) Cake Decorating - Junior (age 8-13)
18. Beginner (1st Year) Cake Decorating - Senior (age 14-18)
19. Intermediate (2nd & 3rd Year) Cake Decorating-Junior (age 9-13)
20. Intermediate (2nd & 3rd Year) Cake Decorating-Senior (age 14-18)
21. Advanced Cakes (4th Year & Up) Butter Cream
22. Advanced Cakes (4th Year & Up) Fondant
23. Beginner (1st year) Pies - Junior (age 8-13)
24. Beginner (1st year) Pies - Senior (age 14-18)
25. Intermediate (2nd year) Pies - Junior (age 9-13)
26. Intermediate (2nd year) Pies - Senior (age 14-18)
27. Advanced (3rd year & up) Pies (lattice crust)
28. Advanced (3rd year & up) Pies (cut-out crust)
29. Beginner (1st & 2nd year) Candy - Junior (age 8-13)
30. Beginner (1st & 2nd year) Candy - Senior (age 14-18)
31. Advanced (3rd year & up) Candy - Junior (age 10-13)
32. Advanced (3rd year & up) Candy - Senior (age 14-18)

READ THE GENERAL RULES

Note: For judging requirements for classes 1-16 including dates and times please see the annual 4-H Member Handbook or contact the OSU Extension Office.

CAKES, PIES & CANDY

Read project guidelines in each project book for acceptable containers for items. Members are to bring items to the 4-H Display Barn on Monday 7:30 a.m.-10:00 a.m. or bring to judging Monday afternoon.

NO ITEMS WILL BE ACCEPTED EARLIER THAN MONDAY.

Cakes, Pies, & Candy projects are judged at the 4-H Display Barn on Monday from 3:00 p.m.-6:00 p.m. Registration begins at 2:45 p.m. and goes until 5:30 p.m. Results will be announced at 7:00 p.m. To be considered for placement at the county level, 4-H'ers must bring food items to the 4-H Display Barn on Monday from 7:30-10 a.m. or bring them to judging with them on Monday. Bring project, completed project book, and your recipe (for the pie and candy only).
Cake decorating will also require a skill test during interview with icing and tools provided at judging. (No posters required.)

PIES

UPDATED REQUIREMENTS FOR 2019

#1002 Pie Making – 1st Year –Bring one pie made in an 8" or 9" pie pan (clear glass required) with a baked crust. NO PUDDING.

#1002 Pie Making – 2nd Year –Bring one pie made in an 8" or 9" pie pan (clear glass required) with a double or crumb crust (no lattice). NO CREAM, EGG, CUSTARD, CUT OUT OR MERINGUE (ex: pumpkin or custard).

#1002 Pie Making – Advanced Pies (3rd year and beyond) –Bring to judging one 8" or 9" pie pan (clear glass required) with a tight lattice or cut out (shapes cut from double crust). NO CREAM, EGG, CUSTARD OR MERINGUE (ex: pumpkin or custard)

CANDY

#1005 Candy Making – 1st & 2nd Year –Bring to judging two pieces of three different kinds of individually wrapped candy made by using the melting process. Plates for display will be supplied at judging.

#1005 Candy Making – Advanced (3rd year & beyond) –Bring to judging two pieces of four different types of individually wrapped candy (two crystalline and two non-crystalline) for a total of eight pieces.

Plates for display will be supplied at judging. (See project book page 24 for definition of crystalline and non-crystalline).

CAKE DECORATING

Icing used to decorate the cake must be made by the exhibitor.

#492 Cake Decorating—1st Year: Only one layer for cake made in a standard 8 inch or 9 inch round cake pan, frosted, top decorated with beginner techniques, with border on top and bottom, piped printed (not cursive) message on top of cake placed on a 10" disposable cake cardboard round.

#492 Cake Decorating—2nd Year: Double layer cake (two layers), made in standard 8 inch or 9 inch round cake pan, frosted, top decorated with intermediate techniques, border on top and bottom, piped cursive message, and placed on a 10" disposable cake cardboard round. Note: As an alternative to cursive, 4-H'ers may use a continuous scrolling line on their cakes to show intermediate skill level.

#492 Cake Decorating—4th Year & Beyond: Two Divisions - determined by the type of icing used to ice the cake (Decorations may be a combination of icing types and MUST be ON the cake, not separate on the cake board).

Butter Cream Icing: At least a double layer or sculpted cake, no more than 10 inches tall (including decorations) that fits on a 12-inch disposable cake board round, fancy borders, flowers and advanced technique required. Color striping and gel optional.

Fondant Icing: At least a double layer or sculpted cake, no more than 10 inches tall (including decorations) that fits on a 12-inch disposable cake board round, fancy borders, flowers and advanced technique required. Color striping and gel optional.