

## Department E - Healthy Lifestyles

### FOOD & NUTRITION

Beginning Foods: Lori Suddarth, Superintendent  
Carrie Case, Asst. Superintendent  
Middle Foods: Betty Fredericks, Superintendent  
Advanced Foods: Aloha Schmid, Superintendent  
Ice Cream Contest: Tammy DeBoer  
Nicole & Kristine DeBoer, Wyatt Suddarth,  
Leslie Hoffman; Jr. Superintendents

All entries must be pre - entered at the York County Extension Office by July15. All beginning unit food exhibits will be entered between 8:00 a.m. and noon on Wednesday, August 5. There is no interview judging for beginning unit foods.

- A. LABELS: For ALL FOOD PRODUCTS ANDFOOD PRESERVATION ENTRIES  
Each exhibit must include the recipe. Recipe may be handwritten, photocopied or typed. Place the food on the appropriate size plate. Use 2 paper plates for each exhibit. Put exhibit in a self-sealing bag. Attach the 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. All exhibits must also be labeled with stickers from the extension office. All additional pieces (recipes, cards, special items) must be labeled with 4-Hers name and county.
- B. CRITERIA FOR JUDGING: Exhibits will be judged according to score sheets available at the 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.
- C. EXHIBITS ARE ON DISPLAY FOR SEVERAL DAYS: Since exhibits are on display several days, it is necessary to 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 dough's are considered safe. Cream cheese fillings or melted cheese toppings may result in an unsafe food product by the time the item is judged due to unpredictable heat/and or weather conditions and will be disqualified. Commercially prepared mixes are allowed in the Tasty Tidbits Creative Mixes (class 2) exhibit and the Fast Foods Quick Baked Product (class 6) ONLY

\* - denotes entries which are not eligible for State Fair

Grainy Mania Special Awards for 4-H Baked Products York Buying Club and Harvest Health & Coffee will award First Place \$10 cash plus \$5 value in cooking equipment and Second Place \$5 cash plus \$5 value in cooking equipment (in addition to fair premium money). The two prizes may be awarded to any of the three age groups that meet the recipe criteria. Exhibit must contain at least 50% (larger percent is acceptable) flour/grain other than wheat (i.e. oatmeal, soy, rye, rice, etc.). Attach recipe to exhibit. Rules and sample recipes are available at the York County Extension Office.

**BEGINNING UNIT**

**Pay Category 230**

**Division 403 - Road To Good Cooking**

- \*E403901 Oatmeal Cookie (any recipe) - four on small plate
- \*E403902 Simple No Bake Cookie or Bar – four cookies or four 2" bars on a small plate.
- \*E403903 Poster (14"x22") on one of the following topics: Kitchen Safety, Nutrition or Reading Labels.
- \*E403904 Completed project manual
- \*E403905 Peace cookies

**Division 401 - Six Easy Bites Pay Category 230**

- E401001 Cookies (any recipe) - four on small plate.
- E401002 Muffins (any recipe) - four on small plate.
- \*E401901 Simple Snack (any recipe) - (granola, trail mix, cereal based snack recipes, etc.) two bars on small plate or at least « cup of snack product in self sealing zip lock bag.
- \*E401902 Peace cookies

**Pay Category 230**

**Division 404 - Coffee Can Ice Cream Contest**

Any 4-Her enrolled in a Beginning Foods project is eligible to participate in the Coffee Can Ice Cream Contest. Rules for the contest are available at the Extension Office.

\*E404901 Plain/Flavored

**Division 405 - Baking Is Fun Pay Category 230**

- \*E405901 Snickerdoodles - recipe must be from page 14 in the Baking Is Fun manual. Four on a small plate.
- \*E405902 Peanut Butter Cookies (any recipe). Four on a small plate.
- \*E405903 Biscuits - recipe must be from page 19 or 20 in the Baking Is Fun manual. Four on a small plate.
- \*E405904 Peace cookies

All middle and advanced unit foods and food preservation projects listed below will be interview judged on Wednesday, August 5. Call or stop by the Extension Office by Friday, July 31 for an interview appointment.

**MIDDLE UNIT**

**Division 402 - Fast Foods Pay Category 200**

- E402001 Coffee Cake (any recipe or shape, non yeast product) - at least 3/4 of baked product. May exhibit in a disposable pan. Include cost of making the recipe and a menu for a complete meal where this recipe is served.
- E402002 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 premade 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 4-Her doesn't exhibit a food item in this class, it will be lowered a ribbon placing.

- E402003 Food Technology Exhibit - exhibit must include a food product prepared using new technology as a nontraditional 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-Her doesn't exhibit a food item in this class, it will be lowered one placing.
- E402004 Fast Foods Menu Planning - 4-Her 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"x12" 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.
- E402007 Fast Foods Recipe File - Collection of 10 recipes from any source. Each recipe must accompany a complete menu in which the recipe is used. An additional 10 recipes may be added each year 4-Her is in project, with year clearly marked on recipes. Display in recipe file or in a clear plastic binder.
- \*E402906 Fast Food Baked Product - use five to seven ingredients to make a "quick" baked product. May be any recipe. Prepackaged products may be used in recipe, ex. Refrigerated dinner roll, pre-made bread dough, etc. Display proper amount of food item (4 on a plate or more of baked item). Supporting information must include experiences in making a fast food baked product.

**Division 300 -YOUTH in Motion Pay Category 200**

- E300001 YOUTH in Motion Poster, Scrapbook or Photo Display about the 4-Hers family or self involved in a physical activity or concept/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. E300002 Activity Bag - a

duffle bag or backpack that the 4-Her 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.

E300003 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-Her 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.

E300004 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"x12" 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"x12".

E300005 Healthy Snack - see ideas for non-perishable snacks on page 36. Four cookies, bars, muffins, etc. on a 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 health snack.

**Division 410 - Tasty Tidbits      Pay Category 200**


E410001 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. Include at least of product. Tell what you learned about products made from a modified recipe in supporting information.
- E410002 Creative Mixes (any recipe) - at least 3/4 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. Poppy seed Quick Bread from a cake mix, cake mix cookies, and sweet rolls made from ready made bread dough, monkey breads from biscuit dough, 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 from scratch. Does it make it better or easier to use a mix?
- E410003 Biscuits - four biscuits on a small paper plate. May be rolled, dropped, or cut into shape. Any recipe.
- E410004 Foam Cake - original recipe (no mixes) of at least 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.

**Division 415 - Cake Decorating Pay Category 200**

Disregard the cake board size requirements stated in the manual - use whatever size works for your cake.

For display boards, use any size and shape. Show your creativity.

|   |  |
|---|--|
|  | <p>Wilton Enterprises will provide a special cake decorating prize for the Outstanding Decorated Cake exhibit. Wilton Enterprises will also award a current Wilton yearbook of cake decorating to each first place winner in all cake decorating classes. Only one yearbook will be awarded to an individual</p> |
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**Unit 1**

- \*E415901 Bake and frost a one-layer 8" or 9" round or square of 9"x13" oblong cake. Decorate with edible items such as candies, pretzels,

- coconut, etc. Non-edible items (plastic, paper, toothpicks) may not be used on the cake. Do not use decorating tips.
- \*E415902 Display Board - examples of flowers, figures, etc made with candy, ice cream cones, cookies, dried fruit, etc.

**Unit 2**

- \*E415903 Bake and decorate a character cake. Use decorating tips appropriate for the design selected. Non-edible items may not be used on the cake.
- \*E415904 Display Board - showcase your skills using at least 2 decorating tips. Be creative.

**Unit 3**

- \*E415905 Bake and decorate a two-layer cake. Use 3 to 4 different types of tips in decorating. You must use the writing, star and leaf tips. Two other tips of your choice may be used if they enhance your design. Do not use flowers made on a flower nail or materials other than icing. Only icing should be used in decorating the cake.
- \*E415906 Display Board - showcase your skills using 5 different tips. You must include examples of the writing, star and leaf tips. Be creative.
- \*E415907 Flower power decorated cake

**Unit 4**

- \*E415908 Bake and decorate a cut-up cake. The design must be applied using at least 3 decorator tips, however, parts of the design may be created with edible materials (coconut, candies, etc.). Only edible items may be used on the cake.
- \*E415909 Display Board - showcase your skills using at least 5 decorator tips. Be creative.

**Unit 5**

- \*E415910 A two-layer 8", 9" or 10" cake (may be a baked cake or a form 4" tall for each layer) using a minimum of: one flat surface flower, one flower made on a flat flower nail, one border and one side trim learned in the unit. Design should be suitable for the size and shape of the cake. Use only edible materials except stamens for the flowers. Stamens may be purchased or hand made.
- \*E415911 Display Board - should include at least 2 borders, 1 flat surface flower, 1 flower made on a flat flower nail, 2 side trims.

**Unit 6**

\*E415912 A two-layer 8", 9" or 10" cake (may be a baked cake or a form 4" tall for each layer) using figure piping, string work, flower made on a lily nail and techniques learned in previous units. Design should be suitable for the size and shape of the cake. Artificial stamens for flowers, leaves, wire stems and floral tape may be used. All other cake decorations must be edible. Other decorations, which may be used on the cake, include flowers and leaves hooked to a wire stem.

\*E415913 Display Board - should include at least 2 borders, 2 techniques – one should be string work, 3 flowers at least one made on a lily nail.

#### **Unit 7**

\*E415914 A cake using tiers of graduated sizes. Each tier should be a two-layer cake or a form that is 4" tall. Supports, separator plates and pillars may be used. Techniques learned in previous units must be used to decorate the cake. The decorated cake must be for a wedding, anniversary, formal party or other equally elegant occasion. Design should be suitable for the size and shape of the cake. Artificial stamens for flowers, leaves, wire stems, floral tape, special occasion ornaments, tulle and filler flowers may be used. All other cake decorations must be edible.

\*E415915 Display Board - should include techniques suitable for an elegant cake - at least 3 borders, 2 techniques and 4 flowers.

#### **Unit 8**

\*E415916 One two-layer 8", 9" or 10" cake. Either baked or 4" high forms for each layer. Decorated with molded items. Molded items may include pastillage, rolled butter cream gum paste, marzipan, molded chocolate, sugar mold, etc. Design should be suitable for the size and shape of the cake. All molds and/or shapes must be made of edible materials.

\*E415917 Display Board - creatively display at least 3 different molded items.

#### **Unit 9**

\*E415918 Plan, develop and evaluate your own cake-decorating project. Write a brief description of your project, including your goals, plans,

accomplishments and evaluation of results.

You may use pictures and any records you have kept to provide evidence of your accomplishments. Displays must be self-contained and no larger than 24" wide x 24" high x 24" deep. All items should be securely attached to the exhibit and labeled with exhibitor's name.

**Units 2-7**

\*E415919 Figure Piping - display your figure piping in the most creative way

**All Units**

\*E415920 Gingerbread House - showcase your skills on a gingerbread house.

\*E415921 Gingerbread House – Picture series/story in poster or notebook form on the process of making gingerbread house in December 2008.

\*E415922 Flower Power decorated cake

**ADVANCED UNIT**

**Division 411 - You're The Chef Pay Category 190**

4-Hers taking this project may exhibit food preservation items in Division 407, under appropriate class number.

E411001 Loaf Quick Bread (any recipe) At least of a standard loaf displayed on a paper plate. A standard quick bread loaf measures approximately 8 «" x 4 «" or 9" x 5".

E411002 White Bread (any yeast recipe or method other than bread machine) – at least 3/4 of a standard loaf displayed on a paper plate.

E411003 Whole Wheat or Mixed Grain Bread (any yeast recipe or method other than bread machine) - at least 3/4 of a standard loaf displayed on a paper plate.

E411004 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.

E411005 Dinner Rolls - 4 rolls on a paper plate. May be clover leaf, crescent, knot, bun, bread sticks, or any other type of dinner roll.

\*E441901 Flower power yeast breads

**Division 413 – Foodworks Pay Category 190**

Hers taking this project may exhibit food

preservation items in Division 407, under appropriate class number.

- E413001 Double Crust Fruit Pie - made with home made fruit filling. No egg pastries or cream fillings. No canned fillings. May be a double crust, crumb, or lattice topping. Using an 8- or 9-inch disposable pie pan is recommended.
- E413002 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 the display, 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 by 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. The Fair Board is not responsible for lost or stolen accessories.
- E413003 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.
- E413004 Interview A Caterer - maximum of two pages, one sided write up of an interview with a caterer. Consider creativity and neatness. Mount on a 9"x12" 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.
- E413005 Specialty Bread (any recipe made with yeast) - Tea rings, braids, or any other specialty bread products must be exhibited

- whole.
- E413006 Specialty Pastry (any recipe) - pie tarts, puff pastry, phyllo dough, scones, biscotti, choux, croissants, Danish, strudels. Four on a paper plate or at least of baked product. Phyllo dough may be pre-made or from scratch. Pastries made with cream or egg based fillings will be disqualified.
- \*E413901 Flower power yeast bread

**Division 416 - Bread In A Bag Pay Category 190**

- \*E416901 Bread In A Bag - special exhibit for Wheat Science School Enrichment project members. Exhibit must be one loaf made from the easy wheat bread recipe found in the student's packet.

**FOOD FLOP**

This entry is open to any 4-H member enrolled in a foods project. The purpose of this entry is to write about your experience of making a food for the fair when the result ended in a total disaster. Entries will be judged and premiums awarded according to class. This is a county fair exhibit only.

Entries must include the following:

- 1 Name
- 2 A one-page story on a 8«" x 11" paper telling about your experience, what you learned from it, and what you would do different next time. Include in your story what project you are taking and what the original entry was.
- 3 Sample of the "Food Flop".
- 4 Enter your "Food Flop" under the entry number (dept., section, class) that you would have used if your food product would have been a success.

**FOOD PRESERVATION**

- A. PROCESSING METHODS: Current USDA processing methods must be followed for all food preservation. All non-acid vegetables and meats must be processed in a pressure canner. Jams, preserves and marmalades, fruit, tomatoes and pickled products must be processed in a boiling water bath. (Tomatoes may be processed in a pressure canner.) Spoiled or open container

- disqualifies entry.
- B. UNIFORMITY: The jars and type of lid should be the same size, all small or all large, not necessarily the same brand. Half pint jars may be used for jellies and preserves. The jars are not to be decorated in any way. Canning jars must be used - others will be disqualified. No  $\frac{1}{2}$  pint jars allowed. Leave jar rings on for fair display, it helps protect the seal. No zinc lids.
  - C. 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 to bottom of jar. 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. Multiple jar exhibits should be contained in a small undecorated box. Use a rubber band or "twisty" to keep exhibit containing 3 self-sealing bags together. Be sure to adjust time and pressure for county altitude. All food preservation entries must include recipe and source of recipe.
  - D. CURRENT PROJECT: All canning must be the result of this year's 4-H project, since September 1, 2008.
  - E. CRITERIA FOR JUDGING: Exhibits will be judged according to score sheets available at the Extension Office. Incomplete exhibits will be lowered a ribbon placing. Canned food items not processed according to altitude in the county will be lowered one class ribbon. Check with the Extension Office for our altitude and how that affects food processing times and pounds of pressure.



Judges will select the best entry submitted by a youth in Fruit, Vegetable, Pickle and Soft Spread categories canned in Ball Jars sealed with Ball Bands with Dome Lids or Ball Collection Elite Decorative Bands with Dome Lids or canned in Kerr Jars sealed with Kerr Bands with Self-Sealing Lids or Ball Collection Elite Decorative Bands with Dome Lids. In addition, soft spread entries will be limited to those prepared using one of the Ball Fruit Jelly Pectins: Regular, No Sugar Needed; Liquid; with pectin proof of purchase provided at time of entry. The best entry from each category will receive the following: two \$5 coupons for Ball or Kerr Home Canning Products.

**Division 407 - Food Preservation Pay Category 190**

- E407001 Dried Fruit - exhibit 3 different examples of dried fruit. Place each dried fruit (6-10 pieces of fruit, minimum of 1/4 cup) in separate self sealing bags. Use a rubber band or twisty to keep exhibit together. See Rule C for special labeling instructions.
- E407002 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 C for special labeling instructions.
- E407010 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 C for special labeling instructions.
- E407011 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 together. See Rule C for labeling instructions.
- E407012 1 Jar Fruit Exhibit - 1 jar of a canned fruit. See Rule C for labeling instructions.
- E407013 Three Jar Exhibit - exhibit 3 jars of different canned fruits. May be three different techniques for same type product, ex.

- Applesauce, canned apples, apple pie filling, etc. See Rule C for special labeling instructions.
- E407014 One Jar Tomato Exhibit - one jar of a canned tomato product. See Rule C for special labeling instructions.
- E407015 Three Jar Tomato Exhibit - exhibit 3 jars of different canned tomato products (salsa, sauces without meats, juice, stewed, etc.) See Rule C for special labeling instructions.
- E407020 One Jar Vegetable or Meat Exhibit – one jar of a canned vegetable or meat. Include only vegetables canned in a pressure canner.
- E407021 Three Jar Exhibit - three jars of different canned vegetables. Include only vegetables canned in a pressure canner.
- E407022 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. (Pay Category 170)
- E407030 One Jar Pickled Exhibit - one jar of a pickled and/or fermented product.
- E407031 Three Jar Exhibit - three jars of different canned pickled and/or fermented products.
- E407040 One Jar Jelled Exhibit - one jar of a jam, jelly or marmalade.
- E407041 Three Jar Jelled Exhibit - three different jellied fruit products. Entry may be pints or half pints (all jars must be the same size). Entry must be processed in boiling water bath according to current USDA recommendations.

## **FAVORITE FOOD SHOW**

Teresa Rathjen, Superintendent

Participants should plan a menu suitable for an indoor or outdoor meal. Prepare one food at home and bring it along with selected table service, display cards, and own card table. The food may be an individual or a family-size serving. Recipes may be from any source. The table service will include dishes, flatware, and table linens for one or two place settings plus centerpiece. Paper plates, etc. are acceptable. The display cards should be

approximately 4" x 6". Print the situation (as lunch for bike hike) and complete menu on one, the recipe on another. Typed cards acceptable only if 4-H member has done the typing. Fresh flower centerpieces may be used only if the flowers are arranged by the 4-H member. Displays will be set up independent of adults. Members will be asked two or three questions concerning the preparation, the menu, or their choice of table service.

**Grainy Mania Special Awards for 4-H Baked Products** Buying Club and Harvest Health & Coffee will award First Place \$10 cash plus \$5 value in cooking equipment and Second Place \$5 cash plus \$5 value in cooking equipment (in addition to fair premium money). The two prizes may be awarded to any of the three age groups that meet the recipe criteria. Exhibit **must contain at least 50%** (larger percent is acceptable) **flour\grain other than wheat** (i.e. oatmeal, soy, rye, rice, etc.). **Attach recipe to exhibit.** Rules and sample recipes are available at the York County Extension Office.

**Pay Category 180**

**Division 400 - Favorite Food Show**

- \*E400901 Beginning Foods (8-10 years old, 4-H age)
- \*E400902 Middle Unit Foods (11-13, 4-H age)
- \*E400903 Advance Unit Foods (14 and up, 4-H age)

\*See Page 56 for more classes from 2009 summer workshops.

**HEALTH**

Amy Meisinger, Barb Woodruff, & Lori Mittman  
& Frankie Sandall; Co-Superintendents  
Emily Meisinger, & Lindsey Gottula:  
Jr. Superintendents

All entries must be pre-entered at the York County Extension Office by July 15. All exhibits will be interview judged on Tuesday, August 4. Call or stop by the extension office by Friday, July 31 for interview appointment.

\* denotes those entries not eligible for State Fair

**Division 430 – Health Pay Category 200**

- \*E430901 Discovering Myself - poster, notebook or scrapbook. Using any means, include

- information about what you learned from one of the lessons in the "Discovering Myself" project manual (i.e. peer pressure, nutrition, choosing not to smoke, behavior, etc.)
- \*E430902 Fun With Friends - poster, notebook or scrapbook. Using any means, include information about what you learned from one of the lessons in the "Fun With Friends" project manual (i.e. how smoking affects lung capacity, communicating with others, decision-making, stress, developing self-esteem, safety, etc.)
- \*E430903 Teen Talk - poster, notebook or scrapbook. Using any means, include information about what you learned from one of the lessons in the "Teen Talk" project manual (i.e. media images, nutrition, values, weight control or eating disorders, personality, study habits, time management, etc.)
- \*E430904 Preparing for the Future - poster, notebook or scrapbook. Using any means, include information about what you learned from one of the lessons in the "Preparing for the Future" project manual (i.e. health habits, relationships, health screenings, problem solving, conflict resolution, goal setting, work ethic, etc.)

## **SAFETY**

### **Division 440 - General Safety      Pay Category 200**

- E440001 First Aid Kit - Prepare the kit according to guidelines in the "Citizen Safety" manual, page 6 & 7. Refer to the score sheet SF110 rev2002.. Any kit containing any of the following will be automatically disqualified: 1) prescription medications (if the purpose of the kit is to provide medication for someone with special needs, explain in the written description and inventory, but remove the medication. 2) any dated material that has expired as of the date of judging, (this includes sterilized items, non-prescription medications, ointments, salves, etc. Materials dated month and year only are considered expired on the last day of that month.) 3) any controlled substance.

- E440002 Disaster Kit (Emergency Preparedness) - the kit must contain the materials to prepare a person or family for emergency conditions caused by a natural or man-made event. 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 F13-06-79.
- E440003 Safety Scrapbook must contain 15 news articles from both print and internet sources of various incident types. Each clipping to be mounted on a separate page and accompanied by a description of events leading to the incident and any measures that could have prevented it. Scrapbook should be bound in a hard cover binder for 8½" x 11" size paper. Correct sentence structure, readability and explanations are an important part of judging.

**Division 450 - Fire Education Pay Category 200**

- E450001 Fire Safety Drawing - scale drawing of 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. Using a black or blue pen, draw arrows from each room showing the primary escape route from the house. Using a red pen, draw arrows from each room showing secondary routes to use if the primary routes are blocked. Primary and secondary escape routes must lead outside to an assembly location.
- E450002 Scrapbook containing 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 hard cover binder or notebook for 8 x 11 paper. Correct sentence structure, readability and thorough explanations are an important part

of judging.

E450003 Fire Prevention Poster - This must be constructed of commercial poster board at least 11"x14". 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. An entry containing this material will be disqualified.