

Family and Consumer Sciences Department

A member may have any number of exhibits but must not have more than 4 exhibits in any one section. Challenge Class Exhibits are in addition to the maximum of exhibits.

Premiums: Blue: \$3.00, Red: \$2.75, White: \$2.50

Premiums for Challenges: Blue: \$1.00 Red: \$1.00

710 Child Development

An exhibit that shows learning about children. Examples: child care, growth and development, safety and health, children with special needs, and careers in child development.

Exhibit information should include what you have learned: 1) about yourself and/or 2) about children while creating and using this exhibit and/or 3) about what the child gained or learned from use of the item in the exhibit.

720 Clothing and Fashion

An exhibit that shows learning about style, fashion, design, thrifty spending, wardrobe planning, types of fabrics, and clothing care. Exhibits may include constructed or purchased clothing and accessories.

740 Food & Nutrition

An exhibit that shows learning through cooking, baking, eating and choosing healthy foods, including safety practices. Exhibits may include prepared products or educational displays. See also 4-H 3023 "Inappropriate Food Exhibits for Iowa 4-H Fairs" for additional information regarding prepared and preserved food products.

Food & Nutrition Special Rules

- 1. Any exhibit considered to be a food safety risk or portray a food safety risk will not be accepted, judged or displayed.*
- 2. All food products/exhibits should be appropriate for human consumption.*
- 3. Food product exhibits must be prepared, baked or cooked using only food grade utensils and containers.*
- 4. Products that require refrigeration will not be accepted, judged or displayed.*
- 5. Meat jerky products are prohibited.*
- 6. The recipe must be included for any prepared food exhibit; credit the source of the recipe.*
- 7. Preserved foods must include the Food Preservation Exhibit Label. Only food processed after August 1, 2010 is acceptable. Current USDA and/or Iowa State University guidelines for home food preservation must be used.*
- 8. Preserved food exhibits **must** include two product samples. One will be opened for evaluation and discarded; the second will be placed on display and returned to the exhibitor. All perishable food products will be discarded when removed from display.*
- 9. Prepared foods should be placed on a firm disposable plate or flat cardboard. Place food product exhibit in a re-closable plastic bag with entry tag fastened outside the bag.*
- 10. The use of alcoholic beverages in the preparation or production of 4-H food exhibits is NOT permitted.*

750 Health

An exhibit that shows learning through food choices, safe activities and skills such as first aid and CPR, careers, and healthy lifestyle choices.

760 Home Improvement

An exhibit that shows learning in planning, improving and caring for your home living space. Exhibits may include new or refinished/reclaimed/restored items.

770 Sewing and Needle Arts

An exhibit that shows learning and skill in sewing, knitting, crocheting, or other needle arts, the use and care of fabrics and fibers, or the construction of clothing and other items.

790 Other Family and Consumer Science

An exhibit that demonstrates learning about a family and consumer science topic that does not fit any previous Family & Consumer Science class listed.

Challenge Photography Class

Class: CC

1 - Junior Challenge Class

2 - Intermediate Challenge Class

3 - Senior Challenge Class

****Put your name & club on the back of the photo so it may be returned****

Rules:

1. 4-Her does not have to be entered in the 4-H Photography Project Area.
2. The photograph entered in the challenge class cannot be entered into another class at the fair. 4-H'er can have only one entry in the Photography Challenge Class.
3. **The photograph must be of Flags.** Photographs must be the work of the 4-Her during the current project year.
4. The photograph must clearly show/depict/demonstrate/illustrate at least one design element and/or art principle.
5. The photograph must be enlarged to 5"x7" and must be in color.
6. **No** mats, frames, or glass are permitted but the photograph can be flush mounted on a mount board. No corner mounts may be used.
7. Please place in a plastic zip-lock bag for protection, so it can have a secure hanging device attached to the back.
8. No captions permitted. Entry may be titled on the back.
9. No goal card or learning cards are required but each entry must use the Photography Challenge Exhibit Label available at the Extension Office.
10. Entry will be judged on how it meets criteria, creativity, technical quality, exhibitor's evaluation, and overall appearance.
11. **Exhibits in this class are not eligible for the Iowa State Fair.**
12. **No entry fee or premiums will be awarded for this class.**

Elements of Design: Line, Shape, Color, Texture, and Space

Art Principles: Rhythm, Proportion, Emphasis, Balance, and Unity

Food & Nutrition Challenge Class

Class: CC

4 - Junior Challenge Class

5 - Intermediate Challenge Class

6 - Senior Challenge Class

****Put your name & club on the bottom of the plate if you want it returned****

1. 4-Her does not have to be entered in the 4-H Food and Nutrition Project Area.
2. Members may enter **ONE** entry. This entry will not be counted in the total of Home Economics entries. **Entry needs a 4-H entry tag for Challenge.**
4. Enter as Junior Challenge, Intermediate Challenge, or Senior Challenge Class.
5. Entry will be judged in the Events Center at designated club time Tuesday, July 20th. This class will not require a learning card. Know your recipe and what you have learned by doing this recipe.
6. Exhibit entry will be displayed on a firm plate or flat cardboard labeled with a 4-H entry tag.
7. The purpose of this contest is to use only the recipe available in the Extension Office --- make, bake, and present your best food challenge exhibit. Be sure to use the ingredients listed. **Do not substitute ingredients.**
8. **Exhibits in this class are not eligible for Iowa State Fair.**
9. **No entry fee or premiums will be awarded for this class.**

PERSONAL DEVELOPMENT

810 Citizenship

An exhibit that shows learning about or contributing to your community, your country or your world.

820 Communication

An exhibit that shows learning about written, oral, and visual communication skills in their many forms.

830 Leadership

An exhibit that shows learning about leadership skills and influencing others in a positive way.

890 Self-Determined

An exhibit that shows learning as part of your 4-H adventure and does not fit any other class.