

## **PRIDE OF IOWA CONTEST (Not a State Fair Class)**

1. The "Pride of Iowa Contest" will be held Saturday, July 11, 2009, at Storm Lake Middle School, Storm Lake. Participants will be notified of assigned time. Check with Extension Office.
2. Participants' recipes are to be turned into the Extension Office. Indicate on the recipe in which category (pork, beef, turkey, lamb, dairy, eggs, corn or oatmeal) you wish to compete. 4-H'ers may compete in each category. Late entries will not be accepted.
3. All current B.V. County 4-H'ers may participate and a 4-H'er may compete each year.
4. Recipe should use at least **one** ingredient that is a product of Iowa. Such as: pork, beef, turkey, lamb, dairy, eggs, corn or oatmeal.
5. Participants must provide their own ingredients and equipment. Mixes cannot be used for the "Pride of Iowa" product; however, a mix may be used as an ingredient. Participants will provide their own small appliances for use in the preparation of their recipe. (A second purpose of the "Pride of Iowa" contest is to promote the use of small appliances.) Use of clear glass bowls is recommended but not required.
6. Participating 4-H'ers must make a poster which includes the recipe (Underline all Iowa products) used, their name and club name. Posters will be used during the presentation & left with the finished product.
7. Juniors and Intermediates have 10 minutes and Seniors have 15 minutes to prepare their recipe as they would at home. **Time limits will be enforced.** There is no public speaking required.
8. All 4-H'ers will appear in clean clothes. Hair will be pulled back or covered. An apron should be worn. A 4-H T-shirt or emblem is desired, but not required.
9. A sample serving of the product will be evaluated by the judge immediately following the presentation in a brief conference judging. The remainder of the product or an additional finished product will be left at the serving table for the audience to sample.
10. All participants will receive a participation ribbon. Winners will receive a rosette in each category and grade division.
11. Premiums will be awarded. Additional gift certificates are awarded by the following organizations for using the product in a recipe: Buena Vista County Pork Producers, Buena Vista County Beef Producers, and Iowa Egg Council.

## **4-H CONSUMER JUDGING CONTEST**

Superintendent: Deb Carlson

4-H Consumer Judging is essentially a matter of comparing items and deciding which is better and why. Participants will study a given story, judge a group of four products relating to the story, examine and compare the products, answer the question WHY, make a decision, and rank the four products according to which is the best product for the given situation.

1. The contest is open to all 4-H members and adults.
2. No pre-registration is required and there is no registration fee.
3. The contest will be on Static Judging Day, Monday, July 13, 2008, from 12:00 noon to 6:00 p.m. in the Alta Community Center, Alta, Iowa
4. The contest will consist of judging classes in all 4-H Project Areas.
5. Top ten placing of individuals will receive ribbons.
6. No premiums are paid for the Consumer Judging Contest.
7. Results of the contest will be posted in the 4-H Exhibit Building.
- 8.

## **COMMUNICATIONS DEPARTMENT**

### **Purpose**

The Communication Department is designed to provide opportunities for youth to select a method by which they might develop their personal communication skills in sharing talents, knowledge or information with others. The classes are designed to provide a series of developmental experiences for various age levels. The ability to communicate will be the major criteria for evaluating this department.

### **Class # 811D — Educational Presentations (Juniors)**

### **Class # 811E — Educational Presentations (Intermediates/Seniors)**

1. The top five teams or individuals, may represent Buena Vista County at the Iowa State Fair Educational Presentation Contest. Juniors must have completed 5<sup>th</sup> grade. Junior or Intermediate presentations from B.V. will be selected to participate at the Clay County Fair.
2. 4-H'ers may participate only once in each age division at the Clay County Fair. Seniors do not participate at the Clay County Fair.
3. Teams may be any number of 4-H'ers and there is no limit of teams per club.
4. Intermediate & Senior presentations should not exceed 20 minutes. Junior presentations should not exceed 15 minutes.
5. Classes are: Juniors: 4<sup>th</sup>-6<sup>th</sup> grade; Intermediates: 7<sup>th</sup>-8<sup>th</sup> grade; Seniors: 9<sup>th</sup>-12<sup>th</sup> grade
6. Time and schedule to be announced.
7. 4-H'ers giving presentations involving food must be concerned about safe handling of the food they are using. 4-H'ers should use sanitary and safe procedures and methods at all times. This is tremendously important if samples are available to the viewing public. Appropriate storage of the food items and the sanitary handling of the food must be demonstrated by the 4-H'ers. Plastic gloves and hairnets are just a couple items that should be considered and used as appropriate.
8. **Presenters are expected to comply with all copyright/trademark regulations. Copyrighted material may not be distributed without permission.**

### **Class 811G – “SHARE-THE-FUN”**

1. Open to all active 4-H members. 4-H'ers who have completed 5<sup>th</sup> -12<sup>th</sup> grade will be eligible for State Fair. 4<sup>th</sup> graders may participate if the majority of the group is 5<sup>th</sup> grade or older.
2. Any number of participants may compose a team. A team may be both boys and girls or separate.
3. Presentations may be on anything - skits, songs, stunts, dancing, etc. and may involve the audience, and should not exceed eight minutes in length.
4. Skits/acts must be sensitive to the diversity of Iowa's population. Skits/acts must be in good taste and not be offensive to minority groups of Iowa or U.S. citizens.
5. There is no limit of presentations per club. There is no limit on the number of times a 4-H'er can participate in the “Share-The-Fun” programs.
6. There will be no prizes or premiums. “Share-The-Fun” is for the fun and enjoyment, to “share the fun” and fellowship.
7. A maximum of three entries will go to the State Fair and one entry to the Clay County Fair.

### **Class 811H – WORKING EXHIBITS (Juniors)**

### **Class 811I – WORKING EXHIBITS (Intermediates/Seniors)**

1. Open to all active 4-H members. 4-H'ers that have completed the 5<sup>th</sup> grade are eligible to compete at State Fair or Clay County Fair.
2. Many stages of the exhibit or product should be ready so that any step can be discussed. No set format needs to be used while presenting.
3. The best subjects involve action by the members or involve the audience in some doing, feeling, tasting, smelling or judging.
  - 4-H'ers doing working exhibits that involve food must be concerned for the safety of the food that they are using. 4-H'ers should use safe sanitary procedures and methods at all times.
  - Appropriate storage of the food items and the sanitary handling of the food must be demonstrated by the 4-H'ers. Plastic gloves and hairnets are just a couple items that should be considered.
4. The topic should be an outgrowth of his/her 4-H experience.
5. Intermediate and Senior 4-H'ers will be scheduled for a 45-50 minute period. Junior 4-H'ers will be scheduled for 25 minutes at the County Fair.
6. There is no club limit on “Working Exhibit” entries.
7. “Working Exhibits” times and schedule will be announced.
8. B.V. County can send a maximum of four entries to the Iowa State Fair in August.
9. If doing more than one exhibit, only one will be eligible for the Clay County or State Fair.
10. **Presenters are expected to comply with all copyright/trademark regulations. Copyrighted material may not be distributed without permission.**

At the State Fair, a 4-H'er cannot be involved in another event such as the clothing program, livestock show or judging during the half-day they are scheduled to participate in the 4-H communications programs. 4-H'ers cannot do both a Working Exhibit and an Educational Presentation during the same half-day. If they have both a Share-The-Fun act and an Educational Presentation or Working Exhibit, they should plan on doing the Educational Presentation or Working Exhibit in the morning and the “Share-The-Fun” during the afternoon show. Check with the Extension office for State Fair allocated communications date.

## **CLASS 811J — POSTER COMMUNICATION**

1. Objective is to provide the opportunity for 4-H'ers to tell a story about 4-H to the general public using the **non-verbal forms of communication on a poster**.
2. Posters are to be entered on static evaluation day.
3. Only one poster per 4-H'er.
4. Any 4-H'er who has completed 5<sup>th</sup> through 12<sup>th</sup> grade, may create a poster for the poster exhibit. This includes 4-H'ers of organized 4-H clubs, EFNEP, CRD, Urban and 4-H special interest groups, and 4-H school enrichment programs.
5. All posters must be designed on, or affixed to, standard poster board or foam core board-size minimum of 14"x 20" or maximum of 15" X 22".
  - Posters may be vertical or horizontal.
  - Posters may be any medium: watercolor, ink, crayon, acrylic, charcoal, oils or collage.
  - Posters cannot be 3-dimensional.
  - Materials used to make the poster may not extend more than 1/8 inch above the poster or foam core board.
6. Each poster **must** have the completed 2009 Poster Exhibit Entry Form (VI-8128-SAS) attached to the back. Duplicate label as needed.
7. Posters cannot incorporate copyright material or exact copies of other promotional designs, such as the Iowa 4-H Youth Conference theme logo.
8. The 4-H Clover is a protected emblem. 4-H'ers may include the 4-H clover, but do not copy/print other material over the 4-H clover.
9. The themes for "Communicating Through 4-H Posters" are:
  - 1) 4-H is . . . (open to 4-H'ers interpretation)
  - 2) Join 4-H
  - 3) *Voyage to Greatness* (2009 Iowa 4-H Youth Conference theme)
  - 4) *4-H Time* (2009 Iowa State Fair theme is *State Fair Time!*)
  - 5)

## **4-H EXTEMPORANEOUS SPEAKING CONTEST**

Contest designed to encourage the development of the life skill of communicating with others. This is done through enhancing the ability to think, organize, speak, and readily answer questions before an audience.

### **Class 811K – Extemporaneous Speaking**

1. Two (2) entries per county will be selected for the State Fair event.
2. Participants must have completed the 9<sup>th</sup> grade for State Fair.
3. B. V. Contest format:
  - a. The county contest times and the State Fair contest times will be announced.
  - b. Each contestant will select one of the available topics 30 minutes before the contest. The selected topics may not be available to the other contestants. The general nature of the topics will relate to 4-H.
  - c. A preparation room is to be used with one contestant per speaking site admitted initially and one additional contestant per speaking site admitted each ten minutes as the contest progresses. A contestant may not leave the preparation room until it is time to speak, nor may a contestant receive help from a parent, leader, other adult, or any other youth. Each contestant will have 30 minutes preparation time. A contest official will assist contestants with the time requirements.
  - d. All reference material will be screened by a contest official on the following basis:
    - 6) Contestant may bring his/her own books, magazines, or newspaper clippings for reference during the 30 minutes of preparation.
    - 7) Reference material must be printed materials such as books or magazines (cannot be notes, outlines, or speeches prepared by the contestant or by another person for use in this contest).
    - 8) Some relevant reference material will be available in the preparation room. This material will consist of historical material related to the 4-H program.
  - e. Each speech shall be the result of the 4-H'ers own effort using approved reference material that the contestant may bring to the preparation room. No other assistance may be provided. Plain 3"x5"

note cards will be provided to each contestant in the preparation room. If notes are used, the 3"x5" note cards provided must be used in delivering the speech.

- f. Only notes made during the preparation period may be used.
- g. Speech shall not be less than four or more than six minutes with five minutes additional time allowed for related questions asked by the judge. Contestant will be shown time cards in an ascending order (1, 2, 3, 4, 5) by timekeeper. "Stop" will be used at six minutes.
- h. Each contestant will be introduced by a contest timekeeper by name and the county he/she represents and the contestant will be expected to introduce his/her speech by title only.
- i. Contestants are not permitted to use any props, gadgets, posters, or audiovisuals of any sort. A podium will not be available.
- j. Speeches will be evaluated using the following criteria:
  - 1) Content related topic
  - 2) Knowledge of the subject
  - 3) Organization of material
  - 4) Power of expression
  - 5) Voice
  - 6) Stage presence
  - 7) General effect
  - 8) Response to questions k.
- k. A judge's critique/conference with each participant will be included as a part of the contest.

### **SCIENCE & ENGINEERING DEPARTMENT**

4-H'ers are eligible to exhibit more than one project per class, providing the goals for each project are different. Refer to 4-H Project Exhibit Rules for other guidelines.

**Class # 401A Aerospace** - Flyable model built from a kit or original design.

**Class # 401B Aerospace** - Educational display or other type of exhibit showing an aerospace idea such as forces involved in flying, model rocket photography, safety in flying model rockets or airplanes, test for rocket stability, etc.; may include scale models or kits to illustrate a concept.

**Class # 421A Automotive** - Repaired or restored vehicle. [Note: Cars will be on display at the Iowa State Fair one day only. (Date to be determined.)

**Class # 421B Automotive** - Educational display or other type of exhibit showing an automotive idea such as safe operation, maintenance plan, comparison shopping, principles of systems operations such as electrical, braking, air bags, etc.

**Class # 901A Computer** — Educational display or other type of exhibit showing:

- an original computer program written by the exhibitor in a common computer language, including documentation; or
- an applied use of existing software (database, spreadsheet, graphic design, etc.) including printouts of the application showing work product; or
- another idea that is an outgrowth of participation in a 4-H computer project or program.

**Class # 611A Electric/Electronics-** Constructed or repaired article or educational display or other type of exhibit showing an electric or electronic idea such as safety, construction techniques, lighting effects, electrical energy sources, etc.

**Class # 451A Small Engine-** Repaired or restored operating engine or educational display or other type of exhibit showing a small engine idea such as maintenance, function of parts, comparisons, etc.

**Class # 441A Tractor-** Repaired or restored operating tractor. (NOTE: A conference judging opportunity for exhibitors in class 441A will be offered during the exhibit check-in

**Class # 441B Tractor-** Educational display or other type of exhibit related to tractor showing an idea such as safe operation, maintenance plan, engine components, operation costs, principles of engine operation, safety hazards, etc.

**Class # 411 Welding** - Constructed article or educational display related to welding showing an idea such as safety, types of welds, comparisons of welds, etc. (NOTE: Large items may be displayed outside.)

**Class # 461A Woodworking** - New constructed and finished article. (NOTE: Large outdoor items may be displayed outside.)

**Class # 461B Woodworking** - Educational display or other type of exhibit showing a woodworking idea such as type of woods, wood finishes, safety precautions, tools and proper use, wood fasteners, woodworking skills and techniques, etc.

**Class # 893A Science and Technology** - Educational display or other type of exhibit showing how science and math help us understand the world. May include constructed article, posters, portfolios, notebooks, etc., to show and explain what was learned.

**Class # 601A Other Science, Mechanics and Engineering Ideas** - Any other exhibit that is an outgrowth of a 4-H science, mechanics and engineering project or educational experience that does not fit any previous classes listed. (Note: large items may be displayed outside.)

### **AGRICULTURE AND NATURAL RESOURCES DEPARTMENT**

4-H'ers are eligible to exhibit more than one project per class, providing the goals for each project are different. Refer to 4-H Project Exhibit Rules for other guidelines.

**Class # 101A Animal Science** — Any exhibit (excluding an animal itself) that is an outgrowth or a small or large animal project or program including beef, dairy, goat, dog, horse, pets, poultry, rabbit, sheep and swine. Ownership of an animal is not required for entry in this class. Exhibit topics might include, but are not limited to, selection, feeding, financial management, waste management, use of records, health care, housing or career opportunities.

**Class # 211A Conservation** — Any exhibit that is an outgrowth of a conservation project or program such as soil conservation, creating habitats, wetland restoration, energy conservation, planting windbreaks, etc.

**Class # 701A Crop Production** — Any exhibit, that is an outgrowth of participation in a corn, soybean, small grain or forage project or program. If the exhibit involves a crop specimen, include the variety and planting date. Exhibit topics might include, but are not limited to, variety selection, plant growth, planting, plant nutrition, weed, insect or disease control, environmental protection, harvesting, storage, marketing, or career opportunities.

**Class # 221A Entomology** — A general or special collection, from an entomology or bee project (excluding live specimen.), or any exhibit that is an outgrowth of an entomology or bee project or program such as life cycle, bee management, products (honey, wax), equipment, diseases, pests, habits of insects, insect genetics, IPM scouting, etc.

**Class # 706A Forestry** — General or special collection, i.e., leaves, seeds, etc.

**Class # 706B Forestry** — Any exhibit that is an outgrowth of participation in a forestry project or program such as insect or disease control, growth stages, type of tree for intended use, etc.

**Class # 711A Horticulture** — An exhibit that is an outgrowth of participation in flower gardening and ornamentals, home garden, small fruit crop, and vegetable crop project or program. Exhibits might include such ideas or concepts as cultivar selection, plant nutrition, insect, weed or disease control, harvesting, preservation, marketing, careers, etc. To exhibit vegetable specimen (project), refer to the 4-H Horticulture Show Department.

**Class # 711B Home Grounds Improvement** — Any exhibit which is an outgrowth of participation in a home grounds improvement project or program. Exhibits might include ideas or concepts such as landscape plans, techniques, selection of landscape plants, garden design, garden features, careers, etc.

**Class # 741A Plant Science** — Any exhibit that is an outgrowth of a plant science project or program such as collections plant growth, plant parts, soil structure, soil maps, germination, cross breeding, root systems, etc.

**Class 231A Veterinary Science** — Any exhibit that is an outgrowth of a veterinary science project or program such as maintaining health, cause and prevention of disease, internal parasites, public health, careers, etc.

**Class # 911A Fish and Wildlife** — Any exhibit that is an outgrowth of participation in a wildlife project or program such as fish and wildlife identification, observation, habitats, fish and wildlife harvest, other activities, etc.

**Class # 880A Safety and Education in Shooting Sports** — Any exhibit which is an outgrowth of participation in a SESS project or program such as archery, rifle, shotgun, muzzle loader, etc. Topics may include selection of equipment, record keeping in scoring, safety practices, care and storage of equipment, ethics, etc.

**Class # 301A Other Agriculture and Natural Resources Ideas** — Any other exhibit that is an outgrowth of a 4-H agriculture and natural resources project or educational experience that does not fit any previous class listed.

**Class # 301B (Not a State Fair Class) Egg Show**



1) Eggs must be produced by the 4H'ers own flock. A photo of the student with their flock must accompany their entry tag. Entry tags are available from the Extension Office and on the Buena Vista County Extension Web site.

2)Entry tags are to be attached to the entry.

3)An entry consists of a carton of one dozen of the same kind of eggs (standard and bantam chicken eggs ONLY). A 4H'er may enter up to 2 cartons in clean (used is fine) cardboard egg cartons.

4)Eggs may be white, brown or pastels. If necessary, eggs will be divided into these classes.

5)Due to non-refrigeration at the fair, all entries are deemed inedible and in the interest of consumer safety shall not be returned to the owner and shall be destroyed at the end of the fair.

6)Judging will be done on external qualities. Internal qualities will be judged only to break any ties.

7)Scores of 1-7 will receive white ribbons; scores of 8-16 will receive red ribbons; scores of 17 and above will receive blue ribbons.

8)Grand champion and reserve grand champion will be awarded to the top 2 total scores.

9)Judging score cards are available at the Extension Office and on the B.V. County Web site.

Judging score cards will be provided at the time of judging.

**Class # 865A – Outdoor Adventures and Camping** – Any exhibit which is an outgrowth of participation in an outdoor adventure or camping project or program such as camper safety, fire building, rainy day activities, outdoor cooking, day camp plan, selecting camping equipment, equipping a backpack, resource file of camping activities, orienteering, outdoor ethics, etc.

### **HORTICULTURE CLASSES**

Specimens should be prepared for exhibit as stated in publication 4H-462, "Harvesting and Preparing Vegetables for Exhibit," available from the Extension Office. Please follow the guidelines below for number of specimens per exhibit. To exhibit horticulture at the Iowa State Fair, please contact the Extension Office.

***(To Exhibit at the State Fair: These exhibits must be entered on the Livestock Entry Form/Database and are due to the County Extension Office July 1, 2009.)***

#### **GARDEN CROPS**

##### **Division 50**

##### **Class**

5001 Beans, snap, 6 specimens

5002 Beans, yellow wax, 6 specimens

5003 Beets, 3 specimens

5004 Cabbage, round, 1 specimen

5005 Cabbage, flat, 1 specimen

5006 Cabbage, red, 1 specimen

5007 Cantaloupe, any variety, 1 specimen

5008 Carrots, 3 specimens

5009 Cucumbers, for slicing, 3 specimens

5010 Cucumbers, dill, 3-5 inches, 3 specimens

- 5011 Cucumber, for pickling, 6 specimens
- 5012 Eggplant, standard or traditional, 1 specimen
- 5013 Eggplant, cylindrical, 1 specimen
- 5014 Honeydew Melon, smooth skin, 1 specimen
- 5015 Kohlrabi, 3 specimens
- 5016 Onions, red, 3 specimens
- 5017 Onions, white, 3 specimens
- 5018 Onions, yellow, 3 specimens
- 5019 Onions, other, 3 specimens
- 5020 Peppers, sweet, bell, green, 3 specimens
- 5021 Peppers, sweet, bell, red, 3 specimens
- 5022 Peppers, sweet, bell, yellow, 3 specimens
- 5023 Peppers, sweet, bell, any other, 3 specimens
- 5024 Peppers, sweet, banana, yellow, 3 specimens
- 5025 Peppers, sweet, red, 3 specimens
- 5026 Peppers, sweet, any other variety, 3 specimens
- 5027 Peppers, hot, Cayenne, 3 specimens
- 5028 Peppers, hot, Habanero, 3 specimens
- 5029 Peppers, hot, Hungarian yellow wax, 3 specimens
- 5030 Peppers, hot, jalapëno, 3 specimens
- 5031 Peppers, hot, new Mexican, 3 specimens (includes Anaheim, Big Slim, Slim Jim, etc.)
- 5032 Peppers, hot, any other variety, 3 specimens
- 5033 Potatoes, red, 3 specimens
- 5034 Potatoes, white, 3 specimens
- 5035 Potatoes, yellow/gold, 3 specimens
- 5036 Potatoes, other, 3 specimens (includes blue, etc.)
- 5037 Pumpkin, sugar pie, 1 specimen
- 5038 Squash, summer, scallop or patty pan, 3 specimens
- 5039 Squash, summer, zucchini, green, 3 specimens
- 5040 Squash, summer, zucchini, yellow, 3 specimens
- 5041 Squash, summer, any other variety, 3 specimens
- 5042 Squash, winter, acorn, green, 1 specimens
- 5043 Squash, winter, acorn, all other colors, 1 specimens
- 5044 Squash, winter, butternut type, 1 specimens
- 5045 Squash, winter, any other variety, 1 specimen
- 5046 Sweet Corn, 3 ears exhibited with husks open on 1 side
- 5047 Sweet Potatoes or Yams, 3 specimens
- 5048 Tomato, red slicing, 3 specimens
- 5049 Tomato, yellow slicing, 3 specimens
- 5050 Tomato, cherry type, red, 6 specimens
- 5051 Tomato, cherry type, other color, 6 specimens
- 5052 Tomato, cocktail type (bite-size), red, 6 specimens (includes grape, pear, etc.)
- 5053 Tomato, cocktail type (bite-size), other color, 6 specimens (includes grape, pear, etc.)
- 5054 Tomato, processing type, 3 specimens
- 5055 Tomato, other, 3 specimens
- 5056 Watermelon, any variety (large), 1 specimen
- 5057 Watermelon, any variety (small), 1 specimen (includes Sugar Baby, etc.)
- 5058 Any other kind of vegetable, not included in any previously named class, 3 specimens

**HERBS**  
**Division 51**  
**Class**

5101 Parsley, 3 sprigs in bottle of water  
5102 Dill, 3 sprigs in bottle of water  
5103 Basil, 3 sprigs in bottle of water  
5104 Any other individual herb, 3 sprigs in bottle of water  
5105 Collection of 4 different herb species to be displayed in separate bottles of water. Specimens should include 3 sprigs with stems of adequate length for each species. A special exhibit card will be provided and MUST accompany the exhibit which lists individual herb species information.

## **ORNAMENTALS**

### **Division 52**

#### **Class**

5201 Pumpkin, decorated, woody stem, any full pumpkin decorated with other vegetables, paint or other material. No carving. 1 specimen  
5202 Pumpkin, miniature, 3 specimens  
5203 Pumpkin, Jack-O-Lantern type, not over 16" tall, 1 specimen  
5204 Gourds, small ornamentals, 3 specimens  
5205 Gourds, small ornamentals, mixed, 3 specimens

## **VEGETABLE COMBINATIONS**

### **Division 53**

#### **Vegetable Container Display**

#### **Class**

5301 The vegetable display must include five or more different vegetable crops grown in the exhibitor's home garden. More than one variety of any particular vegetable can be displayed, however, not more than four items of the same vegetable can be displayed. For example, four tomatoes would constitute one vegetable, e.g., one large red slicing, one cherry tomato, one yellow tomato, and one processing tomato. The container display will be reduced one placing if it contains more than four vegetables of any one kind, e.g., more than four beans. The amount of produce exhibited should fit into the container and specimens may not overflow onto the table. The vegetables should be prepared for exhibit as instructed in 4H-462, "Harvesting and Preparing Vegetables for Exhibit." Any decorative basket, box, or other decorative container, not larger than one-half bushel in size, can be used. The exhibit will be judged 75% for the cultural perfection of the vegetables and 25% for decorative arrangement. A special variety card will be provided and MUST accompany the exhibit with each crop clearly labeled as to the variety.

#### **First Year Exhibitor's Class**

#### **Class 5302**

Plate of mixed vegetables exhibited by a 4-H member who has never participated in the Iowa State Fair 4-H Horticulture Show before. Plate is to consist of one tomato, one onion, one pepper, and two other vegetables of the exhibitor's choice. A special variety card will be provided and MUST accompany the exhibit with each crop clearly labeled as to the variety. The amount of produce exhibited MUST fit on one regular plate (large or small) as provided.

#### **County Vegetable Platter**

#### **Class 5303**

This platter must be exhibited by a minimum of two county 4-H exhibitors who already are exhibiting vegetables in the other Iowa State Fair 4-H Vegetable classes (#s 5001 through 5407). County may enter more than one platter, but an individual exhibitor can only participate in one platter exhibit.

A platter must include 5 different vegetable species. A platter must include 2 tomatoes, 2 onions, 2 peppers, and 2 vegetable species from the following list: 2 beets, 2 carrots, 2 cucumbers, 2 potatoes, 2 summer squash. A special exhibit/variety card will be provided and **MUST** accompany the exhibit with the requested information.

## **JUMBO VEGETABLES**

### **Division 54**

#### **Class**

5401 Cabbage (maximum of 3 wrapper leaves), 1 specimen

5402 Potato, 1 specimen

5403 Pumpkin (woody stem), 1 specimen

5404 Squash, zucchini, 1 specimen

5405 Squash, any other variety with fleshy stem, 1 specimen

5406 Tomato, 1 specimen

5407 Watermelon, 1 specimen

## **FLORAL**

Open to all BV County 4-H'ers. You may use live, silk, dried or plant material. One entry per class. Not considered for State Fair.

**Class # 296** A centerpiece suitable for a "Special Day"

**Class # 297** A one-sided floral arrangement suitable for a table or mantel

**Class # 298** A breakfast tray arrangement in a suitable container

**Class # 299** A corsage

**Class # 300** An arrangement suitable for table, mantel or wall

## **EXPRESSIVE ARTS DEPARTMENT**

Refer to 4-H Project Exhibit Rules for guidelines.

### **PHOTOGRAPHY \*Special Rules\***

1. Photographs may be either black & white or color, may be processed from negatives, slides, or digital cameras and computer manipulation programs. ALL exhibited photographs **MUST** have been taken during the current 4-H year.
2. If photos are mounted, they can be:
  - (a) flush-mounted (no mounting board showing) on mounting board, or
  - (b) with mount borders (window mat or flat mount directly on board).
    - Exhibitors may cut their own mounting boards, use inexpensive ready-cut window mats, or have matting done professionally. In all cases, 4-H'ers are responsible for design decisions such as border width, color and size. **Framed photos, including floating frames, will not be judged.**
3. If photos are not mounted, they may be exhibited in a clear plastic covering such as photo album pages. Photos should not be framed.
4. A series is a group of pictures or slides that are related or tell a step-by-step story. Photos must be mounted as one unit in story order. Slides should be numbered and/or displayed in sequence.
5. The "4-H Photography Exhibit" label (Revised January 2002) must be completed and attached to each photo exhibit entry. Tape to back of mounting or fold label as appropriate for each exhibit. Labels are available at the Extension Office.
6. Captions are optional. If used, they should be short.
7. 4-H'ers may exhibit more than one project per class, providing the goals for each project are different.
8. Member are limited to **no more than six (6) photography entries.**

**Class # 851A Mounted Photograph or Series**

Individual photo or series of photos where each exhibited photo is at least 5x7 inches (the standard 5x7 print). Larger photos may be cropped if necessary for better composition, but no smaller than 5x7 inches. Series entries should consist of three to five photos (each 5x7 minimum) mounted as one piece. Mounting is required for all entries in this class. Use of standard commercial photo mats is acceptable provided that exposed area of photo is not less than 4 ½ x 6 ½ inches. See rule number two above for mounting suggestions.

#### **Class # 851B Single Photograph or Series**

**A photo of any size** may be considered in this class. There is no minimum size. Series entries should include three to five photos. If the series is mounted, it should be done as one piece. See item numbers two and three for exhibiting suggestions.

#### **Class # 851C Contemporary/Creative Photography**

A photograph that is understood to be creative, imaginative, or experimental departure from realism. Examples of Contemporary/Creative Photography may include: abstracts, derivations, distortions, black light, bas-relief, diazochrome, posterization, solarization, multiple exposures, montages, kodalith, multiple images with trick lenses and similar processes.

##### **Special exhibit requirements for Class 851C:**

1. Photograph must be mounted but not framed.
2. Current 4-H Photography Exhibit Label must be attached to the back of the exhibit.
3. A detailed report must be attached clearly stating the process used to achieve the desired effect. Each step and materials or equipment used must be included in this report.
4. Where possible, a copy of the photo before manipulation should be included with the report.

#### **Class # 851D Photography Idea**

This class is designed for creative photography and experiments that do not fit into the previous classes. Photos or educational displays in this class may make use of creative camera techniques, darkroom techniques, mounting and exhibiting techniques, or computer enhancement, just to name a few possibilities. Above all, creativity and originality are valued. If exhibit is a photo or collage of photos, it must not be framed and must have the photo exhibit label.

### **CONSERVATION PHOTO CONTEST**

#### **Class # 851 E (Not a State Fair Class)**

1. Photos entered in Class 851A-851D are eligible to be considered for special awards from the Buena Vista County Soil & Water Conservation District, if photos depict Soil or Water Conservation like: terraces, buffer strips, windbreaks, water conservation, wetlands or wildlife area.
2. 1<sup>st</sup> prize - trophy  
2<sup>nd</sup> prize - trophy  
3<sup>rd</sup> prize - trophy
3. There will be a Buena Vista County Soil & Water Conservation Commissioner at the fair, Wednesday, to assist in determining which photos are eligible for this and to help determine the three award places.
4. No more than 5 photos may be entered per person.



### **PHOTO'S OF B.V. COUNTY**

#### **Class # 851 F (Not a State Fair Class)**

1. Photo's entered in Class 851A-851D are eligible for this class if the photos depict something of interest from Buena Vista County. Examples might be: Linn Grove Dam, Albert City Park, Alta Ball Fields, Storm Lake Water Park, Newell Allee Farm, Sioux Rapids Theater, Rembrandt Mainstreet.
2. Ten entries will be selected for special recognition.
3. No more than 5 photos may be entered per person.
4. 4-H'ers should have two tags on their entry if entering in class 851A -851D.

### **VISUAL ART \*Special Rules\***

1. Articles made from kits or pre-formed molds will **NOT** be accepted. Exceptions: See Class 821B Item #2. (Kits are defined as any pre-packaged item where the materials and the design are predetermined by the manufacturer. Examples of preformed molds would be purchased greenware or whiteware.)
2. If the exhibit results in a finished art object, **you must** include the picture of the source of design, sketches, a piece of tree bark, doodles, or magazine pictures (identify the magazine and issue.)
3. The written description of the exhibit **must** identify the design element(s) and/or art principle(s) used in this particular exhibit and how it is used. (Example: "I used the primary colors of red, blue, and yellow to emphasize the geometric shapes" not just "the element I used was color"). Design elements are line, shape, color, texture, and space described in the project manual "Celebrate Art" Unit 1, pages 11-13. Principles of design are rhythm, proportion, emphasis, balance, and unity described in the project manual "Art in Your Future" Unit 2, pages 10-14.
4. **Copyright logos, designs, or trademark materials** should not be used for visual art exhibits on public display at a fair or other settings without written permission. If written permission has been obtained for an exhibit in the technique class, it should be included in the written support materials of this exhibit. For display purposes, exhibits will then be labeled "Copyright permission granted". These materials are never appropriate for the original class.
5. 4-H'ers may exhibit more than one project per class, providing the goals for each project are different.

#### **Class # 821A Original Art**

Original art should be an exhibit that has a unique design to you. By using one medium or a combination, an individual creates an object that is not recognizable as another's work. Trademarks, logos, and other copyrighted images cannot be original since some other artist has already designed and created it. You must identify and explain the application of the design element(s) & art principle(s) featured in this exhibit and describe or explain the source of the design.

**\* Does one (or more) of the following questions help describe what your exhibit is about? If it sounds like your exhibit, it should be in the Original Art class.**

1. Did your idea come from something you thought up, the placement of geometric shapes, or something viewed in nature?
  2. Did you see a design, magazine picture, painting, etc., that gave you an idea and you made major changes to that idea? (Include the source of design and explain the major changes.) You know it is a major change if you quickly look at your original source and your exhibit and they DO NOT seem similar.
  3. Did you create your exhibit by observing things around you like looking at a still life or from a photograph you took of a scene?
1. Are the people in your exhibit (drawing or painting) ones you observed, studied, sketched, or photographed and not people you saw in a magazine or other photograph? (If the person is identifiable from your picture, did you request their permission to use them in your art work?)

#### **Class # 821B Design and/or Technique Exploration**

This exploration class is an exhibit that provides an individual the opportunity to explore a new medium, practice a skill, or study a design element or art principle. An explanation of the application of design elements or art principles used when making the exhibit must be included. This exhibit may be an object, portfolio, display, poster, or organized sketch book. If a non-original design source is used, it's origin (where the idea was found, any pictures, sketches, etc.) must still be credited. Logos, trademarks, pictures, or designs that are copyrighted may only be used. If permission for this specific use has been granted from an authorized authority, the written permission must be included in the support materials provided with the exhibit or the piece is not legal for public display and will be disqualified. For display purposes, those exhibits with written permission will be labeled "**Copyright permission granted**". You must identify and explain the application of the design element(s) and art principle(s) that were featured in this exhibit.

##### **• In this class**

1. Directions may be used to make the exhibit (basket weave pattern, process instructions i.e. tie dying). Include the source of instructions or copy of the instructions. In your write-up be sure to focus on the design elements or art principles used in making decisions to develop the exhibit.
2. It may be a process evaluation shown by examples that demonstrate a different step of the process needed to complete a finished product. This process evaluation is the only acceptable place to exhibit portions of greenware or whiteware to provide the appropriate surface to

illustrate the process techniques being explored. Processes could include glazes, paint blending or surface preparation to the final product. Finished product will only be used in the evaluation to determine level of accomplishment of the goal.

3. A portfolio showing several examples of practicing techniques of a medium where you used design ideas from photos, magazines and/or pictures must be used. You must credit the sources of design ideas.
4. You may use a series of rubber stamps, stencils, etc. to create a design, Develop technique or study color and texture. Detailed explanation of the use of the design elements/art principles is required.
5. Create a picture while practicing and improving your technique(s) of drawing, shading, blending, etc. The write-up focuses on the techniques practiced to demonstrate skills in applying the design elements and/or art principles.

#### **Class # 821C Other Visual Art Topics**

Exhibits might include study of an individual artist, style, craft business or marketing process, planning group tour, career options, etc.

### **ISSUES DEPARTMENT**

Entries can be any exhibit by an individual or group which is an outgrowth from an Extension education program related to the Societal Issues class. 4-H participants in 4-H special interest and school enrichment programs and/or 4-H community clubs in 5th-12th grades, or equivalent, are eligible to exhibit in the following class.

#### **Class # 950A Societal Issues**

Any exhibit by an individual or group which is an out growth from an Extension 4-H educational experience. Exhibits might include, but are not limited to, topics such as water quality, erosion, pollution, radon, substance abuse, teen pregnancy, animal welfare/rights, etc. Include information on:

- What is the societal issue?
- How does my/our goal relate to the issue?
- What did I/we learn about the issue?
- How can I/we best communicate the importance of the issue?
- How can I/we educate others about the issue?

### **PERSONAL DEVELOPMENT DEPARTMENT**

Entries can be any exhibit by an individual or group which is an outgrowth from an Extension education program related to the Personal Development class. 4-H participants in 4-H special interest and school enrichment programs and/or 4-H community clubs in grades 5th-12th, or equivalent, are eligible to exhibit in the following classes. 4-H'ers are eligible to exhibit more than one project per class, providing the goals for each project are different. Refer to 4-H Project Exhibit Rules for guidelines.

#### **Class # 806A Citizenship**

Any exhibit that is an outgrowth of participation in a citizenship project or program such as responsibilities with family, club, community, world, plan community service activity, learn about local and county government, study family heritage, etc.

#### **Class # 811A Communication**

Any exhibit that is an outgrowth of participation in a communication project or program such as describing the communication process, methods of communicating, or a product based on a communications method which might include a slide/tape, videotape (done in standard play), or feature news stories, or theatre arts such as costuming, sound effects, props, and staging, etc.

#### **Class # 831A Health**

Any exhibit that is an outgrowth of participation in a health project or program such as personal health analysis, physical fitness plan, home health hazard hunt, body systems and functions, daily food intake plan, minor injury treatment, community health services, effects of smoking, etc.

#### **Class # 841A Leadership**

Any exhibit that is an outgrowth of participation in a leadership project or program such as types of leadership, analysis of personal leadership styles and qualities, processes to determine the identification of community needs, resource analysis, activity plan, or youth as partners.

**Class # 871A Music**

Any exhibit that is an outgrowth of participation in a music project or program such as study of a composer, music history, comparison of types of music, composing an original song, teaching music to others, making a musical instrument, sharing musical programs, etc.

**Class # 881A Safety**

Any exhibit that is an outgrowth of participation in a safety project or program such as home hazard hunt, organize safety poster contest, conduct farm safety program, attend CPR training, develop home fire safety plan, etc.

**Class # 891A Self-Determined**

Any exhibit that is an outgrowth of participation in a self-determined project or program which does not fit any other project class.



**CLUB OFFICER RECORDS**

**(Not eligible for State Fair, unless exhibit is co-entered in Personal Development: Leadership. If entering in both classes, exhibit must stress the 'personal growth' as a result of the 4-H Officer role, leadership style used, resources secured, planning done, and how adults were involved in the project).**

**Class # 891B 4-H Reporter, Historian, Photographer**

A collection of notes, stories, clippings, pictures, etc. showing what the club has done. To cover any or all of the club's history. Judging based on attractiveness, layout and convenience. Items can be displayed in a notebook, poster, display or any format that best highlights the officer's learning. Include a personal story of how you have grown as a result of the offer role, (i.e. skills learned, resources found, adults who helped you, etc.)

**Class # 891C 4-H Secretary's Book:** The current year's club activities shown in a calendar of Events and minutes plus the club roll. Publication 4-H 0071 C has the recommended format. Sturdy folder or notebook is appropriate for exhibit. Judging will be based on neatness, completeness, and clarity of record information. Include a personal story of how you have grown as a result of the offer role, (i.e. skills learned, resources found, adults who helped you, etc.)

**Class #891D 4-H Treasurer's Book:** The current year's club financial transitions and monthly club reports and a short personal story of what the 4-H'ers has learned. Publication 4-H 0021 has recommended form. Include a personal story of how you have grown as a result of the offer role, (i.e. skills learned, resources found, adults who helped you, etc.)

**Class #891E All other 4-H Club or County Youth Offices:** The current year's club officer or county leadership activities displaying a collection of club program plan, committee notes, pictures, etc. Include a personal story of how you have grown as a result of the offer role, (i.e. skills learned, resources found, adults who helped you, etc.)

**4-H HISTORICAL/FAMILY HERITAGE**  
**SPECIAL EXHIBIT CLASS – Iowa State Fair**

This class is designed to help participants gain a greater appreciation for and to focus on 4-H history and family heritage. Emphasis is also provided for an intergenerational focus. Participants (youth and adults) are encouraged to learn more about the history of 4-H in Iowa and/or their family heritage. This class is designed and intended to provide an opportunity for 4-H'ers and adults to form a team in planning and developing an exhibit to share together learning related to 4-H history and heritage.

### **Special Exhibit Guidelines**

1. Each county may enter two exhibits in this class. If two exhibits are selected, at least one **must** be a 4-H history/4-H heritage exhibit.
2. The 4-H youth exhibitor(s) will receive a special recognition certificate.
3. The exhibit must be an outgrowth of the 4-H learning experience planned and completed by one or more 4-H'ers, of eligible exhibitor age, with one or more adult(s).
4. The exhibit is to be an outgrowth of work done, through 4-H, to accomplish a goal(s) determined jointly by all the participating 4-H'ers and adults.
5. Exhibits might be an actual product, poster, display, report, notebook, model, video tape, audio cassette, etc.
6. The exhibit should include the following information:
  - What was the goal(s)? Include for both 4-H'er and adult participant(s).
  - How was the idea for the exhibit determined and developed?
  - What responsibilities did each participant, youth and adult, involved in the learning experience complete?
  - What was the learning of this experience for each individual? This might include what you learned about working with each other.
  - What were the benefits of this experience for the participants (youth/adults together)?
  - What plans do you have to continue this interest?
7. Exhibitors are responsible to read and comply with the Iowa State Fair "General Exhibit Rules" including size, copyright where applicable, safety, etc. to be eligible for Iowa State Fair entry.

### **Class # 811L 4-H Historical/Family Heritage**

Any exhibit by one or more 4-H'ers with one or more adult(s) which is an outgrowth of a goal identified by the participants. Topics might be related to the history of: 4-H, a 4-H project, educational experience, activity, family heritage, Iowa, etc.

### **FAMILY & CONSUMER SCIENCES**

4-H'ers are eligible to exhibit more than one project per class, providing the goals for each project are different. Refer to "4-H Project Exhibit Rules" for guidelines. Entries can be any exhibit by an individual or group which is an outgrowth from an Extension education program related to the Child Development class. 4-H participants in 4-H special interest and school enrichment programs and/or 4-H community clubs in 5th-12th grades, or equivalent, are eligible to exhibit in the following class.

### **CHILD DEVELOPMENT CLASSES**

**What makes a quality child development exhibit?** The process of learning about yourself and children is the most important part of the project. Therefore if a toy, for example, is made and exhibited at the fair, discussing construction of the toy is not as important as what the 4-H member learned about children as the toy was used. The construction of a toy should make it attractive, safe, durable and appropriate for children. The judges want to know how the exhibit has helped the 4-H member learn more about child development and what has been learned, rather than details of how the exhibit was made. Because the exhibit is made for use with children, the 4-H'er should try it with children before the fair.

### **Class # 501A - Child Development.**

Educational display or other type of exhibit relating to a child development project/program, such as age-appropriate games and toys, original stories, baby-sitting, toy safety, positive guidance and discipline, kids with special needs, careers, etc. Exhibit information should include: what you have learned 1) about yourself and/or; 2) about children while creating and using this exhibit or; 3) about what the child gained or learned from the use of the item in the exhibit.

### **CLOTHING DEPARTMENT**

### **Class # 511A - Clothing Design and Creative Sewing**

Includes, but not limited to, constructed garments or accessories; design illustrations, sketches, models, etc.; modified, designed or recycled garments; making a garment that enhances the way you or others look, design, or sew for others, etc. Application of design elements and art principles must be explained when appropriate.

**Exhibits might include:**

- Constructed shorts, top, shirt, dress, pant, doll clothes, pajamas, vest.
- Constructed clothing accessory: hat, purse, tote bag. Evaluation is based on construction.
- Two or three patterns used in construction of one item.
- Collection of pictures of garments that illustrate line, shape, color, texture and space.
- Modification of garment to make it more useful or more fashionable.
- Collection showing different sewing techniques.

**Class # 511B - Choosing Clothes and Learning about Fabrics**

Includes, but not limited to, purchased garments or accessories, textile fiber or fabric characteristics, choosing clothes or accessories to enhance the way you or others look, labeling, etc. (Include only one shoe, earring, etc. in part of the exhibit) **Application of design elements and art principles must be explained when appropriate.**

**Exhibit might include:**

- Purchased garment with explanation of why it was chosen. (Considering fashion, color, care, activities of wearer, wardrobe plan, etc.).
- Information about garment labels, fabrics, textile uses, etc.
- Collection of fabric swatches that identifies fabrics and their care.

**Class # 511C - Clothing Safety and Care**

Includes, but not limited to, decisions about clothes for sports, temperature control and protection, laundry experiences, clothing care, etc. Application of design elements and art principles must be explained when appropriate.

**Exhibits might include:**

- Information on laundering pesticide contaminated clothing.
- Display featuring reflective materials added for safety.
- Cost comparison of machine washing versus hand washing and/or dry cleaning.
- Comparison of laundry products and softeners.
- Information on protective finishes on clothing, i.e. soil-resistant, flame-retardants, anti-static finishes.
- Experiment with stain removal techniques.

**Class # 511D - Other Clothing and Sewing Ideas:**

Any other exhibit that is an outgrowth of a 4-H textile and clothing education experience.

Application of design elements and art principles must be explained when appropriate.

Could include, but not restricted to:

- 1) Exploration of ethnic or historical clothing.
- 2) Dress as a means of expression.
- 3) Clothes for special needs of handicapped, elderly, children.
- 4) Cultural expression through clothes.
- 5) Career or processes in the textile and/or apparel industry.
- 6) Decorative processes such as textile dyeing, printing, embroidery, knitting, or quilting.
- 7) Construction of household textiles.
- 8) Exhibit may be an object, notebook, or poster.

**Exhibits might include:**

- A poster explaining the Arabian dress.
- A notebook that shares the history of clothing of Hispanic women.
- A poster of the careers of a pattern maker for a major pattern company.
- Construction of a table cloth and napkins.

## **CLOTHING EVENT**

**FASHION REVUE**

1. There will be three (3) divisions in the Fashion Revue: Junior, Intermediate and Senior.

If a 4-H'er wins in one division he/she cannot win in the same division again.

2. To qualify for participation in the county selection, entrants must:

- Be enrolled in a 4-H Clothing project or educational experience.

- Model in garment the entrant has cut and constructed, hand-knitted, machine-knitted, or crocheted during the current 4-H year.
3. To be eligible for State Fair, participants must be a Senior 4-H member (9th -12th grade). 4-H'ers can only participate at the State Fair level one time and must have been enrolled in clothing project three or more years including current year. Undergarments and accessories may be made or selected by the entrant.
  4. Date, time, and location to be announced.

### **CLOTHING SELECTION**

1. Any male or female 4-H'er is eligible to enter the Clothing Selection Contest.
2. There will be three (3) divisions: Junior, Intermediate and Senior.
3. If a 4-H'er wins in one division, he/she cannot win in the same division again.
4. Undergarment can be made or selected.
  - a. Participants should select and/or purchase an outfit that represents the 4-H'ers goal or intended use for the selected outfit.
  - b. 4-H'ers should have had an individual planned or county experience(s) in choosing shopping alternatives, evaluating fit, quality and construction features, price and cost of comparison.
5. Accessories, posture and general appearance will be considered.
6. One male and one female from the Senior Division may be selected to represent B.V. County in the State Fair Clothing Selection Contest.
7. Clothes may be selected and/or purchased from any source, including consignment shops, used clothing stores, etc.
8. Clothing items which are home-sewn are not eligible unless the completed garment was purchased from another clothing source. Clothing items which are custom sewn specifically for the participant are not eligible. (If questions, contact the Extension Office.)
9. Clothing selection participants will be evaluated on date and time to be announced.

### **Clothing selection categories include:**

1. **Casual Clothes**: Clothes for school or work. Work may range from professional to non-technical and service types. Restaurant, sales, hospital (receptionist, nurse's aid), grocery store (from manager to stock person), house cleaning, secretary, 4-H volunteer, etc. are examples of clothes that might suggest casual clothes.
2. **Sport or Functional Clothes**: Clothes that assist with a task or activity, protect your environment or promote safety. Clothing may be chosen for a particular sport, i.e., bicycling, temperature control situation, or for use in a specific hazardous situation, i.e., farming. This clothing may be selected to minimize environmental conditions or to help prevent accidental injury. Clothing to meet special needs of a handicapping condition fit under this category.
3. **Special Occasion Clothes**: Clothing for special events (graduation, prom, wedding, etc). Clothing is chosen to allow personal expression with some thought of future use.

### **The \$15 Challenge**

All participants (male or female) to qualify for participation in the state event should:

- a) Purchase an outfit that represents the 4-H'ers goal or intended use for the selected outfit.
- b) Have had individual planned or county experiences(s) in choosing shopping alternatives, evaluating fit, quality and construction features, price and cost comparison
- c) Outfits must be purchased at a garage sale, consignment store, or resale shop (i.e. Goodwill, Salvation Army or other stores of this type).(Hand-me-downs or clothing as gifts that were selected by the 4-H'er belong in Clothing Selection.)
- d) Cost of outfit must be \$15 or less, not including shoes, accessories, or undergarments.
- e) Receipt(s) MUST be turned in with Clothing Event Report

## **CONSUMER AND MANAGEMENT CLASSES**

What makes a quality consumer education exhibit? The process of learning about yourself as a consumer is the most important part of the project. Exhibits might include games, stories, photographs, displays, notebooks, videos, etc. The judge needs to know how the decision making process was used and what has been learned, rather than details of how the exhibit was made.

#### **Class # 541A - Spending Plans and Record Keeping**

- Track your spending (account books, computer records, envelope systems, checkbook records, etc.).
- Set up family record keeping system.
- Survey peer spending habits (allowances, video arcades, clothing, food, etc.).
- Track your 4-H project(s) spending (livestock records, photographs, clothing, etc.).
- Describe appropriate use of credit.
- Track how you spend your time (calendar system, diary, etc.).
- Set up a family calendar system.

#### **Class # 541B - Comparison Shopping**

- Compare products.
- Compare type of stores or places to shop.
- Compare cost of shopping with cash and credit.
- Compare colleges, trade schools, etc.
- Compare cost of recreational activities.
- Compare financial institutions (banks, savings and loans, credit unions, etc.).
- Compare car insurance.
- Compare investments and savings.

#### **Class # 541C - Consumer Rights and Responsibilities**

- Explore advertising influences.
- Show how to make a consumer complaint.
- Show where to find consumer information.
- Evaluate reliability of consumer information.
- Describe cost of fraud (shoplifting, bad check, fake ID, etc.).
- Describe potential problems related to privacy issues (social security number, credit card, internet shopping, etc.).

### **FOOD & NUTRITION CLASSES**

**4-H'ers entering Food & Nutrition exhibits must follow the general rules and these special rules:**

1. The recipe (ingredients, preparation instructions, time, temperature) **MUST** be included for any **prepared** food exhibit. Source of recipe must be credited.
2. **Preserved** foods must include the Food Preservation Exhibit Label, VI-991201- WB/SAS.
3. Only food processed after August 1, 2008 is acceptable.
  - a. Type of food
  - b. Method of preservation
  - c. Processing time
  - d. Date processed
  - e. Source of recipe and/or method of preservation (if publication, include name and date)
4. Current USDA and/or Iowa State University guidelines for home food preservation methods must be used. Check at the Extension Office for recommended practices or call the ISU Answer line 1-800-262-3804 for current researched information.
5. Preserved foods exhibits must include two product samples. One will be opened for evaluation and then discarded. The second will be on display and returned to exhibitor. All other perishable food products will be discarded when removed from display.
6. Prepared foods should be placed on a firm disposable plate or flat cardboard. Consider this recommendation rather than pans, plates, china, or baskets due to potential damage or loss. Place exhibit in a re-closable plastic bag with entry tag fastened outside the bag.
7. Products that require refrigeration (cream fillings, cream pies, meat or broth, relish or fruit trays, cheeses, eggs, custards, egg noodles, and friendship starters, etc.) are not appropriate entries for the fair. These items do not hold up well at room temperature and often pose a food safety hazard. Such items will not be accepted, judged, or displayed.

8. All food products and food preparation procedures used, illustrated, or described must be unquestionably safe. **Any exhibit considered to be or to portray a food safety risk will not be accepted, judged or displayed.**
9. If you choose to use a display box, the dimensions are not to exceed 10"x12"x14". (The three dimensions can be applied to best fit the exhibit size for height, width or depth.) Poster size maximum: poster board 22"x28" or foam core board 22"x30".
10. All food products/exhibits should be appropriate for human consumption/nutritional evaluation. Due to safe handling concerns during processing, no meat jerky product exhibits are allowed.
11. The use of alcoholic beverages in the preparation or production of 4-H food exhibits is **NOT** permitted.
12. Food product exhibits must be prepared, baked, or cooked using only food grade utensils and containers.

**Class # 521A - Food Preparation and Safety (including Food Preservation)**

Includes, but not limited to, prepared product, product evaluation, food preparation terms, storage practices, etc.

**Exhibits might include:**

- Baked goods such as quick breads, yeast breads, cookies, single crust pie shell, angel food cake, dinner rolls, cupcakes, granola, etc.
- Food products using equipment such as a microwave, bread machine, pasta maker.
- Include steps used.
- Display comparing a baked product made with and without ingredient substitutions or alterations. Include original recipe and changes made.
- Comparison of products made using bread machine, microwave, food processor, etc., versus conventional methods.
- Information on safe food preparation, kitchen safety, etc., that is processed by 4-H Member.
- Member. Canned fruit, vegetable, jelly, jam, pickles, meat, etc., processed by 4-H Member. (See guideline #2)
- Dehydrated food prepared/processed by 4-H member. Explain steps followed.

**Class # 521B - Consumer Behavior and Management**

Includes, but not limited to, resource management, product comparison, meal planning and service, purchasing, food packaging and recycling, nutrition labeling, etc.

**Exhibits might include:**

- Comparison of food product labels.
- Information on nutritious and attractive menus.
- Comparison of purchased food versus homemade.
- Place setting or centerpiece for a special occasion and/or menu.
- Table centerpiece for special occasion and menu.
- Information about table manners, food purchasing, preparation ideas, etc.
- Comparison of food costs at grocery store, convenience store or restaurant.
- Research on appliances available and how to justify their cost (i.e. bread machine, pasta maker, etc.).

**Class # 521C - Nutrition and Wellness**

Includes, but not limited to dietary guidelines, nutrient functions, physical health, etc.

**Exhibits might include:**

- Information about the functions of nutrients in a food.
- Information about the food guide pyramid categories.
- Comparison of dietary needs of different individual (i.e. diabetics, athletes, children, people with heart problems, etc.)
- Analysis of a menu according to dietary guidelines and explain how it could be improved.
- Plan for a nutritious snack and explain why it is good for you.
- Explanation of the importance of physical activity.
- Information on how health (dental, mental and/or physical) is affected by the foods we eat.
- Information on weight reduction plans and/or products.

**Class # 521D - Other Food and Nutrition Ideas**

Exhibit can tell or show any special related topic such as measurement of ingredients, eating out, special recipe collection, cultural food traditions, food science "whys," careers, etc.

## 2009 Live Healthy Iowa

### **Rules:**

This class is designed to help participants gain a greater appreciation for and understanding of the role nutrition and physical activity has in promoting health and well-being. Participants are encouraged to learn about how nutrition and physical activity affect the overall health (including physical performance and disease risk) of an individual or group. This class is intended to provide an opportunity for 4-Hers, as an individual, club or team, to plan and develop an exhibit that shares what they have learned about nutrition and physical activity in relation to health.

### **Special Exhibit Guidelines:**

1. Each county may enter two (2) exhibits in this class.
2. The exhibit must be an outgrowth of a 4-H learning experience planned and completed by one or more 4-Hers, of eligible exhibitor age.
3. The exhibit is to be an outgrowth of work done, through 4-H, to accomplish a goal(s) determined by the 4-Her(s).
4. Exhibits might be an actual product, poster, display, report, notebook, model, video tape, audio cassette, physical activity and menu plan, etc.
5. The exhibit should include the following information:
  - a. What was the goal(s)?
  - b. How was the idea for the exhibit determined and developed?
  - c. What responsibilities were completed by each participant involved in the learning experience?
  - d. What did you learn about nutrition and physical activity?
  - e. What plans do you have to continue this interest?
6. Exhibitors must comply with the Iowa State Fair 'General Exhibit Rules,' including size, copyright where applicable, safety, etc., to be eligible for Iowa State Fair entry.

### **Class # 960A**

Any exhibit, by one or more 4-H'ers, which is an outgrowth of a goal to explore an area of nutrition and physical activity for personal development.

### **Class # 960B**

Any exhibit, by one or more 4-H'ers, which is an outgrowth of a goal to provide leadership in the areas of nutrition and physical activity in a group setting (ex: family, club, community).

### **Class # 960C**

Any exhibit, by one or more 4-H'ers, which displays citizenship in the areas of nutrition and physical activity within a community (ex: senior living center or school).

## HOME IMPROVEMENT CLASSES

Entries can be any exhibit by an individual or group which is an outgrowth from an Extension education program related to the Home Improvement class. 4-H participants in 4-H special interest and school enrichment programs and/or 4-H community clubs in grades 5<sup>th</sup>-12<sup>th</sup>, or equivalent, are eligible to exhibit in the following classes.

**Class # 531A - Design in the Home** An educational display, notebook, poster or other type of exhibit such as a design element or art principle, explaining design of an item, selecting an item illustrating design, etc. Must include explanation of how a minimum of two (2) design elements or art principles were used in this exhibit.

#### **Exhibits might include:**

- Collection of pictures with explanation showing line, color, shape, texture or space.
- Information on color schemes used in the home.
- A single item with an explanation of how it illustrates a design element or art principle.

**Class # 531B - Furniture in the Home** Includes, but not limited to, reclaimed furniture, room plans, furniture styles, historic furniture, buymanship, etc. Must include an explanation of how a minimum of two (2) design elements or art principles were used in this exhibit.

#### **Exhibits might include:**

- Painted, finished or refinished furniture.

- Floor plan of a room.

- Information illustrating decisions about purchasing a sofa, chair, table, bed, TV, etc.

**Class # 531C - Accessories for the Home** Includes, but not limited to, wall accessories, nature accessories, flatware selection/coordination, table design, lighting design, etc. Must include explanation of how a minimum of two (2) design elements or art principles were used in this exhibit.

**Exhibits might include:**

- Information about purchasing accessories, such as collection, picture, pillow, etc.
- Purchased or constructed home accessories, such as crafts, stuffed animals, shelves, etc.
- Grouping of accessories used in the home (table top or wall arrangement) and explanation of how it will be used.

**Class # 531D - Fabrics in the Home** Includes, but not limited to, upholstered furniture, pillows, curtains, table linens, storage protection, etc. Must include explanation of how a minimum of two (2) design elements or art principles were used in this exhibit.

**Exhibits might include:**

- Purchased or constructed fabric items for use in the home, such as quilts, wall hangings, rugs or place mats. Evaluation emphasis will be placed on the function of the item in the home.

**Class # 531E - Maintenance in the Home** Includes, but not limited to cleaning plan, storage, energy conservation, recycling, own home away from home, etc. If appropriate, include an explanation of how the design elements or art principles were used in this exhibit.

**Exhibits might include:**

- Information on proper cleaning of items.
- Comparison of homemade cleaning supplies versus purchased.
- Illustration of ways to reduce heat loss in winter and cool efficiently in summer.
- Information on plumbing repairs, installing light fixtures, caulking windows, care of electronic equipment, fencing, mail boxes, painting of home.

**Class # 531F - Other Home Improvement Ideas** Any other exhibit which is an outgrowth of a home improvement project or program such as decision-making process, careers, etc. If appropriate, include an explanation of how the design elements or art principles were used in this exhibit.

**Exhibits might include:**

- Illustration of home modifications for a person with a disability.
- Information on redecorating a room.