

# 4-H FOOD & NUTRITION EXHIBITS



## What's the judge looking for?

For all exhibits, be prepared to explain:

- 1) What did you plan to learn or do? (What was your exhibit goal(s)?)
- 2) What steps did you take to learn or do this? Explain what you wanted to do so it is easily understood. The judge wants to know and understand the steps you used to make your exhibit.
- 3) What were the most important things you learned?

Judges use Evaluating Food and Nutrition Exhibits

<https://www.extension.iastate.edu/4hfiles//statefair/EEHandbook/EEHFNEval4HFNExh1085.pdf> as a reference for judging food exhibits. Be sure to look up the type of item you are exhibiting to know what the judge is looking for.

Review State Fair FAQ at <http://www.extension.iastate.edu/4h/statefair/SFExhibitFAQfn.htm>

## Baked Products

- **Recipe REQUIRED** with statement of where recipe came from (Grandma's recipe box, cook book with date of publication, name of magazine with date of publication)
- Since baked exhibits are on display for several days, it is necessary to limit these exhibits to products which hold up well. Most products which contain flour as a basic ingredient will fit into this category. Items that require refrigeration like cream custards, etc. will not be accepted, judged or displayed. **FOOD PRODUCTS MUST BE UNQUESTIONABLY SAFE TO EAT WHEN THEY ARE ENTERED WHETHER TASTED OR NOT.**
- Products must be in compliance with <https://store.extension.iastate.edu/Product/6434>
- Prepared foods should be placed on a firm disposable plate or flat cardboard which is labeled. Food product must be covered. Place food in resealable plastic bag if possible.
- Displays for food items are NOT required. Due to security, we discourage 4-Hers from sending items that have special meaning and historical value.

**4-H**  
GROWING TOGETHER



## Canned Product

- **All canned foods must include the Food Preservation Exhibit Label.**  
This includes:
  - A. Type of food,
  - B. Method of preservation,
  - C. Processing time,
  - D. Pressure (if appropriate),
  - E. Date Processed,
  - F. Source of recipe and/or method of preservation. (If a publication, include name and date) **CURRENT USDA and/or IOWA STATE UNIVERSITY GUIDELINES FOR FOOD PRESERVATION METHODS MUST BE USED.** See [http://www.uga.edu/nchfp/publications/publications\\_usda.html](http://www.uga.edu/nchfp/publications/publications_usda.html) for current USDA guidelines. Georgia's "So Easy to Preserve" is a good source for information (available for viewing or purchase in extension office or call ISU Answerline 1-800-262-3804 for current research information.) They can email you an answer which can be included in written information.
- Only food processed after August 1, of the previous calendar year is acceptable.
- Include 2 jars. One may be opened for sampling quality. The other will be returned after fair.
- Refer to PM 1044 - available at <https://store.extension.iastate.edu/Product/4367> - for the altitude and proper pressure for your county.

## Other Ideas

- Menus need to be nutritionally balanced and explained
- Place settings need to include menus and functional reasons for selections
- Plating of food item may include photos
- Evidence of learning, research, decision making, problem solving, or skill development.
- Neat and attractive exhibit.
- Judge can see that thought and effort went into the exhibit.
- Credible resources cited. Copyright guidelines followed.