

## **FAMILY & CONSUMER SCIENCES**

**Superintendents:** Trista Calonder (Clothing, Child Development, Consumer Management)  
Kathy Hennings (Food and Nutrition), Katie Schwartz (Home Improvement)

5 entries per class

Must be entered in <https://bremer.fairentry.com> by July 1st

Judging: Saturday, July 24<sup>th</sup>, 8:00 am to 1:30 pm

**Department:** Statics

**Division:** 104: Family & Consumer Sciences

**Class:**

- 10410 Child Development** - An exhibit that shows learning about children. Examples: childcare, growth and development, safety and health, children with special needs, and careers in child development. Exhibits that include items intended for use with children (books, toys, learning games, babysitting kits, etc.) should include information about what you have learned 1) about children while creating and using the exhibit or 2) what the child(ren) learned from use of the item(s) in the exhibit.
- 10420 Clothing and Fashion – Constructed/Sewn Garments & Accessories** - A constructed garment or accessory (sewn, knitted, crocheted, or other process) that shows learning about style, fashion, design, thrifty spending, wardrobe planning, types of fabrics, and clothing care.
- 10422 Clothing and Fashion – Purchased Garments & Accessories** - Purchased garments or accessories that shows learning about style, fashion, design, thrifty spending, wardrobe planning, types of fabrics, and clothing care. Exhibits must be intended to be worn by humans.
- 10424 Clothing and Fashion – Other Ideas/Educational Exhibits** - Any other educational exhibit that shows learning about clothing and fashion including but not limited to design illustrations, exploration of clothing styles, careers, clothing care, etc.

### *Clothing and Fashion Special*

#### *Rule:*

- 1. Outfits or accessories which will be worn during the Awardrobe Clothing Event may not be entered as a 4-H Iowa State Fair exhibit.*
  - 2. Exhibits in classes 10420 and 10422 must include information about application of design elements and art principles. Exhibits in class 10424 should include information about application of design elements and art principles if appropriate for the exhibit.*
- 10430 Consumer Management** - An exhibit that shows learning through savvy budgeting, comparison shopping, money management, and consumer rights and responsibilities.
- 10440 Food & Nutrition – Prepared Product** - An exhibit of a prepared food product that shows skills or learning about cooking, baking, eating and choosing healthy foods, or safety practices through the making of a prepared food product. See *Food & Nutrition Special Rules below and HS 76 “Foods for Iowa 4-H Fairs – Quick Reference Guide”* at

<https://store.extension.iastate.edu/product/6434> for additional information regarding prepared food products.

**10442 Food & Nutrition – Preserved Product** - An exhibit of a preserved food product that shows skills or learning about food preservation through the making of a prepared or preserved food product. Processed honey may be exhibited in this class. See *Food & Nutrition Special Rules below and HS 76 “Foods for Iowa 4-H Fairs – Quick Reference Guide”* at <https://store.extension.iastate.edu/product/6434> for additional information regarding preserved food products

**10445 Food & Nutrition – Educational Display** - An educational exhibit (poster, report, display) that shows skills or learning about cooking, baking, eating and choosing healthy foods, meal planning & service, safety practices, or food preservation. See *Food & Nutrition Special Rules below and HS 76 “Foods for Iowa 4-H Fairs – Quick Reference Guide”* for additional information regarding prepared and preserved food products. Exhibits showing learning about meal planning & service must include a menu.

*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, 2020 is acceptable. Current USDA and/or Iowa State University guidelines for home food preservation must be used. Processed honey must include the Honey Exhibit Label.*
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 reclosable plastic bag with entry tag fastened outside the bag. Recommended number of items to include with the exhibit:  
Cookies, cupcakes, bars, muffins, rolls, etc. – four (4) to six (6) items  
Cakes, loafs, pies, etc. – one (1) whole product.*
10. *The use of alcoholic beverages in the preparation or production of 4-H food exhibits is NOT permitted.*

**10450 Health** - An exhibit that shows learning through food choices, physical activity, safe activities and skills such as first aid and CPR, careers, and healthy lifestyle choices.

**10460 Home Improvement** - An exhibit that shows learning in planning, improving and caring for your home living space, including extended personal living areas immediately adjacent to the home. Exhibits may include new or refinished/reclaimed/restored items. Exhibits showing learning about home design, furniture, home accessories, and fabrics must include information about how design elements and art principles were applied.

### **Home Improvement Special Rule**

*Items entered must be ready for display in the home: pictures framed, wall hangings and pictures ready to hang, etc. Make sure hangers are strong enough to support the item. Command Strips or other quick attach products are usually not adequate hangers. Items not ready for display will be dropped one ribbon placing.*

**10470 Sewing and Needle Arts - Constructed item** (sewn, knitted, crocheted, or other process) that shows learning and skill in sewing, knitting, crocheting, or other needle arts. May include the construction of household items such as pillowcases, curtains, table runners, quilts, wall hangings, or other items. Exhibits in this class are not intended to be worn by humans.

**10472 Sewing and Needle Arts – Other Ideas/Educational Exhibits** - Any other educational exhibit that shows learning about sewing and needle arts including but not limited to construction techniques, use and care of fabrics and fibers, design illustrations, decorative processes, careers.

*Note: Exhibits in classes 10470 and 10472 should include information about application of design elements and art principles if appropriate for the exhibit.*

**10480 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.

### **Special Exhibition - \$10 MEAL CHALLENGE**

**10490 - \$10 Meal Challenge** – Create a balanced, nutritious meal for family of four (4) that includes a serving from each of the five good groups for each person. Information regarding food groups and recommended daily servings can be found on the USDA MyPlate website [www.choosemyplate.gov](http://www.choosemyplate.gov)  
*Special Rules:*

1. Each county may enter one (1) exhibit in this class.
2. All entries will receive an evaluation and participation ribbon.
3. Exhibit may be from an individual or group effort.
4. The meal must serve at least a family of four (4) people and total expense on receipt must not exceed \$10.
5. The meal must include a serving for each person from each of the five (5) food groups – Fruit, Vegetable, Protein, Grain, Dairy.
6. The exhibit will be a poster (maximum size 20" x 30") that shows the menu (including portion size), meal type (breakfast, lunch, dinner), grocery receipt, and photos of the meal. Attach a copy of the \$10 Meal Challenge worksheet to the back of the poster. Additional information about the \$10 Meal Challenge can be found on the Iowa 4-H \$10 Meal Challenge webpage: <https://www.extension.iastate.edu/4h/10-meal-challenge-healthy-living>