

# 4-H & FFA

## 4-H & FFA Static Department

*Superintendents: Youth Committee*

### GENERAL RULES & REGULATIONS

This department is open to youth who are participating in 4-H Youth Development Programs conducted by Iowa State University Extension and Outreach. All exhibitors are responsible to read and comply with the Fremont County 4-H General Exhibit Rules, 4-H General Rules and Regulations, and all 4-H department exhibit class rules and regulations.

**THEME OF THE YEAR: To increase participation and creativity, the 4-H Youth Committee has established a “Theme of the Year” for static exhibits. 4-H, Clover Kids and FFA projects are eligible. The 2022 theme is PARTY ‘TIL THE COWS COME HOME. Projects that correspond with this theme will receive special recognition.**

### FAMILY & CONSUMER SCIENCE

#### A. CHILD DEVELOPMENT

- a) An exhibit that shows learning about children. Examples include childcare, growth and development, safety and health, children with special needs, and careers in child development.
- b) Limit of 3 entries per exhibitor.
- c) Exhibit information should include what you have learned about any of these topics:
  - himself or herself in relation to working with children
  - growth and development of children
  - safety principles
  - principles of caring for children
  - guidance
  - type of play
  - children with special needs
  - preparing for adulthood
- d) Criteria for Evaluation: What makes a quality child development exhibit? The process of learning about children and yourself is the most important part of the project. Therefore, if a toy, for example, is made and exhibited at the fair, the 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 cost of the object can be reduced by making a toy or kit from supplies found in the home or by reclaiming an older piece by cleaning. But 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.

#### B. CLOTHING & FASHION – CONSTRUCTED/SEWN GARMENTS & ACCESSORIES

*Superintendent: Angie Alley*

- a) Includes constructed garments or accessories (sewn, knitted, crocheted, or other process) that shows learning about style, fashion, design, thrifty spending, wardrobe planning, types of fabrics, and clothing care.
- b) Exhibits must be intended to be worn by humans.

- c) Members in grades 4-6 are responsible only for application of the design element line or color
- d) Members in grades 7-8 are responsible only for application of two design elements.
- e) Members in grades 9-12 are responsible only for application of at least one design element and at least one principle of design.
- f) Each article (including each separate piece, i.e., belt, scarf, blouse, folder, poster, iron, etc.) should be labeled with the exhibitor's name and club, the name of the division and class, and the pattern name and number, if known. These must be labeled on the inside of the garment in the following places: On dresses, jackets, coats, jumpers, blouses, shirts, sleeping garments, bath robes – in the back of the neck of the garment. On skirts, slacks, shorts, play suits, pajama bottoms – on the waistline.

#### C. CLOTHING & FASHION – PURCHASED GARMENTS & ACCESSORIES

*Superintendent: Angie Alley*

- a) Includes a purchased garment or accessory 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.
- b) Members in grades 4-6 are responsible only for application of the design element line or color
- c) Members in grades 7-8 are responsible only for application of two design elements.
- d) Members in grades 9-12 are responsible only for application of at least one design element and at least one principle of design.
- e) Each article (including each separate piece, i.e., belt, scarf, blouse, folder, poster, iron, etc.) should be labeled with the exhibitor's name and club, the name of the division and class, and the pattern name and number, if known. These must be labeled on the inside of the garment in the following places: On dresses, jackets, coats, jumpers, blouses, shirts, sleeping garments, bath robes – in the back of the neck of the garment. On skirts, slacks, shorts, play suits, pajama bottoms – on the waistline.

#### D. CLOTHING & FASHION – OTHER IDEAS/EDUCATIONAL EXHIBITS

*Superintendent: Angie Alley*

- a) 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.

#### E. CONSUMER MANAGEMENT

- a) An exhibit that shows learning through savvy budgeting, comparison shopping, money management, and consumer rights and responsibilities.

#### F. FOOD & NUTRITION – PREPARED & PRESERVED PRODUCT

- a) Food and nutrition exhibits involve fun and engaging food science and nutrition experiments
- b) Any exhibit considered to be a food safety risk or portray a food safety risk will not be accepted, judged, or displayed.
- c) All food products/exhibits should be appropriate for human consumption/nutritional evaluation.
- d) Food product exhibits must be prepared, baked, or cooked using only food grade utensils and containers.
- e) Products that require refrigeration will not be accepted, judged, or displayed.
- f) Meat jerky projects are prohibited.
- g) The recipe (ingredients, preparation instructions, time, temperature, and recipe source) must be included for any prepared food exhibit.

- h) Preserved foods must include the Food Preservation Exhibit Label, VI-991201-WB/SAS. The label should include the following information:
- Type of food
  - Method of preservation
  - Processing time
  - Date processed
  - Source of recipe and/or method of preservation (if a publication, include name & date)
- i) Only food processed after August 1, 2021 is acceptable.
- j) Current USDA and/or Iowa State University guidelines for home food preservation methods must be used.
- k) Preserved food exhibits must include two (2) product samples. One will be opened for evaluation and then discarded. The second will be on display and then will be returned to the exhibitor.
- l) Perishable food products will be discarded when removed from display. *2022 Fremont County Fair – Page 45*
- m) Prepared foods should be placed on a firm disposable plate or flat cardboard. Place exhibit in a re-closable 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
- n) 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.)
- o) Find additional guidelines in the Food for Iowa Fairs document which can be downloaded at: <https://store.extension.iastate.edu/product/6434>

#### G. FOOD & NUTRITION – EDUCATIONAL DISPLAY

- a) An educational exhibit (poster, report, display) that shows skills or learning about cooking, baking, eating and choosing health foods, meal planning/preparation & service, safety practices, or food preservation.

#### H. \$10 MEAL CHALLENGE

- a) A poster exhibit that demonstrates how the exhibitor would create a balanced, nutritious meal for a family of four (4) that includes a serving from each of the five food groups with a budget of \$10.
- b) This poster project can be completed by an individual or small group.
- c) Meal must include a serving for each person from each of the five food groups: Dairy, Fruits, Vegetables, Protein, and Grains. Information regarding food groups and recommended daily servings can be found on the USDA MyPlate website [www.chosemyplate.gov](http://www.chosemyplate.gov).
- d) Total expense of the ingredients purchased to make the whole meal must be \$10 or less. (You cannot itemize the cost for the components you use, you must include whole cost of product. For example, if you purchase bread for sandwiches, you must consider the cost for the whole loaf, not just 8 slices to make 4 sandwiches.)
- e) Poster size should not exceed 20"x30".
- f) Posters should include:
- Meal Type (Breakfast, Lunch, or Dinner)
  - Menu Description (including proper portion sizes)
  - Grocery Receipt(s)
  - Photos of the meal
  - Copy of \$10 Meal Challenge Worksheet attached to backside of poster or content of worksheet summarized on poster.

- h) No more than one exhibit will be selected for State Fair.
- i) 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>

#### I. HEALTH

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

#### J. HOME IMPROVEMENT

- a) 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.
- b) Exhibits may include new or refinished/reclaimed/restored items.
- c) Included in this class is all finished/refinished furniture.
- d) Each piece of the exhibit should be labeled with name of member and club.
- e) Include a short explanation as to what the member did in preparing this exhibit. Also, describe any work done by another person.
- f) Exhibit write-up/information must include source of inspiration and/or references indicating where the idea or information was obtained, giving credit to original author(s)/artist(s)

#### K. SEWING & NEEDLE ARTS – CONSTRUCTED ITEM

- a) An exhibit that has been sewn, knitted, crocheted, or constructed through another process that shows learning and skill in sewing, knitting, crocheting, or other needle arts.
- b) May include the construction of household items such as pillowcase, curtains, table runners, quilts, wall hangings, or other items.
- c) Exhibits in this class are not intended to be worn by humans.

#### L. SEWING & NEEDLE ARTS – OTHER IDEAS/EDUCATIONAL EXHIBITS

- a) 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 illustration, decorative processes, careers.

#### M. OTHER FAMILY & CONSUMER SCIENCE

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

#### STATIC FAMILY & CONSUMER SCIENCE CLASSES

- *Child Development*
- *Clothing & Fashion – Constructed/ Sewn Garments & Accessories*
- *Clothing & Fashion – Purchased Garments & Accessories*
- *Clothing & Fashion – Other Ideas/Educational Exhibits*
- *Consumer Management*
- *Food & Nutrition – Prepared Product*
- *Food & Nutrition – Preserved Product*
- *\$10 Meal Challenge*
- *Food & Nutrition – Educational Display*
- *Health*
- *Home Improvement*
- *Sewing & Needle Arts – Constructed Item*

- *Sewing & Needle Arts – Other Ideas/Educational Exhibits*
- *Other Family & Consumer Science*