FAMILY AND CONSUMER SCIENCES DEPARTMENT

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CLASS

10401 CHILD DEVELOPMENT
An exhibit that shows learning about children. Examples: child care, growth and development, safety and health, children with special needs, and careers in child development.

10402 CLOTHING AND FASHION
An exhibit that shows learning about style, fashion, design, thrifty spending, wardrobe planning, types of fabrics, and clothing care. Exhibits may include constructed or purchased clothing and accessories. (Articles may have been used/worn, but should be clean and laundered/dry cleaned before exhibiting.)

Clothing and Fashion Special Rule: Outfits or accessories which will be worn during the Awardrobe Clothing Event may not be entered as a 4-H Iowa State Fair exhibit.

10403 CONSUMER MANAGEMENT
An exhibit that shows learning through savvy budgeting, comparison shopping, money management, and consumer rights and responsibilities.

10404 FOOD AND NUTRITION
An exhibit that shows learning through cooking, baking, eating and choosing healthy foods, including safety practices. Exhibits may include prepared products or educational displays. See also 4-H 3023 “Inappropriate Food Exhibits for Iowa 4-H Fairs” for additional information regarding prepared and preserved food products (www.extension.iastate.edu/Publications/4H3023.pdf).

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, 2015 is acceptable. Current USDA and/or Iowa State University guidelines for home food preservation must be used.
8. Preserved food exhibits must include two product samples. One will be opened for evaluation and discarded; the second will be placed on display and returned to the exhibitor. All perishable food products will be discarded when removed from display.

9. Prepared foods should be placed on a firm disposable plate or flat cardboard. Place food product exhibit in a resealable plastic bag with entry tag fastened outside the bag.

Suggestions for more accurate judging:
- Cookies or bars, etc.: 6 items on the plate
- Comparison exhibits: 3 of each item
- Cakes, breads, and pies should be in their original shape as baked
- Products should not be frosted unless there is a specific reason to do so.

10. The use of alcoholic beverages in the preparation or production of 4-H food exhibits is NOT permitted.

10405 HEALTH
An exhibit that shows learning through food choices, safe activities and skills such as first aid and CPR, careers, and healthy lifestyle choices.

10406 HOME IMPROVEMENT
An exhibit that shows learning in planning, improving and caring for your home living space. Exhibits may include new or refinished/reclaimed/restored items.

10407 SEWING AND NEEDLE ARTS
An exhibit that shows learning and skill in sewing, knitting, crocheting, or other needle arts, the use and care of fabrics and fibers, or the construction of clothing and other items.

Sewing and Needle Arts Special Rule: Outfits or accessories which will be worn during the Awardrobe Clothing Event may not be entered as a 4-H Iowa State Fair exhibit.

10408 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.