

# DEPARTMENT 56

## 4-H FOOD ACTIVITIES

### BUILDING 4

**SUPERINTENDENT: ALICE BANKEMPER**

**CONTACT: (509) 547-3987**

Pre-registration is mandatory: [Register Here!](#)

1. Before entering, refer to General Information and Youth Rules.
2. LIMIT: One entry per division.
3. 4-H member must call superintendent (547-3987) between 8/1-8/21 to SCHEDULE time for the Kitchen Activity.
4. 4-H member must read EM 4733E "Food Activity Guidelines." (Available online at <http://pubs.wsu.edu>). This will be very beneficial in helping the contestant be prepared. Pay particular attention to "General Guidelines for All Food Activities" 6, 8, 9 and 10. The more prepared the contestant is, the easier their activity will be.
5. C1099E "4-H Food Activity Worksheet" (available at <http://pubs.wsu.edu>) must be completed by the 4-H member prior to arriving for the scheduled activity. Completed worksheet along with 1 copy of the recipe(s) written in proper form will be given to the judge upon entering the kitchen before beginning activity. The exhibitor will need a second copy of their recipe(s) for their own use. This copy can be written with step-by-step instructions to help exhibitor better organize their kitchen activity.
6. C1097E "4-H Food Activity Scoresheet Evaluation Criteria" and C1098E "Food Activity Scoresheet" will be used for all evaluations (available for online viewing at <http://pubs.wsu.edu>).
7. Safe food handling practices are of the utmost importance in the kitchen. The safe transportation of perishables in cooler(s) with adequate amounts of ice is a must.
8. 4-H members are encouraged to purchase fruits and vegetables to be served in their raw uncooked state from an approved food vendor. Home prepared or home canned food shall not be used in any food activity.
9. Each kitchen has an electric stove with oven and timer as well as a refrigerator. A microwave and a small freezer along with ice are available and will be shared by all contestants. 4-H member's request to use these shared items must be made to the superintendent at the time of scheduling activity.
10. Each kitchen will be supplied with sanitizing spray and paper towels, dish soap, hand soap and dish drainer. Proper sanitation requires that counters and work areas be pre-

sanitized. Dishes will be washed by hand. Refer to EM4808 "Sanitizing Dishes" (available at <http://pubs.wsu.edu>). Bleach will be supplied in each kitchen.

11. 4-H member will do all necessary cleanup in the kitchen before leaving.
12. Alcoholic beverages will not be used.
13. Food from the activity will not be offered to the general public.
14. Only 4-H members are allowed in the kitchens. With permission of the superintendent, parents may help carry in supplies and equipment.

You must bring everything you will need for your activity. The following are suggestions and it will depend on the activity you have entered. Bring ingredients for recipe(s).

Sack for lunch	Cooking utensils	Hot pads	Dishcloth(s)
Paper plates	Containers for leftovers	Pots and pans	Dishtowel(s)
Paper bowls	Cutting board(s)	Knife	Hand towel(s)
Serving utensils	Napkins	Mixer	Rubber gloves
Flatware	Glassware	Table Dec.	Apron
Bread pans	Food processor	Dishes	Ziploc bags
Mixing bowl(s)	Can opener	Tablecloth	Cookie sheet
Measuring equipment	Cooler	Placemats	Hair Tie
Appropriate clothing	Appropriate shoes		

### **BROWN BAG ACTIVITY**

**TIME LIMIT:** 30 Minutes

**PURPOSE:** Contestant will demonstrate the ability to pack an interesting, nutritious and appealing lunch which can be safely stored at room temperature for at least five (5) hours.

**GUIDELINES:** The nutritional value of the packed lunch should contribute to the day's total food intake. In addition to creativity, contestant will be judged on sanitary and safety practices, nutritional value of the lunch and the safety of the lunch for storage at room temperature for five (5) hours.

### **PREMIUM POINTS**

<u>BLUE</u>	<u>RED</u>	<u>WHITE</u>
20	15	10

**DIVISION**

A. Brown Bag Lunch

**CLASS**

1. Junior (no Intermediate or Senior participants)

**BUILD A BETTER SALAD ACTIVITY**

**TIME LIMIT:** 1 Hour

**PURPOSE:** Contestant will demonstrate the ability to prepare a tasty, attractive and nutritious salad.

**GUIDELINES:** The nutritional value of the salad should contribute to the day's total food intake. In addition to creativity, contestant will be judged on sanitary and safety practices, nutritional value of the salad.

**PREMIUM POINTS**

<u>BLUE</u>	<u>RED</u>	<u>WHITE</u>
20	15	10

**DIVISION**

B. Any type of salad

**CLASS**

1. Junior
2. Intermediate
3. Senior

**SNACKS – MAKE MINE NUTRITIOUS ACTIVITY**

**TIME LIMIT:** 1 Hour

**PURPOSE:** Contestant will demonstrate the ability to prepare an appetizing, appealing and nutritious snack.

**GUIDELINES:** The nutritional value of the snack should contribute to the day's total food intake. In addition to creativity, contestant will be judged on sanitary and safety practices, nutritional value of the snack.

**PREMIUM POINTS**

<u>BLUE</u>	<u>RED</u>	<u>WHITE</u>
20	15	10

**DIVISION**

C. Snack

**CLASS**

1. Junior
2. Intermediate
3. Senior

**STATE FAIR FOOD ACTIVITIES**

**TABLE SETTING ACTIVITY**

Refer to the 4-H Table Setting Activity document C1075E. Contestants will bring a written plan listing menu and planned occasion. Using their own dishes, utensils, glassware, linens and centerpiece, participants will demonstrate the correct place setting for two (2) places.

**LIMIT: One entry per contestant**

**PREMIUM POINTS**

<u>BLUE</u>	<u>RED</u>	<u>WHITE</u>
20	15	10

**DIVISION**

D. Table Setting

**CLASS**

1. Junior
2. Intermediate
3. Senior

### **BREAD BAKING ACTIVITY**

Refer to the Bread Activity section in EM 4733E "Food Activity Guidelines" for time limits, objectives and guidelines. Bread-making machines are not allowed. The intent is to demonstrate basic bread making skills and knowledge. The judge and contestants will taste the finished product. Contestants will take any remaining baked product home.

#### **PREMIUM POINTS**

	<u>BLUE</u>	<u>RED</u>	<u>WHITE</u>
Class E	20	17	12
Class F	30	25	17

### **DIVISION**

- E. Quick Breads – May include nut, fruit or plain loaves, waffles, pancakes, muffins, biscuits, popovers, shortcakes, scones, etc.
- F. Yeast Breads – May include loaves, rolls, flat breads, batter breads, etc. Breads may be plain or fancy.

### **CLASS**

- 1. Junior (not Division E)
- 2. Intermediate
- 3. Senior

### **FOOD FOR ALL OCCASIONS ACTIVITY**

Refer to the Food for All Occasions section in EM 4733E "Food Activity Guidelines" for time limits, objectives and guidelines. Maximum cost of food per person is \$10. That amount is not mandatory; economy is encouraged. Spices and seasonings need not be considered in the cost limit. A complete meal for four people (six if team is cooking) must be prepared. The superintendent in consultation with the contestant and judge will select guests.

#### **PREMIUM POINTS**

	<u>BLUE</u>	<u>RED</u>	<u>WHITE</u>
Class G	40	30	20
Class H	30	20	15

### **DIVISION**

- G. Individual
- H. Pair

**CLASS** - No Junior participants

2. Intermediate
3. Senior

### **FOODS OF THE PACIFIC NORTHWEST ACTIVITY**

Refer to the Foods of the Pacific Northwest section in EM 4733E "Food Activity Guidelines" for time limits, objectives and guidelines. Contestants will prepare a dish which features an agricultural product produced in the Pacific Northwest. Contestant must be prepared to discuss the preparation and quality of the food product and the nutritional, historical and cultural aspects of the agricultural product used in the activity.

#### **PREMIUM POINTS**

<u>BLUE</u>	<u>RED</u>	<u>WHITE</u>
40	30	20

### **DIVISION**

- I. Foods of the Pacific Northwest

### **CLASS**

1. Junior
2. Intermediate
3. Senior

### **FOOD PRESERVATION ACTIVITY**

Refer to the Foods Preservation section in EM 4733E "Food Activity Guidelines" for time limits, objectives and guidelines. Processing methods and times must follow current WSU and USDA recommendations. Publications are available at the Benton Franklin County Extension Office. Do not use processing times from other sources! Drying of raw meats will not be permitted.

#### **PREMIUM POINTS**

<u>BLUE</u>	<u>RED</u>	<u>WHITE</u>
25	20	15

### **DIVISION**

- J. Drying
- K. Freezing

**CLASS**

1. Junior
2. Intermediate
3. Senior

**EXPLORING FOODS AROUND THE WORLD**

Refer to the Exploring Foods Around the World section in EM 4733E "Food Activity Guidelines" for time limits, objectives and guidelines.

**PREMIUM POINTS**

<u>BLUE</u>	<u>RED</u>	<u>WHITE</u>
40	30	20

**DIVISION**

- L. Individual Only

**CLASS**

1. Junior (not Division L)
2. Intermediate
3. Senior

**FAVORITE FOOD ACTIVITY**

Refer to the Favorite Food section in EM 4733E "Food Activity Guidelines" for time limits, objectives and guidelines.

**PREMIUM POINTS**

<u>BLUE</u>	<u>RED</u>	<u>WHITE</u>
30	20	15

**DIVISION**

- M. Favorite Food Individual
- N. Favorite Food Team

**CLASS**

1. Junior (not Division N)
2. Intermediate
3. Senior

### **LUNCH ON THE GO ACTIVITY**

Refer to the Lunch on the Go section in EM 4733E "Food Activity Guidelines" for time limits, objectives and guidelines. You will not serve the lunch to the judge. Refer to publication C1071E for more information.

#### **PREMIUM POINTS**

<u>BLUE</u>	<u>RED</u>	<u>WHITE</u>
20	15	10

#### **DIVISION**

O. Lunch on the Go

#### **CLASS**

1. Junior
2. Intermediate
3. Senior

### **QUICK-TO-FIX MEALS ACTIVITY**

Refer to the Quick to Fix Meals section in EM 4733E "Food Activity Guidelines" for time limits, objectives and guidelines. Participants will make a simple meal that will demonstrate food and kitchen safety, appropriate preparation skills, and knowledge. Participants must provide the judge with a written menu of the sample meal and identify the Food Groups represented in the meal.

#### **PREMIUM POINTS**

<u>BLUE</u>	<u>RED</u>	<u>WHITE</u>
30	20	15

#### **DIVISION**

P. Quick-to-Fix Meals

#### **CLASS**

1. Junior
2. Intermediate
3. Senior