

FOODS: *Fun with Food Mixes (Formerly Make It With A Mix)*

PLEASE NOTE: Any changes/updates from the previous year will be **BOLDED and *ITALICIZED*! Pay special attention to any projects with **BOLD**, *ITALICIZED WORDS* because they have changed from last year.**

From snacks to gourmet meals, 4-H Foods and Nutrition projects provide members with the knowledge and skills they need to select, purchase, prepare and preserve a healthy variety of foods. Discover why cake rises, what makes yeast grow, and other fun food experiments. Practice making smart food choices using My Plate.

| <i>Completion, exhibition participation, and State Fair information for Fun with Food Mixes</i> | | | |
|---|---------------------|--|-----------------------------------|
| Division/Level | Grades | Completion Activities Needed* | Maximum State Fair Entries |
| <i>Level A</i> | <i>Grades 3-4</i> | <i>Record Sheet, 3 recipes Per Year, Recipe Card</i> | <i>No State Fair Entries</i> |
| <i>Level B</i> | <i>Grades 5-6</i> | <i>Record Sheet, 3 recipes Per Year, Recipe Card</i> | <i>No State Fair Entries</i> |
| <i>Level C</i> | <i>Grades 7-9</i> | <i>Record Sheet, 3 recipes Per Year, Recipe Card</i> | <i>No State Fair Entries</i> |
| <i>Level D</i> | <i>Grades 10-12</i> | <i>Record Sheet, 3 recipes Per Year, Recipe Card</i> | <i>No State Fair Entries</i> |

Remember: All posters, notebooks, and display boards **MUST** include a reference list indicating where information was obtained, giving credit to the original author, to complete the 4-H member's exhibit. This reference list should/might include web site links, people and professionals interviewed, books, magazines, etc. It is recommended this reference list be attached to the back of a poster or display board, be the last page of a notebook, or included as part of the display visible to the public. A judge is not to discredit an exhibit for the manner in which references are listed. Reference Sheets are available at the Extension Office for use. For personal safety, do not include personally identifiable information such as mailing address or phone numbers on posters/displays/exhibits.

Exhibit Introduction:

Exhibitors must complete a record sheet each year. Project manual is a "Complete Guide to Cooking With Mixes." Participants should make a minimum of three (3) mix recipes per year. A covered 5" x 8" recipe card is required with exhibit (handwritten or typed).

Level A (grades 3-4): Using a purchased mix, add at least two (2) ingredients different than those listed on the package directions to create the following: (display on plastic plate or covered cardboard)

Grade 3 - Six drop, molded or bar baked cookies. No glaze or frosting. Include recipe card.

Grade 4 - Six muffins of any kind (no muffin liners). Include recipe card.

Level B (grades 5-6): Using a purchased mix, add at least two (2) ingredients different than those listed on the package directions to create the following: (display on plastic plate, covered cardboard or disposable pan)

Grade 5 – Six brownies. Include recipe card.

Grade 6 - A square, rectangle, round or bundt cake, without frosting. Single layer only. Include recipe card.

Level C (grades 7-9): Using a purchased mix, add at least two (2) ingredients different than those listed on the package directions to create the following: (display in appropriate glass or plastic cooking container)

Grade 7 – Loaf of bread. Yeast may be one of the added ingredients. Include recipe card.

Grade 8 – Six biscuits. Include recipe card

Grade 9- A cup of soup. Include recipe card.

Level D (grades 10-12): Using a purchased mix, add at least two (2) ingredients different than those listed on the package directions to create the following: (display in appropriate glass or plastic cooking container)

Grade 10 – An appetizer. Include recipe card.

Grade 11 – A vegetable side dish. Include recipe card.

Grade 12 – A main dish. Include recipe card

For Food Competitions: Raw milk, raw milk products or uncooked eggs/egg whites are not permitted. Eggs/egg whites that have been cooked to 160oF (i.e. pasteurized or included as part of a batter and baked) are acceptable.

Foods should be transported to the competition in a way that minimizes contamination and maintains the quality of the food (i.e. foods that are judged as frozen should remain frozen at all times).

Recipes must be provided that identifies all ingredients that were used in each part of the product. Any ingredient that could be a potential allergen must be clearly identified. Each food product must be labeled with the following information:

- ***Name***
- ***Date the food product was made***

Contestants should carefully wash their hands and make sure that their hands do not have any open cuts before preparing foods. If cuts are present, the wound should be bandaged and a single use food service glove worn on the hand during all stages of food production. Contestants should not be preparing food exhibits for competition within 48 hours of recovering from any illness. People experiencing symptoms of vomiting, diarrhea, fever, and/or jaundice should not be allowed to prepare food.

Judges and individuals who will consume products from county and/or state competitions should be informed that they are at risk for foodborne illness since the established policy cannot guarantee that an entry has been properly prepared or handled before, during or following the competition. The food products for competitions are home produced and processed and the production area is not inspected by the Indiana State Department of Health. Tasting of a food product is solely at the discretion of the judge and consumers. Judges are NOT to taste any home preserved foods such as low-acid or acidified foods like green beans, tomatoes, or tomato products, jams/jellies/fruit preserves or fermented products produced in the home.