

Food Preparation Demonstration

In this project, members show how to make food items and then the final finished product. For example, members may choose to bring properly measured ingredients, mix them, put them into cooking/baking dish, and then have finished product to show the judge. Members are not judged on taste or quality of the product, but rather on their ability to demonstrate.

General Requirements:

1. This is a county project only. There is no competition at the State Fair, however your food preparation demonstration may be modified and given at the State Fair as an action demonstration.
2. Members should enroll by grade as of January 1 of exhibit year.
3. Members may move forward to a higher grade, however cannot move to a grade lower than previously completed or a grade lower than which they are in.
4. A different product must be demonstrated each year, however, categories within grade level may be repeated.
5. The completed product(s) must be brought to judging.
6. Recipes and menu that include the product(s) are required. It is recommended that these are typed.
7. Judging will be held after the fair this year (2019). See fair schedule for date and time. Members will be assigned a time slot. Every effort will be made to accommodate time and schedule conflicts. Demonstrations should be between 8-10 minutes, not to exceed 10 minutes.
8. Judge's scorecard is available upon request at the Extension Office.

Grades 3-5:

Show how to prepare an item from one of the following categories.

- A. No-bake snack or dessert
- B. Simple salad-no cooking/baking required
- C. Simple appetizer- no cooking/baking required
- D. Other item that does not require cooking/baking

Grades 6-8:

Show how to prepare an item from one of the following categories.

- A. Snack or dessert that requires cooking/baking
- B. Salad that requires cooking/baking
- C. Soup
- D. Vegetable
- E. Other item that would be considered a single course or side in a meal that requires cooking/baking

Grades 9-12:

Show how to prepare items from one of the following categories.

- A. Meat with potato or other vegetable
- B. Soup/Stew as a main entrée with bread or salad
- C. Casserole with side
- D. Appetizer plate (must contain at least three different items, two of which requires cooking/baking)
- E. Other ensemble of at least two products that require cooking/baking. Additional products may also be included.

Food Preservation

General Requirements:

1. Members must enroll by grade as of January 1.
2. All exhibits must be labeled as to date product was canned or frozen, the name of the product, and the quantity.
3. Frozen food exhibits are required to have recipe and defrosting instructions on a 5"x8" index card. Recipe cards are available at the Extension Office. It is recommended that all recipes and instructions be typed.
4. Frozen food exhibits are to be picked up after judging is completed.
5. Members are required to complete three different activities each year from a different chapter in the manual. Ring manual with completed activities with you to the contest, as it will be checked for completion.
6. If members are enrolled in both Foods and Food Preservation, completion of a total of three activities is required, not three for each project.
7. Judges will not open canned goods at the county judging.
8. Canned items may be opened during judging at the Indiana State Fair. Any opened products will be discarded and not returned to the member.
9. Judge's scorecard is available upon request at the Extension Office.
10. Be sure to include the recipe source on your recipe card.
11. State Fair Exhibition=One exhibit per grade.

Grade 3:

Exhibit one of the following:

- A. A package of 3 baked, snack-sized frozen cookies. Display in freezer bag or freezer container. (Note: Freezer containers will not be returned.) Include index card with recipe and instructions for defrosting. Label with name of product, quantity, and date frozen.
- B. Interactive demonstration.

Grade 4:

Exhibit one of the following:

- A. One package of frozen berries. Display in freezer bag or freezer container. (Note: Freezer containers will not be returned.) Include index card with recipe and instructions for defrosting. Label with name of product, quantity, and date frozen.
- B. Interactive demonstration.

Grade 5:

Exhibit one of the following:

- A. One uncooked, frozen mini-pizza using whole-grain pita bread, English muffin, bagel, or already prepared crust (no larger than 7" in diameter) along with toppings of your choice. Include at least 4 MyPlate food groups on your pizza. Meat toppings such as hamburger, sausage, bacon, etc. must be cooked. Display on covered cardboard inside the freezer bag. Include index card with recipe and instructions for cooking. Label with name of product, quantity, and date frozen.
- B. Interactive demonstration.

Grade 6:

Exhibit one of the following:

- A. One package of any frozen vegetable or combination of vegetables. Display in freezer bag or freezer container. (Note: Freezer containers will not be returned.) Include index card with recipe and instructions for defrosting. Label with name of product, quantity, and date frozen.
- B. Interactive demonstration.

Level C, Grade 7,8,9:

Exhibit one of the following:

Preserved Product Options

- A. One (1) container of freezer jam. Include index card with recipe and instructions for storing. Label with name of product, quantity, and date frozen.
- B. One jar of a canned tomato product using the Hot Pack Method for a boiling water bath canner, such as tomato juice, ketchup, barbecue sauce, or salsa. Include index card with recipe and instructions for cooking or using the product. Label with name of product, quantity, and date canned. Note: only food preservation products made using USDA approved or Ball Blue Book recipes are acceptable.
- C. One jar of a canned pickled product or canned pickles. Include index card with recipe, processing, and storage instructions. (Products using a fancy pack are not accepted.) Label with name of product, quantity, and date canned. Note: only food preservation products made using USDA approved or Ball Blue Book recipes are acceptable.
- D. Interactive demonstration.

Level D, Grade 10,11,12:

Exhibit one of the following:

Preserved Product Options

- A. One jar of pressure canned vegetables, meat, or combination product, such as soup, stew, spaghetti sauce with meat, etc. Include index card with recipe and instructions for cooking or using the product. (Products using a fancy pack are not accepted.) Label with name of product, quantity, and date canned. Note: Only food preservation product made using USDA approved or Ball Blue Book recipes are acceptable.
- B. One package of a combination food frozen entrée in freezer container. The combination food should contain 3 food groups from MyPlate. Exhibit should include an index card with recipe and instructions for reheating. Display in disposable containers. No containers will be returned. Label with name of product, quantity, and date frozen.
- C. A jar of cooked jam or a reduced-sugar fruit spread. Include recipe card. Label with name of product, quantity, and date made.