

## Dairy Foods

Judging - Tuesday, June 30, at 1pm at the Extension Office; Main Hall.  
No State Fair Exhibit

**\*Please also refer to the Policies and Procedures beginning on page 2 and the General Project Rules on page 20.**



Do you want to learn more about Dairy Foods or participate on a Dairy Foods judging team? Contact the Extension Office at (574) 372-2340!

### Level A

Grade 3: Exhibit a hot cocoa mix OR exhibit an educational poster on the production of milk

Grade 4: Exhibit a cheese ball, spread, dip (none of these should contain meat). *Bring your cheese ball, spread or dip in a cooler with ice to keep it chilled until exhibit time.* OR exhibit an educational poster on the types of milk and dairy products (milk, yogurt, cheese, dry milk, evaporated milk, etc.).

### Level B

Grade 5: Exhibit 6 muffins (no liners) using yogurt or cheese OR exhibit a file box or notebook showing 15 favorite recipes using dairy products – this should be a variety, not all breads or beverages.

Grade 6: Exhibit a coffee cake using at least one dairy product OR exhibit a poster showing the nutrients found in dairy products and their purpose in the body.

### Level C - (Ex: cinnamon rolls, pies (not requiring refrigeration), cakes, cookies, brownies, excluding cheesecake)

Grade 7: Exhibit a non-perishable baked product using at least one dairy product OR exhibit a poster showing various cheeses, their country of origin, calcium content per serving, and ideas for serving.

Grade 8: Exhibit a non-perishable baked product using at least one dairy product OR exhibit a poster comparing the fat content of various dairy foods (i.e. skim milk, whole milk, 2% milk, non-fat dry milk, goat milk, etc.).

Grade 9: Exhibit a non-perishable baked product using at least one dairy product OR exhibit a poster showing the calcium content of other foods (at least 10 – 20 foods).

### Level D

Grade 10: Exhibit a non-perishable baked product using at least two dairy products, plus a healthy day's menu that includes the exhibited food. Use My Plate (MyPlate.gov) for meal planning. OR exhibit an educational poster showing the calcium requirements through the life cycle of humans from infancy to adulthood.

Grade 11: Exhibit a non-perishable baked product using at least two dairy products, plus a healthy day's menu that includes the exhibited food. Use My Plate (MyPlate.gov) as a guide for meal planning. OR exhibit a poster showing the comparison of 4 nutritious dairy snacks versus 4 high calorie nutrient empty snacks (include calories, nutrient levels, cost, etc. in your comparison).

Grade 12: Exhibit a non-perishable baked product using at least two dairy products, plus a healthy day's menu that includes the exhibited food. Use My Plate (MyPlate.gov) to guide menu planning. OR exhibit an educational poster about osteoporosis – how it affects bones, how calcium can help, who's at risk, etc.

