

Foods: Mix-it up

(Not a State Fair Project)

(To enroll in the Foods: Mix-it up project, select Foods: Foods: Mix-it up in 4HOnline.)

A booklet with recipe ideas is available at the Extension Office.

Level 1 (Grades 3-5):

4-H members are to exhibit a DIFFERENT cookie or brownie recipe in each year of Level 1.

Exhibit the following:

1. Using a purchased mix, add at least two (2) ingredients different than those listed on the package directions to create cookies or brownies.
2. Exhibit **three (3)** baked drop, molded, or bar cookies or brownies. Display on paper plate.
3. Turn in recipe card and original package directions with your exhibit for judge to determine if additional ingredients were added other than those listed on the package directions.
4. Turn in a completed record sheet with your exhibit.

Level 2 (Grades 6-8):

4-H members are to exhibit a DIFFERENT cake or bread recipe in each year of Level 2.

Exhibit the following:

1. Using a purchased mix, add at least two (2) ingredients different than those listed on the package directions to create a bread or cake. Cake products may be round, square, rectangle, or Bundt, but only a single layer. (Yeast may be one of the added ingredients.)
2. Exhibit one (1) cake or bread. Display on covered cardboard or if necessary, a disposable pan.
3. Turn in recipe card and original package directions with your exhibit for judge to determine if additional ingredients were added other than those listed on the package directions.
4. Turn in a completed record sheet with your exhibit.

Level 3 (Grades 9-12):

4-H members are to exhibit a DIFFERENT main dish or entrée recipe in each year of Level 3.

Exhibit the following:

1. Using a purchased mix, add at least two (2) ingredients different than those listed on the package directions to create a main dish or entrée.
2. Exhibit one (1) main dish or entrée in an appropriate glass, plastic, or metal cooking container.
3. Turn in recipe card and original package directions with your exhibit for judge to determine if additional ingredients were added other than those listed on the package directions.
4. Keep the product at the correct temperature until it is judged.
5. Turn in a completed record sheet with your exhibit.
6. Turn in your recipe box/binder with at least three new recipes each year.

Added and modified 11/20/2017; 11/2020