



Adams County 4-H

Foods and Nutrition Project Update 2016-2017

2016-2017 Foods Units	Cooking 101 Unit 1	Cooking 201 Unit 2	Cooking 301 Unit 3	Cooking 401 Unit 4
Clarification of Foods Project	It is recommended that members should start with Cooking 101 and then go on to Cooking 201 to learn basic food preparation skills before taking the more advanced units in the Foods and Nutrition project area.			
Project Option	No Bake Bars/Cookies Coffee Cake Cookies <i>NOTE - member may exhibit in one or more of the classes listed above.</i>	Quick Breads Scones Muffins <i>NOTE - member may exhibit in one or more of the classes listed above.</i>	Shortened Cakes Yeast Rolls Creative Yeast Bread Party Planning <i>NOTE - member may exhibit in one or more of the classes listed above.</i>	Flatbread Double Crust Pie Celebration Meals <i>NOTE - member may exhibit in one or more of the classes listed above.</i>
Completed Project Requirements	<u>No Bake Bars/Cookies</u> - Four no bake cookies or bars of one recipe that is no bake or made using stove top or microwave <u>Coffee Cake</u> - One non-yeast coffee cake <u>Cookies</u> - Four baked, drop or molded cookies of one recipe. (Molded cookies are also made from a stiffer dough that is molded into balls or cookies shapes by hand before baking. Snickerdoodles are an example of molded cookies)	<u>Quick Breads</u> - One loaf quick bread any size (not yeast bread) <u>Scones</u> - Four scones of one recipe <u>Muffins</u> - Four muffins of one recipe	<u>Shortened Cakes</u> - One shortened cake without frosting. (Shorten Cakes are cakes that use fat for flavor and texture. Most shortened cake recipes begin by beating the fat with sugar to create air bubbles). <u>Yeast Rolls</u> - Four kneaded yeast rolls of one variety and shape <u>Creative Yeast Bread</u> - One recipe creative yeast bread, i.e: French Bread, braided bread, other specialty bread <u>Party Planning</u> - Creative exhibit (notebook) illustrating party planned by member, including theme, timeline and menu that includes one or more home-prepared foods.	<u>Flatbread</u> - Four flatbreads of one variety and shape <u>Double Crust Pie</u> - One 8"x9" double-crust fruit pie made with homemade fruit filling in a disposable pie tin. No canned fruit fillings. <u>Celebration Meals</u> - Creative exhibit (notebook) illustrating celebration meals planned by member, including budget, timeline, and menu that includes two or more homemade prepared foods.
What to include in E-record.	<ul style="list-style-type: none"> Completed e-record with exhibit item recipe presented in a sturdy binder/notebook. Include the following information on the Foods and Nutrition page: <ol style="list-style-type: none"> Foods prepared Number of items Special Concerns Documentation of two completed learning activities from the manual in the e-record. 	<ul style="list-style-type: none"> Completed e-record with copy of the original recipe and the modified recipe presented in a sturdy binder/notebook. Include the following information on the Foods and Nutrition page: <ol style="list-style-type: none"> Foods prepared Number of items Special Concerns Documentation of one completed learning activity on food safety and one on cooking basics. These can be a demonstration, written reports or displays. 	<ul style="list-style-type: none"> Completed e-record with copy of the original recipe and the modified recipe presented in a sturdy binder/notebook. Include the following information on the Foods and Nutrition page: <ol style="list-style-type: none"> Foods prepared Number of items Special Concerns Documentation of one completed food science experiment from the manual in the e-record. 	<ul style="list-style-type: none"> Completed e-record with copy of the original recipe and the modified recipe presented in a sturdy binder/notebook. Include the following information on the Foods and Nutrition page: <ol style="list-style-type: none"> Foods prepared Number of items Special Concerns Documentation of one completed food science experiment from the manual in the e-record.
Additional Information	Members should enroll in the unit(s) they plan to exhibit in at the Adams County Fair. If you have questions about the Foods and Nutrition projects, please call or e-mail Julia at 303-637-8108 or jhurdelbrink@adcogov.org .			



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Foods and Nutrition Project Update 2016-2017

2016-2017 Foods Units	Outdoor Cooking and Living Unit 25	Cultural Foods Unit 30	Passport to Foreign Cookery Unit 35
Clarification of Foods Project	It is recommended that members should start with Cooking 101 and then go on to Cooking 201 to learn basic food preparation skills before taking the more advanced units in the Foods and Nutrition project area.		
Project Option	Box Lunch of food safe products One Cup of instant drink mix Piece of Outdoor Cooking equipment made by the exhibitor	A food product that represents a culture or ethnic group within the United States	A food product that represents a country
Completed Project Requirements	One of the following: <ul style="list-style-type: none"> • A box lunch of food-safe products or a representative of the product (pictures of food). • One cup of instant drink mix, properly packaged. • A piece of equipment made by the exhibitor (no larger than 3'x3'x3'). If exhibit is larger than those dimensions, a notebook with how and what was made can be used as the exhibit. 	A food product, with recipe, representative of the cultural or ethnic group within the United States that you selected. <i>NOTE - The food product must be safe to hold at room temperature during judging and display.</i>	A food product, with recipe, that is representative of the country you selected. <i>NOTE - The food product must be safe to hold at room temperature during judging and display.</i>
What to include in E-record.	<ul style="list-style-type: none"> • Completed e-record presented in a sturdy binder/notebook. Include in the project story what new skills you have learned. • Include the following information on the Foods and Nutrition page: <ol style="list-style-type: none"> 1. Foods prepared 2. Location 3. Number of items 4. Special Concerns 	<ul style="list-style-type: none"> • Completed e-record and manual presented in a sturdy binder/notebook, that includes: <ol style="list-style-type: none"> 1. Activity 1 - page 11 2. Activity 2 - page 12 3. Record pages 13 and 14 4. Meal report pages 15-16 with emphasis in your story about your accomplishments. • Include the following information on the Foods and Nutrition page: <ol style="list-style-type: none"> 1. Foods prepared 2. Number of items 3. Special Concerns 	<ul style="list-style-type: none"> • Completed e-record and a notebook with research on selected country containing three parts presented in a sturdy binder/notebook: <ol style="list-style-type: none"> 1. A maximum of 10 pages of research and pictures on customs relating to food habits and food sources, such as crops, fishing, etc. Discussion might include food shopping, habits, percentage of income spent for food, how the area of the country affects diets, etc. 2. A maximum of three pages of other information about the country, i.e., climate, geography, political structure, religion, dress, etc. 3. A maximum of five pages of menus and recipes indicating nutritional balance of a traditional meal plus page 4 in the manual. • Include the following information on the Foods and Nutrition page: <ol style="list-style-type: none"> 1. Foods prepared 2. Number of items 3. Special Concerns
Additional Information	Members should enroll in the unit(s) they plan to exhibit in at the Adams County Fair. If you have questions about the Foods and Nutrition projects, please call or e-mail Julia at 303-637-8108 or jhurdelbrink@adco.gov .		



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Food Preservation Project Update 2016-2017

2016-2017 Foods Units	Food Preservation Freezing and Drying - Unit 40/41	Food Preservation Boiling Water Canning - Unit 42	Food Preservation Pressure Canning - Unit 43	Labeling Food Preservation Products
Clarification of Food Preservation Project	All foods in the food preservation project must have been preserved since the last state fair by the 4-H member. All preserved foods must follow CSU or USDA recommendations. Standard canning jars must be used for all canned exhibits (the brand name, Ball or Kerr, imprinted on the side of the jar identifies a standard jar. All jars must have new two-piece lids. Re-useable lids and one-piece lids are not allowed.			
Project Option	Packaging for freezing Rotation Plan for using foods in freezer Six rolls of fruit leather or six strips of jerky One Half cup of dried Fruit One half Cup of dried vegetable	Two jars of canned fruits - different fruits in each jar One jar of canned fruit and one jar of canned vegetables One jar of tomato sauce One jar of pickled fruit or vegetable, including chutney Two jars of jelly - both the same Two jars of jam, conserves, fruit butters, preserves and marmalades - both must be the same One jar of pickled relish or salsa	One jar of canned vegetables One jar of spaghetti sauce without meat One jar of canned dried beans One jar of tomato sauce One jar of canned meat One jar of canned meat sauces	All canned products must include the following information on the label: <ul style="list-style-type: none"> Name of product Method of preparation (type of syrup, type of pack, any additional ingredients added) as applies to product canned. Method of processing (i.e. pressure canner, water bath) and pounds of pressure used if food was pressure canned. Elevation at which processing was done Exact processing time Date processed.
Completed Project Requirements	Two of the following: <ul style="list-style-type: none"> Packaging for freezing and explanation of use Rotation plan for using foods in the freezer Six rolls of fruit leather or six strips of jerky. Jerky recipes must use Colorado State University recommended procedures. Deer and elk meat are to include a copy of test results for Chronic Wasting Disease. (CWD test mandatory and a copy placed in binder/notebook). One half cup of dried fruit One half cup of dried vegetable 	Any three of the following: <ul style="list-style-type: none"> Two jars of canned fruits - different fruits in each jar One jar of canned fruit and one jar of canned vegetables One jar of tomato sauce One jar of pickled fruit or vegetable, including chutney Two jars of jelly - both must be the same product Two jars of jam, conserves, fruit butters, preserves and marmalades - both must be the same product One jar of pickled relish or salsa 	Three of the following: <ul style="list-style-type: none"> One jar of canned vegetables One jar of spaghetti sauce without meat One jar of canned dried beans One jar of tomato sauce One jar of canned meat One jar of canned meat sauces (example: spaghetti sauce with meat, chili cone carne) 	<u>Example:</u> Peaches Ascorbic acid dip Hot pack - thin syrup Boiling water bath canned 35 minutes at 5000 feet September 2016
What to include in E-record.	<ul style="list-style-type: none"> Completed e-record presented in a sturdy binder/notebook. Include the following information on the Food Preservation page: <ol style="list-style-type: none"> Date Name of product Amount Preparation Method Preservation or processing method used A copy of the recipe must be attached to ensure that the product is safe. 	<ul style="list-style-type: none"> Completed e-record presented in a sturdy binder/notebook. Include the following information on the Food Preservation page: <ol style="list-style-type: none"> Date Name of product Amount Preparation Method Preservation or processing method used A copy of the recipe must be attached to ensure that the product is safe. 	<ul style="list-style-type: none"> Completed e-record presented in a sturdy binder/notebook. Include the following information on the Food Preservation page: <ol style="list-style-type: none"> Date Name of product Amount Preparation Method Preservation or processing method used A copy of the recipe must be attached to ensure that the product is safe. 	All dried foods must include the following information on the label: <ul style="list-style-type: none"> Name of product Pretreatment used, if any Name of additional ingredients added, if any Method of drying (oven, dehydrator, solar). Total drying time Date dried <u>Example:</u> Apricots Ascorbic acid dipped Dehydrator dried, 8 hours July 2017
Additional Information	Members should enroll in the unit(s) they plan to exhibit in at the Adams County Fair. If you have questions about the Foods and Nutrition projects, please call or e-mail Julia at 303-637-8108 or jhurdelbrink@adcogov.org .			