

Beginners (1-2 years in project):

Learn to hold hook and thread/yarn correctly, learn to make a slip knot and chain stitch, learn basic stitches – single, double and triple crochet, learn slipstitch, increase and decrease, read crochet abbreviations and follow pattern, correct gauge, end off work, turn work, sewing seams. Suggested 1st year projects – scarf, hat, potholder, slippers, mittens, drawstring purse. 2nd year – vest, shell, pillow, simple sweater.

Intermediate (3-4 years in project):

Learn double triple (treble) crochet and half-double crochet, learn popular stitches; simple shell stitch, puff stitch, cluster stitch and mesh crochet. Suggested projects – doll clothes, poncho, simple baby afghan, sweater, item with pattern.

Advanced (5 or more years in project):

Learn to change colors, more complicated patterns, use different hook sizes and yarns, use more than one pattern in garment. Suggested projects – dress, sweater, coat, cape, tablecloth, create own pattern for project.

Quilting Guidelines

Equipment

- Quilting thread (optional)
- Thimble
- Quilting needles (optional)
- Quilting hoop (optional)
- If using cotton fabrics, use 75-100% cotton
- Batting can be polyester, cotton or wool
- Fabrics should be preshrunk for projects that will be washed frequently.

General Guidelines

- All finished projects need to be neat, clean and pressed. Quilting stitches need to be even, all points matching on patchwork-pieced projects, and edges of appliqué project neatly finished.
- Wearable projects should be displayed on hangers and wall hangings displayed on dowels with hanging tabs/pockets.

Resource:

Sewing Expression

www.4-hmall.org

Culinary Arts-Foods

General Food Guidelines For All Members

- Learn basic information about nutrition (Refer to My Plate Food Guide.)
- Learn food preparation skills.
- Learn how to plan, purchase, prepare and serve nutritious meals and snacks.

- Learn to have sanitary conditions while preparing food (wash hands, tie hair back, clean kitchen).
- Learn information on multi-cultural foods.
- Develop skills in food buying.
- Learn skills for safety preserving foods by canning and freezing.
- Process low-acid foods in pressure canner.
- Prepare a different food item each year (don't bring cookies each year).
- Read the fair book for current rules and information.

Resources:

You're the Chef	www.4-hmall.org
Health Rocks	www.4-hmall.org
New Dietary Guidelines	www.health.gov/dietaryguidelines
American Dietetic Association	www.eatright.org
5-A-Day Program	www.5aday.org
Food and Nutrition Information Center	www.nal.usda.gov
Governor's Council on Physical Fitness, Health and Sports/ Michigan Fitness Foundation	www.michiganfitness.org
International Food Information Council Foundation	www.ific.org
President's Council on Physical Fitness And Sports	www.fitness.gov
Team Nutrition	www.fns.usda.gov
U.S. Centers for Disease Control and Prevention, Division of Adolescent And School Health	www.cdc.gov/nccdphp/dash
United Dairy Industry of Michigan	www.udim.org

4-H Fair Classes for Foods

General Information:

1. One exhibit per class per section.
2. Member must make a different exhibit each year.
3. All exhibits should be attractively presented in an appropriate container.
4. All non-perishable food display in booths should be wrapped securely in clear plastic wrap. Perishable items cannot be displayed, but should be replaced by a facsimile or a poster (minimum 12" x 14") including a picture or drawing of the dish, along with the entry tag and recipe tag.
5. Exhibitor should bring in whole pie, cake, bread, etc.
6. Do not bake or display in paper cupcake liners.
7. An exhibit that does not meet the established criteria for a class will be dropped one grade.

8. Work in progression and do NOT make the same Section and Class every year.

Food Preparation

1. Exhibit is to include **card with recipe** and name and age of exhibitor.
2. Foods may not be made with mixes. A mix is defined as a commercially made dry mixes. Commercial mixtures would be cake, brownie, muffin, biscuits, bread, roll, pizza, pie crust, casserole mix. Pie fillings and prepared puddings are not allowed, but you may use stuffing mixes, soups and prepared sauce such as pizza sauce.

Creative Foods

1. Exhibit is to include **card with recipe** and name and age of exhibitor.
 2. Mixes can be used (for this section only) must be enhanced as part of overall recipe.
- 4-H members will demonstrate their creativity with Baking, Cooking and Gluten Free Foods. They can find recipes that include mixes as long as they are enhanced in the final product. Baking suggested projects include rapped up cakes, cupcakes, filled cookies, other desserts (bars, jello items, etc.). Cooking suggested projects include a single serve dinner, grilled items, and salads. Gluten Free suggested projects include any baking or cooking that is gluten free.

4-H Dairy Food Guidelines

4-H members will demonstrate their creativity with dairy foods to showcase their nutrition knowledge, cooking and communication skills. They can select an existing recipe or develop one of their own for an appetizer, soup, main dish or dessert. The ingredients should include at least two dairy products (choose from cheese, milk, butter, yogurt, cream, cottage cheese, sour cream or ice cream. No dry mixes or pie fillings may be used in preparing dairy foods. The recipe chosen should reflect the age and experience of the member.

Each member will design a free standing (minimum size 12" c 14", preferably 22" x 28") poster that includes the name of the recipe, the recipe itself, a photograph or illustration of the finished product, nutrition information and the history (or origin) of the recipe. Please be sure the member's name, age and club name are on the back of the poster.

The finished recipe (either a portion or the entire dish) must be displayed attractively with appropriate accessories for judging.

The food will not be left on display during the fair. The posters will be displayed in the club booth to show other people what you have done.

Members should be prepared to discuss with the judge their recipe selection and preparation, how their recipes fit into dairy food choices for good nutrition and have a working knowledge of the ingredients used in their recipe.

4-H Candy Making Guidelines

Helping youth develop life skills is part of the goal of 4-H. Following are suggested candy making techniques which may be learned at different levels. There is no set order required within each level, as to what should be done first, second, etc.

EXPERIENCE GUIDELINES:

Beginners (Ages 9-11 or First Time Exhibitors)

1. Learn how to correctly handle and melt chocolate.
2. Learn how to prepare homemade peanut butter filling.
3. Learn how to use flavoring oils properly.
4. Learn how to use molds correctly.
5. Learn how to hand dip with a dipping fork.

Juniors (Ages 12-14)

1. Learn how to use thermometer correctly.
2. Learn how to make homemade fillings for center.

3. Learn how to layer chocolate.
4. Learn how to paint candy.
5. Learn how to use double molds for hollow molding.

Advanced (Ages 15-19)

1. Learn how to use candy funnel.
2. Learn how to make caramel from scratch.
3. Learn how to use decorating bag to fill candy molds.
4. Continue to increase candy making skills and try new things.

Cake Decorating Guidelines

GENERAL RULES AND SUGGESTIONS FOR PARTICIPANTS

1. Starting age is at leader's discretion.
2. Members and their parents understand (1) the cost involved for this project (2) the equipment necessary for cake decorating (3) the time involved in learning the skills of proper cake decorating.
3. Participant is willing to provide materials and equipment necessary for this project.
4. The Wilton Cake Decorating year book is a good source for reference and examples. There are also videos on cake decorating available in some stores.
5. Members must exhibit in a different class each year.
6. A notebook must be kept and exhibited by each member. It is to contain: record of cakes decorated, recipes, pictures, (if possible), work plan, tips used on cake, or other ideas of interest such as why you baked this cake. Member must indicate starting point of new information each year.
7. Shaped cake pans are not recommended for the beginner's classes.
8. An exhibit that does not meet the established criteria for a class will be dropped one grade.
9. No plastic decorations allowed at this level, senior class exhibits will allow plastic on tiered cakes.
10. Participant is able to prepare and bake a cake for decorating.

SUGGESTED KNOWLEDGE AND SKILLS TO BE LEARNED

AGE LEVEL GUIDELINES:

Beginners (Age 9-11 and first year)

1. Learn the proper consistency of icing for decorating.
2. Learn how to use a plastic bay and tip coupler and/or how to construct and use paper cones tips.
3. Learn how to crumb frost your cake.
4. Learn how to level a cake for display.
5. Learn basic decorating tubes and proper application of:
 - Star tube
 - Writing tube
 - Leaf tube
 - Simple drop flower tube
6. Learn simple color mixing
7. Start your notebook with your first attempt at decorating.
8. Practice using your decorating skills by making cakes for family and friends.

EXHIBIT

Beginners are encouraged to enter a one layer cake using skills learned and their notebook.

Recommended cake: Round or square of sheet cake.

Size: 8" minimum 10" maximum 9x13 sheet cake

Juniors (Ages 12-14)

1. Continue to improve your present cake decorating skills.
2. Learn to make simple flowers on flower nail (bachelor buttons, mums, daisies).
3. Learn to make different sized leaves to go with flowers.
4. Increase your knowledge of borders.
5. Learn new writing techniques.
6. Learn sugar molding and their uses.
7. Learn simple figure piping for decorating.
8. Become familiar with different types of frostings.
9. Learn how to assemble a simple two layer cake. (no separation)
10. Learn how to smooth frosting with different techniques (paper toweling, hot water, etc.)
11. Composition – Learn what makes a cake attractive and pleasing including harmony, color choices, types and placement of decorations. A good decorator learns early that less is more. Don't use every technique you have learned on a cake. Pick out one or two borders, flowers, etc. to use that work well together. Don't over decorate.
12. Learn how to measure a cake for proper placement of decorations.
13. Practice your skills and techniques by decorating cakes for family member.
14. Continue adding information to your notebook.

EXHIBIT

One cake showing techniques learned and your notebook.

Recommended cake: Round, sheet, shaped or two layer.

Size: 9" minimum 12" maximum 9x13 for sheet cake

Seniors (15-18)

1. Continue to develop your formerly learned decorating skills.
2. Learn more advanced flowers on flower nail (roses, apple blossom, violets, etc)
3. Learn advanced figure piping.
4. Learn to make, assemble and decorate a tiered (separated) cake.
5. Learn more advanced border work, including side borders and string work.
6. Try basket weaving and lattice work.
7. Learn more advanced sugar molding.
8. Try royal icing decorations.
9. Use different cake decorating books, magazines for ideas and method.
10. Try creating your own design.
11. Apply the skills of cake decorating to decorate other foods.
12. Learn skills in color flow techniques.

EXHIBIT

One cake showing new techniques learned and notebook.

Recommended cake: shaped, two layers, or tiered.

Size: 9: minimum, base 14: maximum base

Food Preservation Guidelines

General Rules and Suggestions:

1. Exhibitor may exhibit in only one class per age group.
2. Exhibits must be preserved in pint or quart container, but should be uniform in type and size. Jams and jellies may be exhibited in purchased half pint jars.
3. Poster of 12"x14", that includes recipe, ribbon, entry tag and picture must accompany project (freezing exhibits only).
4. Label glass container to include name of product, member's name, age, date of process and method used.
5. For food drying displays, please use half pint jars.
6. Jellied products must be processed in a boiling water bath.
7. Low acid vegetables and meats must be pressured canned.
8. Bring recipe and processing procedure.

FREEZING: – Beginners 9-11 years old and 1st year in project.

1. Learn how to select quality food for freezing (fresh, good varieties for freezing, without blemishes)
2. Know that food should be frozen as soon as possible after picking or slaughtering.
3. Learn what quantities a freezer container should have (airtight, moisture-proof, leak-proof and vapor-proof, easy to fill close and empty)
4. Know that all packages should be labeled, identifying product, month and year of freezing.
5. Learn that the faster the food is frozen, the better quality the product; how much food to freeze at one time; that the freezer should be 0 or below.
6. Know how to prepare fruit for freezing (how and when to wash, hull, core or pit, and how to pack in containers) and how to prepare containers.
7. Know how to make syrup or dry pack.
8. Know how long fruits and jams should be stored in freezer.
9. Understand the importance of maintaining sanitary conditions throughout the entire freezing process.
10. Learn how to make freezer jam using pectin.

CANNING: – Beginners and Juniors

Suggested Knowledge/Techniques to be learned:

1. Learn the importance of planning what to can, which variety, how much and in what size cans.
2. Be familiar with different types of appropriate canning jars and lids.
3. Learn to follow reliable sources for canning instructions; sources that are up-to-date; and sources that don't suggest and short-cuts.
4. Learn to read all recipes and instructions for canning before beginning. Arrange all equipment needed, checking gauges to make sure they are accurate.
5. Know how to prepare fruits and vegetables for canning using the minimum amount of time from the garden to the canner.
6. Understand the meaning of these canning terms; hot pack, cold pack, hot water bath, pressure canner, low acid, high acid.
7. Be familiar with canning equipment (i.e. especially the two types of canners and when and why each is used).
8. Understand that sugar syrup helps fruit hold its shape, color and flavor and how to make syrup.
9. Know of the importance of leaving headspace, removing air bubbles and wiping the top of jars.

10. Know how to apply metal lid and screw back, how to close, how to tell when it is sealed and how to cool the jars after processing.
11. Know the parts of a pressure canner and be able to safely can with it.
12. Know how long canned foods should be stored and what the proper conditions of storage are.
13. Know when to start timing when processing food in a water bath canner and pressure canner.
14. Know that cleanliness must be maintained throughout the entire process.
15. Know the four essential ingredients that are needed to make jellies, jams, preserves, etc. (fruit, pectin, acid, sugar) and what each ingredient contributes to the jellied product.
16. Understand the different ways powder pectin and liquid pectin are used.
17. Know how to prepare, full and seal the containers using a two piece lid.

CANNING: – *Advanced*

Suggested Knowledge/Techniques to be learned:

1. Understand food spoilage terms as they relate to canning; bacteria, yeasts, molds, enzymes, botulism, flat sour and fermentation.
2. Review what foods are canned in a pressure canner and why.
3. Know the importance of using correct recipes for pickles and relishes.
4. Understanding the importance of using the correct type of salt, sugar, spices, vinegar and utensils and what each ingredient contributes to the pickling process.
5. Know that it is necessary to process all pickle products.
6. Learn how to attractively gift wrap canned products.
7. Learn the different techniques of canning meat.
8. Learn what other foods can be canned (i.e. soups, sauces, ketchup).
9. Don't forget to review and know the suggestions for beginners and juniors.

Food Competition

Learning Objective:

Hands on learning experience displaying the culmination of their cooking skills, incorporating knowledge of equipment, food safety, grilling, food preparation, cooking techniques, presentation, taste, and knowledge of nutritional value.

Held on Monday of Fair. 4-H member must complete a MSUE Safe Food Handling Workshop. 4-H member will provide own source of protein. The member needs to bring all items to create their dish, ingredients, utensils, equipment along with a notebook documenting progress on their recipes and including photos. Must preregister with the Extension Office by July 1st.

Cooking Competition Guidelines

Purpose:

- Hands on learning experience displaying the culmination of participants cooking skills. Incorporating: knowledge of equipment, food safety, grilling, food preparation, cooking techniques, presentation, taste, and knowledge of nutritional value.

Classes are as follows.

- Clover Bud 5—6 Peanut Butter (if allergic bring equivalent) & _____ sandwich. Including veggie or fruit side dish.
 - Clover Bud 7 – 8 Deli meat sandwich with at least one veggie included. Including a side dish of salad, fruit or veggie.
 - 9—11 Entrée, side dish and beverage required. (See pre-registration form for protein)
 - 12—14 Entrée, side dish and beverage required. (See pre-registration form for protein)
 - 15—18 Entrée, side dish and beverage required. (See pre-registration form for protein)
- Participant to bring protein it will NOT be provided.**
- Mystery Basket – Ages 9-18 All supplies provided. Participants will have thirty minutes to prepare a dish using the basket ingredients and the ingredients from the pantry.

Equipment and Supplies:

- Participants must supply all items to create their project; cooking utensils, (grills) and ingredients (on site) necessary to complete the project (including protein and any required side dishes and drinks) unless otherwise noted at pre-registration.

Pre-competition requirements:

- Participants must pre-register with the Extension Office by July 1st. Participation numbers may be limited based on space and time.
- Participants must successfully complete an MSUE Serve Safe class.

To help insure participants have adequately prepared and have a plan for the day;

- Participants must keep journal/notes from each of their practice sessions. These must be presented to the judges at the start of the competition.
- Participants must present their checklist to the judges at the start of the competition.
- Participants must furnish judges with a recipe containing the following:
 - ingredients
 - ingredient quantities
 - step by step directions
 - yield
 - nutritional value (calories per serving, carbohydrates, protein and fat).

Timing:

- The time allotted for participants in each age group to complete their project will be provided with pre-registration paperwork.
- Participants will be stagger started throughout the day according to space allotments for the contest.

Completion/Presentation

- Upon completion of their project or when time is up, participants must present their plated meal to the judge/s with an oral presentation (including judges questions).

Scoring – participants may be scored in any or all of the following (total of 100 points) Score sheets available at pre-registration.

- *Cooking Skills*
Use of equipment and utensils
Appearance and cleanliness
Food Safety
Fire starting
Controlling fire
Food preparation to cook
Skilled in Grilling (if applicable)
- *Presentation and Taste*
Degree of doneness
Complimentary ingredients
Eye appeal - presentation
Interview - knowledge
Texture /taste

Fine Arts Guidelines

General Guidelines –

The 4-H Member should:

- Learn art skills & techniques
- Use a variety of media
- Learn good design elements and principals
- Investigate, explore and discover their own individuality
- Learn about history, styles and a variety of cultures in art, artists in the area and art careers.
- Be able to tell the judge what was learned
- Have fun creating
- Share ones art skills with others
- Be aware that some art materials can be hazardous
- Level of difficulty must increase each year in the project as skill level advances.

Exhibition Guidelines

- All works must be original – NO KITS
- One best exhibit for each class as listed in the fair book
- Neatness and general clean appearance of project is very important
- Two-dimensional work should be framed, matted or mounted and ready to hang.
- Paintings must be framed. Frame does not have to be wood . . . must be ready to hang . . . glass is optional.
- Be prepared to discuss your work with the judge, where your idea came from, how it developed and what you learned.

Crafts

Ceramic Projects