

DEPARTMENT 25-FOOD & NUTRITION
Superintendents Barb Schachern

Judging Fair Monday, 1:30pm to 6:30pm; Premiums 1st, \$3.00; 2nd \$2.75; 3rd, \$2.50; 4th, \$2.25

Rules & Requirements:

- Exhibitors, with their adult/guardian, can determine which class they fit into.
- Exhibitors may **ONLY ENTER ONE CLASS**
- Exhibitors will be judged based on the Class and the expectations of that class.
- No exhibitor may make more than one entry in any lot/prize number.

Recipes

- **All foods must be made by the exhibitor from scratch, not a box, unless wherever noted.**
- **Recipes must be written on a 3" x 5" index card and accompany the food items.**
- State the complete recipe including procedure.
- **Recipes on the above card MUST accompany** all entries unless otherwise noted.
- Food exhibits should be brought on a plate/etc to display.
- All entries not accompanied by a recipe will receive a pink ribbon.

Exhibits at the Fair

- Food items will be exhibited as long as possible during the week of the fair. Dishes can be picked up at the fair Sunday at 4pm.
- All food exhibits become the property of the Sauk County Fair and food will be disposed of by the superintendents.

Foods Revue:

- Prepare only one food product listed in your menu.
- The menu and recipe must be on a separate card or exhibit will be lowered one placing.

Foods:

- All food products must be attractively displayed on plates and bowls, bring your plate or bowl.
- All posters must be 14" x 11" ready to hang.

CLASS 1 – BEGINNERS – (IF YOU ENTER THIS CLASS, YOU MAY NOT ENTER CLASSES 2 OR 3.

Snacks and Desserts

1	Snack time, choose a healthy snack that you can make (1 serving)
3	No bake bars – 3" corner square
5	Plain cake made from mix 3" corner unfrosted
7	Homemade ice cream, sherbet, frozen yogurt, or custard, 1 serving

2	Individual fruit display/plate
4	3-inch corner of bar
6	Any dessert, one serving

Cookies, Bars and Muffins

8	Gluten free cookies, 2 cookies
10	Plate of three muffins

9	Plate of three cookies, not frosted

Other

11	Personal Italian, make your favorite personal pizza or calzone
13	1 portion veg entrée – not salad
15	Item using Sauk County product
17	Recipe collection with at least 10 recipes
19	Healthy Breakfast, all parts of pyramid
21	Food display for a child's party
23	Menu Cover

12	Any international side dish, 1 serving
14	Food prepared in a microwave, recipe needed
16	Item using honey
18	Educational poster on Food & Nutrition (14" x 11" ready to hang)
20	Food display for snack or light lunch
22	Project display of unit pricing comparison (3 different brands of same food product)
24	Foods Revue Event Meal Binder

CLASS 2- INTERMEDIATE – (IF YOU ENTER THIS CLASS, YOU MAY NOT ENTER CLASSES 1 OR 3.

Snacks, Cookies and Desserts

1	Any homemade cake not from a box, 1 serving
3	Baked drop cookies -2 (chocolate chip, oatmeal, etc)
5	Gluten free cookies – 2
7	Rolled Cookies -2
9	Brownies – 2 brownies 3" square

2	Any dessert, 1 serving
4	Movie time snack, 1-serving
6	Dessert with fruit as the main ingredient, 1 serving
8	Holiday Cookies – 2

Baked Goods

10	Plate of 3 biscuits
12	Half loaf of a quick bread
14	Plate of 3 breakfast pastries

Meals and Sides

16	1 portion of casserole, not from a box
18	International Entrée (be prepared to talk about background, products and procedures of entrée (1 serving))
20	Homemade smoked, cured, pickled or dried product, 1 serving
22	Food prepared in a microwave- recipe

Other

24	Homemade salad dressing, ½ cup
26	Any item using Sauk County product, 1 serving
28	Alter a recipe to make healthier, must include original recipe, altered recipe and the reason for the changes
30	Poster on nutritional education or careers in the food industry

Food Revue Intermediate

31	Healthy lunch or supper (not formal) using MY Plate guide
33	Exhibit display of comparison of 2 food items one – item from scratch one item commercial.
35	Display of food science experiment.
37	Food Display of special diet menu for one day – diet with a reason (diabetic, weight loss, weight gain, low fat, etc.

Creative Menu

- Including a place setting for one
- Including creative food aspect of the menu to be tasted for the display
- Including a brief description of why you picked the menu
- Including 2 appetizers, 2 soups, 2 salads, 6 entrees, and 2 desserts
- Include 3 recipes used in your menu
- Include a brief narrative, pictures or display on what your restaurant would look like.

39	Design a menu for a pretend restaurant
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CLASS 3- ADVANCED – (IF YOU ENTER THIS CLASS, YOU MAY NOT ENTER CLASSES 1 OR 2).

Snacks, Cookies, and Desserts

1	Homemade candies, minimum of 3
3	Homemade pie, single crust, no canned filling, whole pie
5	Cheesecake, no crust, no toppings, 1 serving
7	Homemade cake, 1 serving
9	Angel food cake – ¼ cake, unfrosted
11	Flourless chocolate cake, 1 serving
13	Rolled cookies -2
15	Baked drop cookies -2 (chocolate chip, oatmeal, etc)
17	Filled cookies - unfrosted
19	Bar – 3” square corner

Baked Goods

21	Half loaf of homemade bread, quick or yeast
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11	Plate of 3 muffins
13	Plate of 3 yeast rolls
15	Any homemade yeast product, ½ to 1 loaf

17	1 portion of a pasta bake casserole, lasagna, baked rigatoni, etc. not from a box
19	Marinated meat dish, 1 serving
21	Scratch broth soup, 1 cup
23	Any other entrée not listed

25	Nutritional drink for summer, 1 serving
27	Any item made using honey
29	Recipe collection, one category, with at least 10 recipes.

32	Food display of appetizers – 3 different kinds
34	Display on food safety
36	Complete table setting, at least 4 placings, for informal family lunch, menu required, but no food sample required with creative centerpiece
38	Foods Revue Event Meal Binder

2	Homemade pie, double crust, no canned filling, whole pie.
4	Custard tart or pie, 1 serving
6	Any layered cake not from a box, 1 serving made with scratch frosting
8	Jelly roll cake, 3” slice including end of regular loaf
10	Sponge cake – ¼ cake, unfrosted
12	Dessert with fruit as the main ingredient, 1 serving
14	Brownie 3” square
16	Gluten free cookies – 2
18	Holiday cookie – 2
20	Low calorie dessert – 1 serving, include nutrition

22	Half loaf of yeast bread
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23	Bread sticks or dinner rolls – 2
25	Yeast bread (wheat) 3" slice including end of regular loaf
27	Yeast cinnamon rolls -2

Meals and Sides

28	1 portion of a quiche
30	Cream soup, homemade, one cup or one serving
32	Homemade stew, 1 serving
34	Any homemade appetizer, 1 serving
36	Any international side dish (be prepared to talk about background, products and procedures of entrée), 1 serving
38	Entrée salad w dressing, 1 serving
40	Braised meat item, 1 serving
42	Any side dish, 1 serving
44	Any dessert, 1 serving

Other

46	Any food prepared in a microwave with recipe
48	Nutritional drink for summer, 1 serving
50	Any item made using honey
52	Recipe collection, one category, with at least 10 recipes.
54	Poster on nutritional education or careers in the food industry (11" x 14" ready to hang)

FOOD REVUE – Advanced

Creative Menu should include –

*place setting for one (or as stated), *one food aspect of the menu for tasting (unless says no), *include brief description of why you picked the menu, *minimum of 3 courses (soup, entrée, dessert)

55	Create a one-week meal plan for you and your family. Include proper dietary proportions
57	Create a special event, with menu, etc Describe the event, write a menu, create a table display, write one recipe and prepare food item (bring)
59	Food Display for a Brunch- Team (2 exhibitors, both sign up
61	Food Display of appetizers – 3 different kinds
63	Display on food safety
65	Complete table setting, at least 4 placings, for informal family lunch, menu required, but NO FOOD samples, with creative centerpiece
67	Design a Restaurant – Include: a description of type, style and size of restaurant; a full menu for meal period (breakfast, lunch or dinner); one recipe per category of your menu; why you would like to own this restaurant

24	Yeast bread (white) 3" slice including end of regular loaf
26	Sour dough bread 3" slice including end of regular loaf

29	Homemade chili, 1 pint
31	Homemade pasta, 1 serving
33	Any homemade food item, 1 serving
35	Any homemade entrée including protein, starch and vegetables in appropriate dietary ratios, 1 serving
37	Any soup, 1 cup
39	Homemade 1 serving of marinade, sauce, relish or chutney
41	Any international food item (be prepared to talk about background, products and procedures of entrée (1 serving)
43	Any grilled item, 1 serving
45	Any entrée, 1 serving

47	Homemade salad dressing, ½ cup
49	Any item using Sauk County produce, 1 serving
51	Alter a recipe to make healthier, must include original recipe, altered recipe and the reason for the changes
53	Educational poster on menu planning (11" x 14" ready to hang)

56	Create a food portfolio, keep tasting notes on recipes you make, take pictures of the recipes, have friends and family critique your cooking
58	Healthy Dinner – meal including all parts of food pyramid
60	Healthy lunch or supper (not formal) meal using My Plate as a guide
62	Display of comparison of 2 food items - one item from scratch and one commercial item
64	Display of food science experiment
66	Food display of a special diet menu for one day – (diabetic, weight loss, weight gain, low fat, etc
68	Foods Revue Event Meal Binder

CLASS 5 – CAKE DECORATING – ALL LEVELS

- All cakes will be evaluated on exterior design and decorating
- You may make a cake (from mix or scratch) or decorate a form (Styrofoam,etc)

- Items will be on display fair week, but if necessary, due to spoilage, the Sauk County Fair may dispose of.
- Pick up cake, plate, etc on fair Sunday at 4pm.
- Frosting should be homemade not store bought

1	Decorated cupcakes, 3
3	Decorated sheet cake, entire cake
5	Decorated original design, entire cake
7	Poster/mobile – cake decorating. Posters (11" x 14" ready to hang)

2	Decorated layer cake, entire cake
4	Decorated molded cake, entire cake
6	Decorated gingerbread house

CLASS 6- FOOD PRESERVATION

- All entries must be prepared by the exhibitor
- All exhibits must have been preserved since the last day of the previous year's fair.
- **All entries must include the recipe**
- Each preserved exhibit must have an accompanying label (example below)
- All entries must be presented in standard food preservation containers
- Follow processing methods and times listed in current UW – Extension, "Canning, Freezing" publications available from UW Extension Office.
- Any product label missing or incomplete will be dropped one place.
- Dried and Frozen foods will be photographed for display.

Note: Each item exhibited must be labeled with the following information or use attached label.

Class _____ Item _____
 Date _____
 Processing Method (Check):
 Boiling Water Bath _____
 Pressure Canner _____
 Processing Time _____
 Preparation Method: (Check):
 Hot Pack _____ Cold Pack _____

Fruits Canned

1	Tomatoes, 1 jar
3	Any other fruit, 1 jar

2	Tomato juice, 1 jar

Vegetables Canned

4	Any vegetable, 1 jar
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5	String beans, 1 jar
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Pickles Canned

6	Sweet pickles, 1 jar
8	Relish (any type), 1 jar

7	Dill pickles, 1 jar

Jam & Jelly

9	Jam, any variety, 1 jar
11	Freezer jam or jelly, any variety, one container (thawed)

10	Jelly, any variety, 1 jar

Dried

12	Any item dried (label with method used, 1 jar/container)
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Poster/Mobile

13	Poster food preservation tips. Posters (11" x 14" ready to hang)
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14	Display showing food preservation
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