

4-H KITCHEN ACTIVITIES

Superintendent
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Kitchen Activities will be located in the 4-H Kitchen in Exhibition Hall A of the Clark County Fair Event Center.

GENERAL RULES & REGULATIONS:

1. Pre-registration forms for 4-H Kitchen Activities are required. Pre-registration forms will be available the first business day of May and are due the last business day of June at the WSU/Clark County Extension Office in Vancouver, WA or can be located online at <http://extension.wsu.edu/clark/4hyouthfamilies/clarkcountyfair/> **Give complete information:**

- What product will you be making,
- How long will it take
- Provide your partner's name and phone number if you are entered as a Team in Foods For All Occasions, Food Preservation, or Quick To Fix Meals.
- Provide an alternate date, if possible, to increase your chances of getting the activity.
- Times, if requested, cannot be guaranteed, but we will try to meet your needs.

2. The 4-H Kitchens will be in operation from 12-8 pm each day of the Clark County Fair, beginning Friday August 5, and continuing through Sunday, August 14. You may sign up for any food activity for which you are enrolled and eligible on any of these days.

If the kitchens fill for the posted times, we may choose to open them earlier on certain days to accommodate all 4-H members who wish to participate.

The following activities are available:

Beverages	Cloverbuds, Juniors, Intermediates
Bread Baking	Cloverbuds, Juniors, Intermediates, Seniors
Quick to Fix Meals	Juniors, Intermediates, Seniors
Lunch On the Go	Cloverbuds, Juniors, Intermediates, Seniors
Foods for All Occasions	Juniors, Intermediates, Seniors ONLY
Food Preservation	Juniors, Intermediates, Seniors
Foods of the Pacific Northwest	Juniors, Intermediates, Seniors
Salads	Cloverbuds, Juniors, Intermediates, Seniors
Pie Baking	Intermediates, Seniors ONLY

3. Members will be **Emailed a schedule** with their day and time after pre-registration and scheduling has been completed (by July 18, 2022). Members taking part in these activities make sure a current email address is available at the 4-H program office and written at bottom of the 4-H Activity Entry form.

Food Activity materials – worksheets and other relevant information can be downloaded as follows: <http://extension.wsu.edu/clark/4hyouthfamilies/clarkcountyfair/> scroll down to Kitchen activities. Completed Worksheets & My Plate Activity are required at the time of the activity.

1. Food Activity Guidelines
2. Food Activity worksheet (3 pages)

3. My Plate Activity Sheet (1 page)

4. Score sheet

Food Activity Worksheet 1099E, and My Plate Activity Sheet will be completed for **all** kitchen activities. The completed pages will be turned into the Judge at the start of each 4-H Kitchen Activity the member is exhibiting. Primaries receive a Participation Ribbon for their participation in any activity and no premiums. They fill out only that portion of any worksheet indicated for them on the forms. They will receive encouragement, training, and help from the judges. Check each project activity for more information on participation.

5. Show up for activity on time or a few minutes before scheduled. Worksheets should be completed before your arrival. **Include a day's menu if requested and bring an extra recipe in addition to the one attached to worksheet and your working recipe.**

6. Read all information in your food activity section, as each one may have different information. Befamiliar with specific rules for Foods Activities found in current project material. Also check EM4733E– 4-H Food Activity Guidelines (<https://pubs.wsu.edu/ListItems.aspx?Keyword=EM4733E>). Set the table for all kitchen activities except Lunch on the Go and Food Preservation Activity. Include tablecloth or place mats and appropriate settings. May also use a centerpiece.

7. You may not pre-prepare or pre-measure **any** ingredients to be used in your product.

8. No alcoholic beverage may be used as an ingredient in any 4-H food product or served at a meal.

9. A 4-H member may prepare the same product in only one kitchen activity. If that product or one verysimilar is prepared in more than one activity, the activity with the most premium points will be disqualified for ribbon, premiums, and advancement to state. This does not include Table Setting, which can use the same menu as a kitchen activity.

10. Dress appropriately for a kitchen activity – hair under control, dress, skirt with modest top, pants. No open shoes or flip-flops. Wear apron. Proper dress is a safety issue.

11. Allotted time will include kitchen set up, preparation, serving food, clean up, and judge interview.

12. Superintendents will give a list of those eligible for participation at the state fair to the State 4-H Fair Coordinator.

13. Disregarding regulations may result in lowering a ribbon color or disqualification. Problems or irregularities being brought to the attention of the judge or superintendent after the awarding of a ribbon in an activity may cause reconsideration of that ribbon and eligibility for State Fair.

14. Available for use in Kitchens –

RESERVE EQUIPMENT USE ON THE PRE-REGISTRATION FORM (in the dish/time needed box)

- 1 Kitchen Aid stand mixer
- 1 Portable Electric mixer
- 2 Blenders
- 1 food processor

Following materials are available as free down load WSU publications to help with 4-H Food Activities:

Dinner is Served (EM3443) <http://extension.wsu.edu/clark/4hyouthfamilies/clarkcountyfair/>
Sanitizing Dishes (EM4808) <http://extension.wsu.edu/clark/4hyouthfamilies/clarkcountyfair/>
Pack a Safe Lunch (EB1490) <http://extension.wsu.edu/clark/4hyouthfamilies/clarkcountyfair/>
You Can Prevent Food Borne Illness-
<http://extension.wsu.edu/clark/4hyouthfamilies/clarkcountyfair/>

WSU 4-H Food curriculum can be located at:
<https://pubs.wsu.edu/ListItems.aspx?Keyword=Food>

4-H Members participating in 4-H Kitchen Activities may temporarily park and unload supplies at loading docks on the north side of the Event Center Building. Allow enough time prior to activity start time.

- Park
- Unload supplies
- Store in 4-H Kitchen storage area
- Return to Car
- Re-park car in a Fair grounds parking lot
- Walk back to 4-H Kitchens
- Start 4-H Activity

DIVISION 720: BEVERAGE ACTIVITY

Contact Person:
Nancy Peck
(360) 687-2312

Open to Cloverbuds, Juniors and Intermediates

Must be enrolled in a foods project or Adventures in Family Living. Curriculum can be located at the following web sites:

<http://extension.wsu.edu/4h/publications/family/Pages/general.aspx?CatID=369>

Blue 10, Red 8, White 6, Participation ribbons for Primary members

1. Participant will prepare a beverage from beginning to end during the activity. No mixes or premeasured items will be allowed.
2. Participants will bring all utensils, equipment and ingredients needed for activity. A stove, microwave, refrigerator, and sink are available for use. Serve beverage to judge and self.
3. Time limit for activity is 1 hour. Includes – set up, clean up, serving and talking with judge.
4. The beverage prepared should demonstrate food and kitchen safety, appropriate preparation skills and knowledge, and nutritional information appropriate for age.
5. Participant will provide a recipe for judge and complete 4-H Activity Worksheet (C1099E) prior to arrival at the kitchen. Worksheet can be downloaded at:
<http://extension.wsu.edu/clark/4hyouthfamilies/clarkcountyfair/> .
6. Primaries will complete front page of 4-H Food Activity Worksheet and column 1 of page two. They will receive a participation ribbon and skills help in the kitchen.
7. Participant should be able to explain to the judge what they are doing and why, during activity and interview afterwards.

8. Know information on worksheet C1099E (4-H Food Activity Worksheet)

DIVISION 725: BREAD BAKING ACTIVITY

Contact Person:

Nancy Peck
(360) 687-2312

Open to 4-H Cloverbuds, Juniors, and Intermediates & Seniors.

Read Kitchen Activities General Rules and Regulations.

All 4-H members enrolled in the 4-H What's On Your Plate Project may participate in this activity. Curriculum to aid members can be located at <http://www.choosemyplate.gov/>

Points:

CLASS A: Kneaded Yeast Breads:	Blue 20, Red 16, White-12
CLASS B: Batter Breads:	Blue 15, Red-12, White- 9
CLASS C: Quick Breads:	Blue 12, Red-10 White- 7

Maximum time allowed for simple breads-2.5 hours; kneaded & shaped yeast breads—3 hours. Time category is determined by complexity of preparation. Judge will sample and evaluate product made in the kitchen. Total time includes unpacking, preparation, clean up, evaluation time with judge.

A completed 4-H Food Activity Worksheet C1099E, can be downloaded at - <http://extension.wsu.edu/clark/4hyouthfamilies/clarkcountyfair/> site and must be handed to the superintendent when entering the kitchen. Attach a recipe to the worksheet and bring one extra for the superintendent.

-Contestants bring all equipment and ingredients needed to make the completed product in Fair kitchen including your own apron, dish cloths and towels, mixer, bowls, pans, and recipe ingredients.

-Contestant will bring a table setting and tablecloth or place mats for two, to serve the finished product to judge and self. Serving dishes available in the kitchens or may provide own. - Contestant should bring any condiments needed to serve with product. Any type of bread product that is started and completed in the Fair kitchen may be used.

-No bread machines

-Quick bread examples: fruit or nut, muffins, hot cakes, waffles, biscuits, scones, popovers, etc. Yeast bread examples: batter breads, yeast breads or rolls made by conventional or rapid mix methods. Any grain flour or meal may be used (wheat, rye, corn, oats, etc) Junior members are limited to quick breads only and are limited to 2.5 hours.

Cloverbuds fill out only that portion of the worksheet indicated for them. They may make simple quick breads, such as pancakes, waffles, popovers, biscuits, and muffins. They receive a Participation ribbon and no premiums. Read the Kitchen Activities General Rules and Regulations for all information pertaining to Primaries.

If you have any questions about this activity, please call Nancy Peck at (360) 687-2312.

DIVISION 750: LUNCH ON-THE-GO ACTIVITY

Contact Person:

Nancy Peck
(360) 687-2312

Points: Blue 12, Red 10, White 7

Open to Cloverbud, Junior, Intermediates and Senior members. 4-H Food Activity Worksheet C1099E (<http://extension.wsu.edu/clark/4hyouthfamilies/clarkcountyfair/>) is required. Curriculum can be located at the following WSU web site: <http://extension.wsu.edu/4h/publications/family/Pages/general.aspx?CatID=369>.

1. Participant will make lunch from beginning to end during the activity.
2. Lunch preparations should demonstrate food and kitchen safety, appropriate food preparation skills, and knowledge appropriate for the age and experience of the youth.
3. Consideration of how/where the lunch will be stored prior to eating, where it will be eaten, and good safety practices related to storage are of greatest importance. Bring the storage container this meal is intended to be stored in before eating. The lunch may be intended for school for younger members; a picnic, special outing, work setting are examples for older youth.
4. Time limit for completion of this entire activity (includes set-up, activity, interview, clean up) is 1.5 hours, including a short interview with the judge.
5. Must bring all the food and equipment needed to prepare the lunch and complete clean up.
6. Lunches may contain some commercial foods or foods prepared prior to the activity; example: cookies, puddings, cupcakes, etc. Items such as sandwiches, tortilla wraps, bagel sandwiches, fruit salads, etc. should be made on the site. Include beverages in lunch. Food is to be appropriate for the occasion.
7. Participants need to know what food groups are represented in their lunch. Strive to have all groups represented for balanced nutrition. Food should be chosen to meet the nutritional needs of exhibitor. Activity will be judged on nutritional content, packaging, safety of food, eye appeal and creativity.
8. Lunch will be taken with the exhibitor at the end of activity. Exhibitor will not serve or eat lunch at activity. For more information, see C1071E and C1072, or call Nancy Peck (360) 687-2312.
9. Cloverbuds may make a basic school lunch. They will fill out that portion of the worksheet indicated for them. Read Kitchen Activities – General Rules and Regulations and information for this activity above.

DIVISION 755: FOODS FOR ALL OCCASIONS

Contact Person:

Nancy Peck
(360) 687-2312

Open to Juniors, Intermediates & Seniors – Individual or two-person team. Must be enrolled in a Foods and Nutrition project series. Points: Blue 25, Red 20, White 15
Refer to beginning of Activity Section (#2) for dates and times to take part in this activity. Participants prepare a meal for themselves, a judge, and one or two guests, for a total of four people. Participants will:

- prepare
- serve food
- act as host/ hostesses
- clean up
- wash dishes and
- pack all belongings
- talk with the judge
- out of the kitchen within time limit

Bring:

- All foods,
- Utensils,
- Table settings,
- Completed 4-H Food Activity worksheet C1099E
<http://extension.wsu.edu/clark/4hyouthfamilies/clarkcountyfair/>
- Recipes
- Everything you need to prepare and serve the meal

Participants must provide judges with a written menu of the meal and identify the foods groups represented in the meal. Judge may ask participants questions during contest and afterward in an interview. Evaluation will be based on C1098E Score Sheet.

Dress appropriately for a foods contest. Appearance is part of judging for the contest. Maximum time allowed for snacks—1 1/2 hours; 2-3 hours for full meals.

Meals will be served to the judge, contestants, and their immediate families (or close friends agreeable to eating meals), as arranged by contestant.

4-H Food and Nutrition curriculum can be found and down loaded from:

<http://extension.wsu.edu/4h/publications/family/Pages/general.aspx?CatID=369>.

DIVISION 760: FOODS OF THE PACIFIC NORTHWEST ACTIVITY

Contact Person:

Nancy Peck
(360) 687-2312

Open to Juniors, Intermediates & Seniors

Points: Blue 20, Red 16, White 12.

Refer to beginning of Activity Section for dates and times to take part in this activity. This activity is open to Juniors, Intermediates and Seniors enrolled in the Foods of the Pacific Northwest projects.

1. Refer to bulletin EM4733E Food Activities Guidelines (4-H Supplemental Material) available at the WSU/Clark County Extension Office and online at <http://extension.wsu.edu/clark/4hyouthfamilies/clarkcountyfair/>
2. Contestants will bring completed 4-H Food Activity worksheet C1099E (<http://extension.wsu.edu/clark/4hyouthfamilies/clarkcountyfair/>) along with two copies of any recipes used. Prepare a dish which features an agricultural product produced in the Pacific Northwest. Set two place settings at the table (one for the judge and one for yourself). The place settings should be appropriate for the food served. The judge and contestant will taste

the dish. Change the type of food each year. Difficulty should be appropriate to the age and year in 4-H project.

3. Member will need to be prepared to discuss with the judge the preparation and quality of the food product; the educational display; and the nutritional, historical and cultural aspects of the agricultural product used in the activity. Be prepared to give presentation to public on educational display.

4. Intermediates and Seniors will be allowed up to three hours for completion of the entire activity. Juniors will be allowed two (2) hours for completion of the entire activity.

5. Food Activity score sheet will be used for evaluation

<http://extension.wsu.edu/clark/4hyouthfamilies/clarkcountyfair/>

4-H Project curriculum can be down loaded at:

<http://extension.wsu.edu/4h/publications/family/pages/project.aspx?PID=ECK>

DIVISION 790: PIE BAKING ACTIVITY

Contact Person:

Nancy Peck
(360) 687-2312

Open to 4-H Intermediates & Seniors.

Points: Blue 15, Red 10, White 6.

Kitchen Activity worksheet: <http://extension.wsu.edu/clark/4hyouthfamilies/clarkcountyfair/>

Refer to beginning of Activity Section for dates and times to take part in this activity.

Activity is open to all Intermediates and Seniors enrolled in a Foods Project. Participants are to prepare a pie of their choice to be judged. Bring all ingredients and materials needed. You will need to prepare your own piecrust and filling from scratch at the activity; no prepared piecrusts accepted. You will need to serve a slice of your pie to the judge.

Time allowed – up to 2.5 hours

DIVISION 805: SALAD ACTIVITY

Contact Person:

Nancy Peck
(360) 687-2312

Must be enrolled in a foods project

Open to Cloverbud, Juniors, Intermediates and Seniors

Read Kitchen Activities General Rules and Regulations.

Points: Blue 15, Red 12, White 9

1. Up to 1.5 hour including set up, cleanup, serving and talking to judge will be allowed, depending on complexity of salad prepared.

2. Participant must make the salad from beginning to end during activity. No prepared, pre-measured, or pre-cut items may be used. No Jell-O salads. Salad must be ready to serve and eat after preparation. Bring dressing if needed - bottled is fine.

3. The salad should demonstrate food preparation skills and knowledge appropriate for the age and experience of participant.

4. Participant must bring all food and equipment needed to prepare the salad and clean up. Bring table service or to serve judge and self. A stove, microwave, and refrigerator will be available.
5. Complete worksheet before arriving at activity, including day's menu. Include Nutrition balance in the menu, mix of colors, flavors, and textures will be considered. Provide judge with recipe. Be prepared to serve self and judge and discuss what was made, its nutritional value, and information on worksheet. 4-H Food Activity Worksheet C1099E (<http://extension.wsu.edu/clark/4hyouthfamilies/clarkcountyfair/>) is required to be filled out prior to activity.
6. Cloverbuds may make simple salads, such as green and cottage cheese. Fill out that portion of worksheet indicated for them. Read Kitchen Activities – General Rules and Regulations. They receive a Participation ribbon and no premiums. Member will receive help, training, and encouragement from judges during their activity.

DIVISION 810: FOOD PRESERVATION ACTIVITY

Contact Person:

Nancy Peck
(360) 687-2312

Read Kitchen Activities General Rules and Regulations.

Open to Juniors, Intermediates, & Seniors

Time allowed for activities:

- Food Drying – 1 hour
- Freezing – 1.5 hours
- Jams/Jellies – 1.5 hours
- Water bath – 2 hours
- Pressure Canning – check with Superintendent

CLASS & POINTS:

- | | |
|------------------------|---------------------------|
| A. Drying and Freezing | Blue 15, Red 12, White 9 |
| B. Water Bath | Blue 20, Red 15, White 12 |
| C. Pressure Canning | Blue 20, Red 15, White 12 |

Refer to beginning of Activity Section for dates and times to take part in this activity.

This activity is for those Juniors, Seniors and Intermediates who are enrolled in the Food Preservation Project. 4-H Juniors are limited to freezing and dehydration. The object of this activity is to demonstrate knowledge and skill in planning, selecting, and preparing food to be preserved. Member should be able to discuss and demonstrate safe food preservation methods. Processing methods should follow current USDA and WSU bulletin recommendations.

<http://extension.wsu.edu/4h/publications/family/pages/project.aspx?PID=ECC>

Bring all utensils, equipment, food, and materials needed to participate in the activity.

Note: Also **bring current PNW or USDA source booklets** used for canning method and processing time. Participants preparing jams or dehydration will prepare one batch; those doing water bath or pressure canning will process two pint or quart jars of produce.

A jar label is to be filled out and attached to each filled container. If container is too hot, make out the labels but do not attach.

All levels may advance to State Fair. Intermediates and seniors may participate as individuals or two person teams if preserving foods by water bath or pressure canner. They must be the same 4-H age group and if advance to the State Fair must participate in the same category individual or team (with the same person). Bring Kitchen Activity worksheet
<http://extension.wsu.edu/clark/4hyouthfamilies/clarkcountyfair/>

DIVISION 813: QUICK-TO-FIX MEALS ACTIVITY

Contact Person:

Nancy Peck
(360) 687-2312

Open to Juniors, Intermediates and Senior members. Individual or two-person team (county only).

Read Kitchen Activities General Rules and Regulations 4-H member must be currently enrolled in a 4-H Foods project.

<http://extension.wsu.edu/clark/4hyouthfamilies/clarkcountyfair/>

Points: Blue 20, Red 16, White 12

1. A completed 4-H Food Activity worksheet C1099E, can be downloaded from <http://extension.wsu.edu/clark/4hyouthfamilies/clarkcountyfair/> must be turned in at the beginning of activity.
2. The simple meal/snack should demonstrate food and kitchen safety, appropriate preparation skills, and knowledge appropriate for the age and experience of the youth.
3. Time limit is up to two (2) hours, including set up, serving meal, clean up and judge's interview.
4. Prepare a meal/snack for two people if individual (judge and 4-H member) or three people if team (judge and 2 team members). This is a simplified Foods for All Occasion activity.
5. Participant must bring all the food and equipment needed to prepare meal and clean up. Stove, microwave and refrigerator will be available for use. Provide own tablecloth/placemats, centerpiece.
6. Participant must provide judge with a written menu of the simple meal and identify the foods groups represented in the meal. Judge may ask participant questions during contest and afterward in an interview. Evaluation will be based on C1074.
7. For more information and suggestions for meals see WSU/4-H publications
EM3443 E – Dinner Is Served Dinner is Served (EM3443)
<http://extension.wsu.edu/clark/4hyouthfamilies/clarkcountyfair/> or
EM4733E Food Activity Guidelines
<http://extension.wsu.edu/clark/4hyouthfamilies/clarkcountyfair/>
or call Nancy Peck 687-2312.