

Food Skills Contests

4-H FOODS PREPARATION SKILLS

May 5-6, 2023 Crook County Open Campus Building

Junior Food Skills Division

County contest only

Junior Foods and Nutrition members (ages 9-11) may choose one of the following classes and will have 1 hour (60 minutes) to complete the contest. Judging criteria are outlined in the 4-H Food and Nutrition Contest Score Sheet, available at the county Extension office or on the State 4-H Website at <https://extension.oregonstate.edu/4h/state-fair#contests>. Contestants will also be judged on **personal appearance and attitude**.

RULES:

1. Participants will have 1 hour (60 minutes) for set-up, preparation, and cleanup. **For food safety, finished dishes prepared at home may not be brought and served at the contest.**
2. Participants must provide all ingredients and equipment except range, microwave oven, and refrigerator. (Disposable plates, cups and utensils will be provided.)
3. Participants should prepare one serving, recipe or batch of their food product.
4. Participants will provide the judge with a completed “Judges Information Form” available from the county Extension office before beginning.
5. The use of alcoholic beverages is not permitted.
6. The food should be displayed in an appropriate serving container (plate, bowl, glass, etc.)
7. Participants will serve a sample of the food to the judge.
8. Each participant will be interviewed by the judge and may be asked questions about basic nutrition, the Food Guide Pyramid, preparation techniques, food safety, etc.
9. Participants are expected to leave the kitchen clean — this will be part of the judge’s evaluation.
10. Junior members are not required to provide a poster of their recipe or a place setting.

511 700 031 Magic with Milk- Each participant is to prepare a food in which milk or milk based product is the main ingredient (such as a milk beverage, cream soup, milk dessert).

511 700 111 Junior Foods of the Pacific Northwest- Can be one of the following: Salad of approximately 2 servings of any type of green, fruit or other salad which may serve as part of a meal or as a snack; Sandwich, any type, typical 2 slices of bread with a filling, open face, toasted, etc.; Cookie, nutritious preferred; or Other after School Snack, any food or dish that does not fit into the salad, sandwich or cookie category that is nutritious and typically eaten as a snack.

NOVICE MEASURING

County contest only

The measuring contest is open to **1st year Junior** Foods and Nutrition and Food Preservation members only. Participants may be asked to measure a liquid, sugar, salt, flour, brown sugar, shortening, etc. Contestants will be judged on techniques, work habits, selection of equipment, **personal appearance and attitude**. Contestants will not have a formal individual interview with the judge but will receive general comments at the end of the contest.

511 700 211 Measuring Contest- Must be a first year junior foods member. A champion award will be given to the top competitor, ribbons given for all other placings.

Junior Quick Meal Challenge

County contest only

Participants must be enrolled in the Foods and Nutrition project. Each participant must prepare a nutritious meal for two in 30 minutes. The focus of the challenge is to demonstrate creativity, efficiency and cooking skills. Judging criteria are outlined in the 4-H Food and Nutrition Contest Score Sheet (511-17), available at the county Extension office or on the State 4-H website:

<http://oregon.4h.oregonstate.edu/special-events/state-fair/cm-contests>.

The guidelines for the contest are as follows:

1. Participants will have 15 minutes for set-up, 30 minutes for preparation and cooking, and 15 minutes for cleanup after sharing the meal with the judge. The preparation and cooking time is to be a maximum of 30 minutes. Participants must provide all ingredients and equipment except range, microwave oven, and refrigerator.
2. Participants should prepare breakfast, lunch or dinner for two people. For food safety finished dishes prepared at home may not be served or used as ingredients. Mixes or convenience ingredients such as pre-grated cheese may be included as ingredients but not as stand-alone dishes.
3. The use of alcoholic beverages that would be unlawful for a minor to purchase or possess is not permitted.
4. The food prepared must be displayed on a serving platter or tray, or in a dish, bowl, basket, etc.
5. Participants must also display two place settings which would be used in serving the food at a meal (include plates, tableware, napkin, glasses, tablecloth, placemat, or whatever is appropriate). A card table will be available for use. Participant will serve samples of the food to the judge.
6. All participants must provide the judge with a completed Mini Meal Contest Judge's Information Sheet (511-21) available from the county Extension Office or at, <https://extension.oregonstate.edu/4h/state-fair#Family> which includes cost and nutritional information for the meal. Recipes for each dish should be attached.
7. All participants must provide a poster (approximately 24" x 30") of the recipe to display in the preparation area. Posters will not be returned. Please include 4-H member's name, county and contest name on the poster.

8. Participants should be in appropriate dress for safe cooking and are expected to follow food and kitchen safety procedures. Participants are expected to leave the kitchen clean. This will be part of the judge's evaluation.
9. Meals will be judged on efficiency in the kitchen, creativity, nutrition, presentation, taste, cost effectiveness and food and kitchen safety.

Intermediate and Senior Food Skills Division

FOODS OF THE PACIFIC NORTHWEST

Participants must be enrolled in the Foods and Nutrition project. Each participant must prepare one food product. Judging criteria are outlined in the newly revised 4-H Food and Nutrition Contest Score Sheet (40-457), available at the county Extension office or on the State 4-H website: <https://extension.oregonstate.edu/4h/state-fair#contests>. There are two divisions in the contest, Intermediate and Senior. The following items apply to each division and class:

- 1. Contestants will be judged on personal appearance and attitude.**
- Participants will have one hour (start to finish) for set-up, preparation, and cleanup. Participants must provide all ingredients and equipment except range, microwave oven, and refrigerator. **If you go over the time, you will have points deducted.**
- Participants should prepare one recipe, one batch, etc., of the food product using at least two ingredients representative of the Pacific Northwest. Participants should select a food product that can be prepared within the time limit. For food safety finished dishes prepared at home may not be brought and served at fair. **Only yeast products which require proofing will be allowed extra time.** Proofing time is done with members out of the kitchen. Participants should not prepare the same recipe more than one year.
- The use of alcoholic beverages that would be unlawful for a minor to purchase or possess is not permitted.
- The food prepared must be displayed on a serving platter or tray, or in a dish, bowl, basket, etc. Participants must also display one place setting of the table service which would be used in serving the food at a meal (include plates, tableware, napkin, glasses, tablecloth, placemat, or whatever is appropriate). A card table will be available for each display. A centerpiece may be included if the participant wishes, but is not required.
- Participants will serve samples of the food to the judge and the public. Paper plates and plastic utensils will be provided by the Fair.
- All participants must provide the judge with a “Judges Information Form”,** available from the county Extension Office [or https://extension.oregonstate.edu/4h/state-fair#Family](https://extension.oregonstate.edu/4h/state-fair#Family). The judge will also ask questions regarding the Pacific Northwest food used, i.e., nutritive value, region produced, or season when most plentiful.
- All participants must provide a poster (approximately 24” x 30”) of the recipe to display in the preparation area. Posters will not be returned. Please include 4-H member’s name, county and contest name on the poster.**
- Participants are expected to leave the kitchen clean. This will be part of the judge’s evaluation.

DIVISIONS

511 601 012 Intermediate- One food product chosen from: Fruit or Vegetable Dish, Salad, Sandwich, Grain Product, Yeast Product, Dairy Product, Main Dish

511 601 013 Senior- One food product chosen from: Fruit or Vegetable Dish, Salad, Sandwich, Grain Product, Yeast Product, Dairy Product, Main Dish

Celebrate our World

Participants must be enrolled in the Foods and Nutrition project. Each participant must prepare one food product. Judging criteria are outlined in the 4-H Food and Nutrition Contest Score Sheet (40-457), available at the county Extension office or on the State 4-H website:

<https://extension.oregonstate.edu/4h/state-fair#contests>. The following items apply to each division and class:

1. Participants will have one hour (start to finish) for set-up, preparation, and cleanup. Participants must provide all ingredients and equipment except range, microwave oven, and refrigerator.
2. Participants should prepare one recipe, one batch, etc., of the food product focusing on the country or region of celebration. Participants should select a food product that can be prepared within the time limit. For food safety finished dishes prepared at home may not be brought and served at fair. Only yeast products which require proofing will be allowed extra time. Proofing time is done with members out of the kitchen.
3. The use of alcoholic beverages that would be unlawful for a minor to purchase or possess is not permitted.
4. The food prepared must be displayed on a serving platter or tray, or in a dish, bowl, basket, etc. Participants must also display one place setting of the table service which would be used in serving the food at a meal (include plates, tableware, napkin, glasses, tablecloth, placemat, or whatever is appropriate). A card table will be available for each display. A centerpiece may be included if the participant wishes, but is not required.
5. Participants will serve samples of the food to the judge and the public. Paper plates and plastic utensils will be provided by the Fair.
6. **All participants must provide the judge with a “Judges Information Form,”** available from the county Extension Office or at, <https://extension.oregonstate.edu/4h/state-fair#contests>. The judge will ask questions regarding the food and the country or region of focus.
7. All participants must provide a simple poster (approximately 24” x 30”) of the recipe to display in the preparation area. Posters will not be returned. Please include 4-H member’s name, county and contest name on the poster.
8. Participants are expected to leave the kitchen clean. This will be part of the judge’s evaluation.

2023 Celebrate our World: The Caribbean

To celebrate the diversity in our world, each year the Oregon 4-H project areas will focus attention on the cultures of a different country or region of the world. This special emphasis allows members to focus on learning about the country/region and the skills and techniques unique to that culture.

511 800 012 Intermediate - One food product inspired by the Celebrate our World country or region

511 800 013 Senior - One food product inspired by the Celebrate our World country or region

MINI-MEALS

There are two divisions in the contest, Intermediate and Senior. Within those divisions there are individual and team classes. Teams will consist of two members. If one team member is a senior and the other an intermediate, the mini-meal should be entered in the senior division.

4-H members enrolled in the Food and Nutrition and Food Preservation projects may have one entry in each division as long as different dishes are prepared for each. Each participant (or team) must prepare only two dishes. One must be a main dish and the other can be any other food which would either (a) make an entire meal if served together, or (b) be part of a larger meal if other foods were included.

The meal might be a breakfast, lunch, dinner, brunch, buffet supper, snack meal, party meal, etc. Members can utilize food products they have preserved. Judging criteria are outlined on the newly revised 4-H Food and Nutrition Contest Score Sheet (40-457), available at the county Extension office or on the State 4-H website at, <https://extension.oregonstate.edu/4h/state-fair#contests>.

The following items apply to each division and class:

1. Participants will have two hours (start to finish) for set-up, preparation, and cleanup. **If you go over the time, you will have points deducted.** Participants must provide all ingredients and equipment except range, microwave oven, and refrigerator. For food safety finished dishes prepared at home may not be brought and served at fair.
2. Participants should prepare one recipe, one batch, etc., of food product. No fixed number of servings is required.
3. The use of alcoholic beverages that would be unlawful for a minor to possess is not permitted.
4. The foods prepared must be displayed on a serving platter or tray, or in a dish, bowl, basket, etc. Participants must also display one place setting of the table service which would be used in serving the meal (include plates, tableware, napkin, glasses, tablecloth, placemat, or whatever is appropriate). A card table will be available for each participant to use for display. A centerpiece may be included if the participant wishes, but is not required.
5. Participants will serve samples of the food to the judge and the public. Paper plates and plastic utensils will be provided by the Extension office.
6. **All participants must provide the judge with a "Judges Information Form," available from the county Extension office, or at,**

<https://extension.oregonstate.edu/4h/state-fair#contests>. All participants must provide a poster (approximately 24" x 30") of the recipe to display in the preparation area.

7. Participants are expected to leave the kitchens clean. This will be part of the judge's evaluation.

DIVISIONS

511 602 012 Mini-Meal (Intermediate)

511 602 022 Mini-Meal (Team, Intermediate)

511 602 013 Mini-Meal (Senior)

511 602 023 Mini-Meal (Team, Senior)

Quick Meal Challenge

Participants must be enrolled in the Foods and Nutrition project. Each participant must prepare a nutritious meal for two in 30 minutes. The focus of the challenge is to demonstrate creativity, efficiency and cooking skills. Judging criteria are outlined in the 4-H Food and Nutrition Contest Score Sheet (511-17), available at the county Extension office or on the State 4-H website:

<https://extension.oregonstate.edu/4h/state-fair#contests>. The guidelines for the contest are as follows:

1. Participants will have 15 minutes for set-up, 30 minutes for preparation and cooking, and 15 minutes for cleanup after sharing the meal with the judge. The preparation and cooking time is to be a maximum of 30 minutes. Participants must provide all ingredients and equipment except range, microwave oven, and refrigerator.
2. Participants should prepare breakfast, lunch or dinner for two people. For food safety finished dishes prepared at home may not be served or used as ingredients. Mixes or convenience ingredients such as pre-grated cheese may be included as ingredients but not as stand-alone dishes.
3. The use of alcoholic beverages that would be unlawful for a minor to purchase or possess is not permitted.
4. The food prepared must be displayed on a serving platter or tray, or in a dish, bowl, basket, etc.
1. Participants must also display two place settings which would be used in serving the food at a meal (include plates, tableware, napkin, glasses, tablecloth, placemat, or whatever is appropriate). A card table will be available for use. Participant will serve samples of the food to the judge.
5. All participants must provide the judge with a completed Mini Meal Contest Judge's Information Sheet (511-21) available from the county Extension Office or at,
 2. <https://extension.oregonstate.edu/4h/state-fair#contests>. which includes cost and nutritional information for the meal. Recipes for each dish should be attached.
 6. All participants must provide a poster (approximately 24" x 30") of the recipe to display in the preparation area. Posters will not be returned. Please include 4-H member's name, county and contest name on the poster.
 7. Participants should be in appropriate dress for safe cooking and are expected to follow food and kitchen safety procedures. Participants are expected to leave the kitchen clean. This will be part of the judge's evaluation.

8. Meals will be judged on efficiency in the kitchen, creativity, nutrition, presentation, taste, cost effectiveness and food and kitchen safety.

511 605 012 Intermediate, breakfast, lunch or dinner meal for two

511 605 013 Senior, breakfast. Lunch or dinner meal for two

Clothing Contests

4-H CLOTHING SKILLS

May 5th & 6th

COCC Crook County Open Campus

510 SE Lynn Blvd

Prineville, OR 97754

County contest only

This contest is open to all members enrolled in a clothing project. Participants will be evaluated on use of appropriate techniques and use of equipment, efficient use of time, personal appearance and attitude.

General Rules:

1. Each contestant works independently.
2. Participants shall provide all their own equipment such as: scissors, pins, needles, measuring tape, thread, and they are encouraged to bring their own sewing machine. Extension office will provide steam irons, ironing boards, patterns, fabric, directions and tables.
3. Contestants will participate in the skill level in which they are enrolled.
4. Specific directions for each level are available from the 4-H office.
5. Adults will be present to answer questions during the contest.
6. Participants will be given time limits as outlined below.
7. All skills needed for contest can be found in Let's Sew.

Clothing Contest

320 700 110 Level 1- Pattern/Button — Recommended time: 1 hour

320 700 120 Level 2- Drawstring Bag with Casing — Recommended time: 1 hour

320 700 130 Level 3- Darts & Centered Zipper — Recommended time: 1 ½ hours

320 700 210 Level 4- Collar — Recommended time: 1 ½ hours

320 700 220 Level 5- Seams — Recommended time: 1 ½ hours

320 700 230 Level 6- Lined Vest — Recommended time: 1 ½ hours

320 700 310 Level 7- Bound Buttonhole — Recommended time: 1 ½ hours

320 700 320 Level 8- Matching Plaids — Recommended time: 1 ½ hours

320 700 330 Level 9- Cap sleeves – Recommended time: 1

Sewing Contest Tips

*Bring your own Machine, thread, notions. While some of these things will be provided, don't take any chances!

*Know how to change the bobbin, thread and do basic adjustments on your machine.

*Practice your pattern ahead of time and be sure you understand all the instructions.

4-H KNITTING & CROCHETING SKILLS

May 5th & 6th, 2023

COCC Crook County Open Campus

County contest only

This contest is open to all members enrolled in knitting and crocheting projects. Each member shall provide his/her own hooks (size J) or needles (size 8) such as those used in the project and 4-ply yarn, etc. Written directions will be available at the contest and from county Extension offices. Members may participate in the skill level activity which corresponds to the project level they are enrolled in.

KNITTING CONTEST

Fill in the blank in class number with corresponding number below:

- _1 Junior
- _2 Intermediate
- _3 Senior

Recommended time for phases 1, 2 and 3 is 30 minutes.

360 700 01__ PHASE 1- Garter Stitch Pattern

360 700 02__ PHASE 2- Knit bias binding showing how to increase and decrease stitches.

360 700 03__ PHASE 3- Knit a sample that includes picking up stitches.

Recommended time for phases 4, 5, 6 and 7 is 45 minutes.

360 700 04__ PHASE 4- Knit a sample with a cable stitch or multiple pattern.

360 700 05__ PHASE 5- Knit a pattern using two colors.

360 700 06__ PHASE 6- Knitted Edge

360 700 07__ PHASE 7- Create your own original pattern using skills learned from previous phases. Chart your pattern on graph paper and knit a 5" by 5" square showing your original design.

CROCHETING CONTEST

Fill in the blank in class number with corresponding number below:

- _1 Junior
- _2 Intermediate
- _3 Senior

Recommended time for phases 1, 2 and 3 is 30 minutes.

370 700 01__ PHASE 1- 4"x4" square

370 700 02__ PHASE 2- Old American Granny Square

370 700 03__ PHASE 3- Bi-color Octagon

Recommended time for phases 4, 5, 6 and 7 is 1 hour.

370 700 04__ PHASE 4- Popcorn Stitch

370 700 05__ PHASE 5- Afghan or Tunisian Crochet

370 700 06__ PHASE 6- Create your own original design

4-H Fashion Revue

Clothing, Knitting, Crocheting

May 5th & 6th, 2023

COCC Crook County Open Campus

County contest only

FASHION REVUE

Contestants must be enrolled in a clothing, knitting, or crocheting project and model a garment made in the project. Judging criteria are outlined on the *Style Revue Score Card* (320-05), available at the county Extension office or on the State 4-H website at:

<https://extension.oregonstate.edu/4h/state-fair#Live> fabric samples attached. Participants should bring their garments at the time they are scheduled for Fashion Revue judging.

Intermediate and Senior Participants will give a 1 – 2 minute introduction of self. This informal talk is a chance for the participant to share a bit about themselves with the audience and could include information such as other 4-H projects in which they are involved, more about their sewing and clothing project adventures, hobbies they enjoy, favorite activities, or even life goals etc. This sharing session is to be at least one minute in length and no more than 2 minutes. All participants will give a 1-2 minute presentation to the judge. This informal talk should include information about the item they made, type of material, care of material, challenges, what like or dislike about the garment....

CLOTHING FASHION REVUE

320 600 001 Junior (county contest only)

320 600 002 Intermediate

320 600 003 Senior

***CROCHETING FASHION REVUE**

320 500 111 Junior

320 500 112 Intermediate

320 500 113 Senior

***KNITTING FASHION REVUE**

360 700 111 Junior

360 700 112 Intermediate

360 700 113 Senior

*County Contest Only

FASHION REVUE CHALLENGE

The 2022 Fashion Revue Challenge is *Fashion Through the Ages*. The challenge is to choose a decade (50's, 60's, 70's, 80's, 90's, etc.) from the last century (1900s) and create an outfit that represents that era. These garments may be created out of fabric, non-fabric, or recycled products. Criteria includes: 1) Creativity!, 2) At least 50% of the garment must include sewing (could be hand sewing), knitting and/or crochet skills, 3) A photo of the original item(s) must be included along with a photo of the new creation.

Participants will bring their garments and items with them on the day of their scheduled judging. Participants must bring a completed **Fashion Revue Challenge information card (320-10)**, **a photo of the item being worn**, and a **typed commentary (100-150 words)** to be read when they model during the judging and during the public revue. The typed description should be on a **regular 8 ½ x 11 sheet of white paper, double spaced, in 14 pt Times New Roman font**. The typed description should not include information that would be considered too personal (i.e. size of garment or something really embarrassing) nor provide too much private information (address, town, school, etc.) as these commentaries are read in a public setting. Commentaries should primarily focus on the construction, purpose of the garment, and the experience when creating the garment.

Since the commentary is focused on the garment, participants will give a 1 – 2 minute introduction of self as part of the interview judging process. This informal talk is a chance for the participant to share a bit about themselves with the judge and could include information such as other 4-H projects in which they are involved, more about their sewing and clothing project adventures, hobbies they enjoy, favorite activities, or even life goals. This sharing session is to be at least one minute in length and no more than 2 minutes and given to the judge at the beginning of the interview process. Following the 1-2 minute session, judges will interview the contestant and may ask the participants to explain decisions they made.

Judging criteria are outlined on the *Fashion Revue Evaluation Sheet (320-05)* available at the county Extension office or on the State 4-H website. To qualify for a ribbon, a member must participate in both the judging and public revue.

320 600 005 Junior (County Only)

320 600 006 Intermediate

320 600 007 Senior

Open to ALL 4-H Youth

READY TO WEAR

Participants may combine newly purchased clothing with up to two items or accessories they already own to present a “Total Look” including shoes and accessories. Newly purchased items, including accessories, must make up a least half of the items in the outfit. Cost of newly purchased clothing including accessories is limited to a **total of \$25 or less.**

All Participants, including Public Fashion Revue, will bring their garments with them on the day of their scheduled Revue. Participants must bring a completed **typed commentary (100-150 words)** to be read when they model during the judging and during the public revue. The typed description should be on a **regular 8 1/2 x 11 sheet of white paper, double spaced, in 14 pt Times New Roman font.** The typed description should not include information that would be considered too personal (i.e. size of garment or something really embarrassing) nor provide too much private information (address, town, school, etc.) as these commentaries are read in a public setting.

Contest Participants only Intermediate and Senior Participants will give a 1 – 2 minute introduction of self. This informal talk is a chance for the participant to share a bit about themselves with the audience and could include information such as other 4-H projects in which they are involved, more about their sewing and clothing project adventures, hobbies they enjoy, favorite activities, or even life goals etc. This sharing session is to be at least one minute in length and no more than 2 minutes. All participants will give a 1 -2 minute presentation to the judge. This informal talk should include information about the item they made, type of material, care of material, challenges, what like or dislike about the garment....

Participants should also bring a copy of the *Fashion Revue Ready to Wear Information Card* (320-08) information sheet with fabric samples attached. Participants should bring their garments at the time they are scheduled for Fashion Revue judging.

Judging criteria are outlined on the *Fashion Revue Ready to Wear Evaluation Sheet* (320-07) available at the county Extension office or on the State 4-H website at:
<https://extension.oregonstate.edu/4h/state-fair#Live>

Judging will include an interview where judges may ask the participants to explain decisions they made in selecting the items they purchased.

320 600 006 Junior (County Only)

320 600 004 Intermediate

320 600 005 Senior

My Favorite Outfit (COUNTY ONLY)

“My Favorite Outfit” is open to all 4-H members. The outfit may be entirely purchased or a combination of purchased and self-made pieces. Only one outfit may be entered in and will be modeled by the member at the County Fair Fashion Revue. An article may be entered in one class only. Judging criteria is the same as Clothing Fashion Revue, with special emphasis on consumerism skills.

330 400 001 Junior**330 400 002 Intermediate****330 400 003 Senior**