



Oregon State
University

EXTENSION SERVICE
CLATSOP COUNTY

2001 Marine Drive
Room 210
Astoria, Oregon 97103

2024

FROM: Sandra Carlson
4-H Program Coordinator

SUBJECT: Home Ec Skills Contest

Information for the 2024 (FCS) Home Economics Skills Contests is enclosed. This year the contest will be held on Thursday, June 20, at the Jewell School Culinary Room. The skills contest includes Food Preparation and Mini Meal, and this year we will be adding back a sewing component. These contests allow the youth to demonstrate their skills in front of a judge.

Enclosed you will find the registration form for the Skills Contests. Please circle the contest(s) you wish to participate in. Registration deadline is June 12.

If you have any question, please call Sandra at 503-325-8573.

Sincerely,
Sandra Carlson
Sandra Carlson
4-H Coordinator

Agriculture, Family and Community Development, 4-H Youth, Forestry, Energy, and Extension Sea Grant programs. Oregon State University, United States Department of Agriculture, and Clatsop County cooperating. The Extension Service offers its programs and materials equally to all people.

Just so you know...

If you are using the oven, PLEASE KEEP AN EYE ON THE OVEN THERMOMETER. We have not used these ovens before, so we do not know their accuracy. We will turn them on and test them while we are setting up.

- 1) You will want to check the temp before you begin and ask for help to adjust it if needed.
- 2) Check it again half way through to make sure it has not changed temperature!

We apologize for this oven inconvenience; however, this process is something that is part of a cooking routine and cooking management.

4-H Home Economics Skills Contest
Information Sheet
Thursday, June 20, 2024
Jewell School Culinary Room

Participants scheduled between 9 AM – 3:00 PM—will go later if needed

4-H members must be enrolled in the foods or sewing project area to be eligible to enter. Members may participate in one class per area within their appropriate age division. (“Divisions” include Cloverbuds; Juniors; Intermediates; and Seniors.)

Intermediates and seniors who qualify are eligible for State Fair participation in Food Preparation and Mini-Meal Contests in one class only.

Enclosed are Guidelines for each contest with classes or categories.

Ribbons and premiums are paid when other fair premiums are paid.

Be sure to return the Registration Form on or before June 12, 2024



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Accommodation requests related to a disability should be made two weeks prior to the event to Sandra Carlson, (503) 325-8573, sandra.carlson@oregonstate.edu.

This publication will be made available in an accessible alternative format upon request. Please contact Sandra Carlson, (503) 325-8573, sandra.carlson@oregonstate.edu

4-H Foods Skills Contest

June 20 (Registration deadline June 12)

Jewell School, 9am to 3pm.

You will receive a time window for your contest after you register.



Name _____ Phone _____

Club _____ Age Cloverbud Junior Intermediate Senior

Indicate time conflicts between 9 am—3 pm _____

Food Contests: Members can do Food Prep and/or Mini Meal for their age division

Food Preparation Contest

Cloverbuds (pick one)

- No Cook Dessert
- No Cook Sandwich
- No Cook Snack
- No Cook Breakfast

Junior (can do measuring + 1 other)

- Measuring (1st year only)
- Muffin/Biscuit
- Cake
- Salad
- Sandwich
- Fruit or Vegetable Dish

Intermediate or Senior (please mark dish)

- Fruit or Vegetable Dish
- Salad
- Sandwich
- Grain Product
- Yeast Product
- Dairy Product
- Main Dish
- Celebrate Our World (One food product inspired by Central America)

Mini Meal Contest (mark one)

- Junior Food Mini Meal
- Junior Food Mini Meal-Team
- Intermediate Food Mini Meal
- Intermediate Food Mini Meal-Team
- Intermediate Food Mini Meal-Celebrate our World

- Senior Food Mini Meal
- Senior Food Mini Meal-Team
- Senior Food Mini Meal-Celebrate our World

Clothing Skills Contest

- Cloverbud
- Contest 1 Jr/1st Year
- Contest 2 Int./Sr

Return by June 12 to:

Sandra.carlson@oregonstate.edu

Or call/mail/drop off at the
Extension Office at:
2001 Marine Drive, Rm 210
Astoria, OR 97103

Questions? 503-325-8573

MINI-MEAL CONTESTS

Guidelines

There are three divisions in the contest, Junior, Intermediate and Senior. Within the Int. & Sr. 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 in each. Each participant (or team) must prepare only two dishes. (Juniors may prepare one dish, a main dish, which would be part of a larger meal). 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. Judging criteria are outlined on the 4-H Food and Nutrition Contest Score Sheet (511-17), available at the county Extension office or on the State 4-H website.

Members will be expected to know what the food groups for the meal are (ie. where is the protein and benefits of it? Where is the dairy? etc. A meal has 3 or more food groups, so they should keep this in mind when planning their menu.)

Food safety is important! Remember to wash your hands, be careful not to cross contaminate your foods (don't cut raw meat with your knife and then use it to spread butter), use a meat thermometer, and remember to keep your hands off your hair and face while cooking. Tie back hair if applicable.



Just before you begin setting up, all participants must provide judge with:

All participants must provide the judge with a “Foods of the PNW Judge’s Information Form,” available from the county Extension office, or at, <https://extension.oregonstate.edu/4h/state-fair#contests>

All participants must provide a poster (22” x 28”) of the recipe to display in the preparation area. Posters will be returned.

The following items apply to each division and class:

1. Juniors will have one hour and Intermediates and Seniors will have two hours for set-up, preparation, and cleanup.
2. Participants should prepare recipe, 1 batch, etc. of the food product. (One item being the main course). No fixed number of servings is required. Participants must provide all ingredients and equipment except range, microwave, and refrigerator. For food safety, finished dishes prepared at home may not be brought and served at fair.
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, 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 (includes plates, tableware, napkins, glasses, tablecloth, placemat, or whatever is appropriate.)

A centerpiece is optional, but is not required. We will have a table available; however, you may provide your own card table for the place setting if you wish.

5. Participants will serve samples of the food to the judge. Any left overs will go to the audience for tastes. Paper plates and utensils will be provided.
6. Participants are expected to leave the kitchens clean. This will be part of the judge’s evaluation.

(Continue)

Mini-Meal Contest (cont.)

A very general outline of the task sequence to be used in preparing the foods.

For example:

1. Prepare pizza
2. Put pizza in oven
3. Make salad dressing
4. Make salad

The purpose is to give a general idea of time management.

Junior Division

511672011 Junior Mini Meal

511672021 Junior Mini Meal Team

Intermediate Division

Selections will be made for State Fair

511602012 Intermediate Mini Meal

511602022 Intermediate Mini Meal Team

511800012 Intermediate Celebrate our World

Senior Division

Selections will be made for State Fair

511602013 Senior Mini Meal

511602023 Senior Mini Meal Team

511800023 Senior Celebrate our World

Food Preparation Contest (Foods of the Pacific Northwest Contest)

Guidelines

(4-H members enrolled in a Foods Project are eligible to enter.) **All participants must provide the judge with a “Foods of the PNW Judge’s Information Form,”** available from the county Extension office, or at, <https://extension.oregonstate.edu/4h/state-fair#contests>

The following items apply to each division and class:

- 1.) Participants will have one hour for set-up, preparation, and cleanup. Participants must provide all ingredients and equipment (including food thermometer if applicable) except range, microwave, and refrigerator. (Cloverbuds, 30 minutes)
- 2.) Participants should prepare 1 recipe, 1 batch, etc. of food product using at least 2 foods 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. Participants may not prepare the same recipe more than one year.
- 3.) The use of alcoholic beverages that would be unlawful for a minor to possess is not permitted.
- 4.) The food prepared must be displayed on a serving platter, 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 meal (include plates, tableware, napkin, glasses, tablecloth, placemat, or whatever is appropriate). A centerpiece may be included if the participant wishes but is not required. A card table may be brought for the place setting if they wish, but table space will be provided.
- 5.) Participants will serve samples of the food to the judge. Any left overs will go to the audience for tastes. Paper plates and utensils will be provided.
- 6.) All participants must provide the judge with a “**Judges Information Form**”. The judge will also ask questions regarding the Pacific Northwest food used; i.e., its nutritive value, region produced or season when most plentiful.
- 7.) Provide a (22” x 28”) **poster** of the recipe to display in their preparation area.
- 8.) Please know the nutritional value of your food product. Members will be expected to know what the food groups for the meal are (ie. where is the protein and benefits of it? Where is the dairy? etc.
- 9.) Participants are expected to leave the kitchens clean. This will be part of the judge’s evaluation.



FOOD SAFETY

Keep it clean. – Work surfaces, members’ hands, and all equipment need to be clean. A disinfectant will be available at each work station. Please use on the work surfaces before and after you prepare food. Containers used to transport ingredients or equipment can not be placed on the counters. It is quite likely they have been on some surface that was not really food clean during transport. Remember to wash your hands, be careful not to cross contaminate your foods (don’t cut raw meat with your knife and then use it to spread butter), use a meat thermometer, and remember to keep your hands off your hair and face while cooking. Tie back hair.

Control the temperature. – While transporting to the contest or waiting for your turn, ingredients should be held at a safe temperature. For some foods this means refrigeration or putting ice in the cooler. Use a thermometer in the cooler to determine if it is actually cold enough. Safe refrigerator temperature range is from 32° to 40°F. (There is a refrigerator available at the school.) Use a thermometer to test the final heat in the center of baked casserole dishes. The minimum temperature for safety is 165°F for casseroles without raw meat. All foods must be prepared and cooked in front of the judge.

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Food Preparation Contest (cont.)

Cloverbud: (Please select one of the four listed below.)

No Cook Dessert

No Cook Snack

No-Cook Sandwich

No Cook Breakfast

Junior Division:

511671011 **Measuring Contest** (for first year Juniors in Foods)

Each participant will measure the following ingredients: water, flour, white and brown sugar, shortening or softened butter, and salt. **PLEASE BRING ABOUT 2 CUPS OF THESE INGREDIENTS.** (Water is available at the contest site). **ALSO bring** measuring cups, spoons and utensils.

(Informational handouts on measuring available at the Extension office for preparation)

DO NOT FORGET TO BRING YOUR INGREDIENTS TO MEASURE AND UTENSILS TO MEASURE WITH

511671021 (choose only one of those listed below)

- **Muffin/Biscuit Baking Contest** Must be prepared from scratch (no mixes)
- **Salad Contest**
- **Cake Contest**, one layer
- **Sandwich Contest**
- **Fruit or Vegetable Dish**

Intermediate (511601012) and Senior Division (511601013):

Selections for State Fair. Pick one of the following....

- **Fruit or Vegetable Dish**
- **Sandwich**
- **Grain Product** (at least one cup of a grain product)
- **Yeast Product** (at least one cup of a wheat product)
- **Dairy Product** (at least one of the main ingredients is a dairy product)
- **Main Dish** (includes red meat, pork, poultry, seafood or protein alternative)
- **Salad**



Intermediate (511800012) Celebrate our World Food Prep; Focus Central America, 2024

Senior (511600013) Celebrate our World Food Prep; Focus Central America, 2024

Awards in Food Preparation Contests

Special county fair awards are provided by donors listed below:

(Recipe must include at least 1 cup of dairy products to qualify.)

CHANGE: Does not include butter or cream because of calcium value. Must be individuals not teams.

Junior, Intermediate, and Senior Food Preparation Contest (food prepared emphasizes dairy foods)

Highest Blue Award in each division \$30.00

2nd Highest Placing Award in each division \$20.00

Donor: Oregon Dairy Women, Sponsor

Myrtle Young Foods Skills Contest Awards

A gift will be awarded to the top individual in each division (Jr., Inter. and Sr.) as chosen by the judge. Selection will be made from all Foods Skills contests (Food Preparation and Mini-Meal).

For State Fair

Intermediate and Senior Division - Each county may enter as many blue ribbon participants as the judge qualifies.

Food Contest Hints

1. Be sure to have your own set of recipes, task sequence separate from the *Judge's Information Sheet*.
2. The box of equipment and ingredients should not be placed on the counter even to unload.
3. Wash hands before starting the contest.
4. Wear an apron and make sure your hair is tidy and/or tied back; use potholders for hot food.
5. Wipe off the counter area with a sponge or clean damp cloth before starting the contest. Bleach water will be available.
6. Bring extra trays so when you work you have: A. Supplies on tray; B. Used supplies on tray. C. Dirty Dishes on a separate tray
7. Bring a small paper bag (lined with plastic if trash will be wet) for garbage; tape it to the counter.
8. If you have any questions, ask the clerk.
9. All recipes, menus, costs, etc. should be given to the judge on a Judge's Information Sheet provided in advance by the 4-H Office.
10. Use small containers to hold salt, baking powder, etc., not pre-measured.
11. Measure salt, vanilla, etc over a small cup, not over the mixture in the bowl.
12. Use correct equipment for measuring liquid and dry ingredients.
13. Use large enough containers to scoop flour out of, etc.
14. Use a spatula, knife, or straight edge utensil to level off the flour
15. Sift flour onto a piece of waxed paper.
16. Crack eggs with a knife into a custard cup before adding to the mixture.
17. Grease baking pans before you start mixing.
18. If making a baking powder or soda product, check the oven racks and turn oven on before you start, because in these products the leavening begins working as soon as liquid is added.
19. When putting things in the oven, open the door quickly so as not to cool the oven.
20. Don't stand directly in front of the oven door when opening it as sometimes steam comes rushing out when the door is first opened.
21. Turn pot and pan handles away from the edge of the stove and other burners.
22. Wash equipment before putting back in box. Clean up work area, remove everything except cooling racks for food, so the next group can come in and set up.
23. Bring containers for grease from frying pan.
24. Fruits and vegetables can be washed at home, but should be cut at contest.
25. Use a cutting board. Do not cut in hands, peel away from you.
26. Drain lettuce and pat lightly before putting in salad or putting on a salad plate.
27. Use a rubber scraper to get ingredients out of the bowl.
28. Bring your own cooler for foods that need to be kept cold if you can, because of lack of refrigerator space and number of participants.
29. If you do use the refrigerator, put a label with masking tape on your container w/ your name and 4-H on it.
30. Bring your own timer. Timers on stoves do not always work.
31. If you are in several contests and have several boxes, it is a good idea to have all the equipment that is needed in each box. If you do not have duplicate equipment at home, try to borrow equipment from a relative or neighbor.
32. To keep from losing equipment and ingredients, cover and tape your box closed and put your name on the box. When finished, put the box in your car.

33. If you make a product that does not fit the specifications of the food preparation contest (such as Krum cake) and if the product is championship quality – the champion ribbon is forfeited. However, it could be made as part of the mini-meal, if you do the mini-meal contest.
34. Bring wax paper over which to measure ingredients.
35. First and foremost fill sink with warm soapy water in which to wash dishes.
36. Then wash the entire kitchen top area including the stove.
37. Turn off oven when done.
38. Be sure to leave the kitchen in better condition than you found it.
39. Provide a copy of the recipe that you are using to the judge.
40. Have a complete table setting.
41. Have a poster for each menu item, including information with ingredients and instructions.
42. Use the 4-H Foods Recipe Card to put your recipe on and make 3 copies, for yourself, judge, 4-H office.
43. Unpack your items onto trays (like a cookie sheet or such) if doing more than one content, pack each contest in a different box.
44. Bring the Judge your Judge's sheets before you begin.
45. Know your nutrition – what is in your food and what it does for you.

Food Contest Check List

Use this list to help you remember to pack all the equipment and ingredients you will need for each contest.

- _____ can for grease
- _____ measuring cups
- _____ mixing equipment
- _____ measuring spoons
- _____ cutting board
- _____ knife, sharp
- _____ knife, tableware
- _____ spatula
- _____ wash cloth, dish towel, soap
- _____ small paper or plastic bag & tape (for garbage)
- _____ trays for supplies – clean & dirty
- _____ pot holders
- _____ apron
- _____ cooling racks
- _____ baking pans
- _____ bowls, cups
- _____ wax paper
- _____ paper towels
- _____ pastry brush
- _____ flour sifter
- _____ vegetable peeler & brush
- _____ cost estimates
- _____ serving utensils
- _____ OTHER SPECIAL EQUIPMENT
- _____ Extra containers to take food home; hot foods/cold foods
- _____ ingredients packed in box (check frig)
- _____ completed **Judge's Information Sheet**
- _____ meat thermometer (if applicable)
- _____ table setting
- _____ timer



Safety Reminders

-  Don't put your travel box on the counter when you get into your kitchen area.
-  Keep all food that needs to be in the refrigerator or cooler in the refrigerator or cooler until you need to use it.

JUNIOR MINI MEAL

4-H MINI-MEAL CONTEST

Judge's Information Form

Division: () JUNIORS ONLY

Class: () Individual Food Preparation
() Team Food Preparation

Your Name _____

MENU

Food Group	Menu Items

TASK SEQUENCE

INTERMEDIATE/SENIOR MINI MEAL

**4-H Mini Meal Contest
Judge's Information Form**

Division: () Intermediate
() Senior

Class: () Mini Meal Individual
() Mini Meal Team
() Quick Meal Challenge

Your Name _____ County _____

MENU

Main Food Group	Menu Items	Cost Per Serving*

Cost per person for entire meal (add cost per serving of each menu item) \$

*Calculate using the procedure indicated on the next two pages for each contest food. If the menu contains foods not prepared as part of the contest, estimate the cost per serving and also enter in this column.

TASK SEQUENCE

A very general outline of the task sequence in preparing the foods. For example: (1) Prepare pizza; (2) Put pizza in oven; (3) Make salad dressing; (4) Make salad. Use a separate line for each task.

Name of Recipe

List of Ingredients and Amounts	Estimated Cost (market prices)
	\$
	\$
	\$
	\$
	\$
	\$
	\$
	\$
	\$
	\$
Total:	\$
<p data-bbox="203 867 795 1071">Participants using home preserved food should indicate which ingredients were home processed by participant and the appropriate processing information (name of product, processing method and processing time.)</p>	<p data-bbox="906 867 1177 903">Number of Servings:</p>
	<p data-bbox="943 926 1177 961">Cost Per Serving: \$</p>

(Total cost divided by number of servings)

Recipe Directions:

Name of Recipe _____

List of Ingredients and Amounts	Estimated Cost (market prices)
_____	\$ _____
_____	\$ _____
_____	\$ _____
_____	\$ _____
_____	\$ _____
_____	\$ _____
_____	\$ _____
_____	\$ _____

Total: \$ _____

Participants using home preserved food should indicate which ingredients were home processed by participant and the appropriate processing information (name of product, processing method and processing time.)

Number of Servings: _____

Cost Per Serving: \$ _____

(Total cost divided by number of servings)

Recipe Directions:

Menu(s)

Plan a menu for one meal in which the food you are preparing might be served. Identify each food on the menu by food group.

Food Group	Menu

INTERMEDIATE/SENIOR FOOD PREP

**"Foods of the Pacific Northwest"
Judge's Information Form**

One food product chosen from:

- | | | | | | | |
|-----------|--------------------------|--------------|--------------------------|-------------------------|--------------------------|---------------|
| Division: | <input type="checkbox"/> | Intermediate | <input type="checkbox"/> | Fruit or Vegetable dish | <input type="checkbox"/> | Dairy product |
| | <input type="checkbox"/> | Senior | <input type="checkbox"/> | Salad | <input type="checkbox"/> | Yeast product |
| | | | <input type="checkbox"/> | Sandwich | <input type="checkbox"/> | Main dish |
| | | | <input type="checkbox"/> | Grain product | | |

Your name _____ County _____

Name of Recipe _____

List of Ingredients and Amounts	Estimated Cost (market prices)
	\$
	\$
	\$
	\$
	\$
	\$
	\$
	\$
	\$
	\$

Recipe Directions:	Total Cost:	\$
	Number of Servings:	
	Cost Per Serving: <small>(Total cost divided by number of servings)</small>	\$

Continue on back of page if necessary

Menu(s)

Intermediates: Plan a menu for one meal in which the food you are preparing might be served. Identify each food on the menu by food group.

Seniors: Plan menus for three meals during a day the food you are preparing might be served. Identify each food on the menu by food group.

Food Group	Menu

Food Group	Menu

Food Group	Menu

Foods of the Pacific Northwest

Here is a list of some of the foods that are grown in the Pacific Northwest. This is not a complete list, but a starting point.

PROTIEN

- Beef
- Pork
- Chicken
- Clams
- Shrimp
- Crab
- Salmon
- Walnuts
- Sunflower Seeds
- Hazelnuts

FRUITS

- Peaches
- Cherries
- Apples
- Plums
- Kiwi
- Strawberries
- Berries (blackberries, huckleberries, raspberries, etc.)

VEGETABLES

- Corn
- Mushrooms
- Tomatoes
- Green Beans
- Kale
- Chard
- Cabbage
- Lettuce
- Onions
- Garlic

DAIRY

- Butter
- Milk
- Cream
- Sour Cream

OTHER

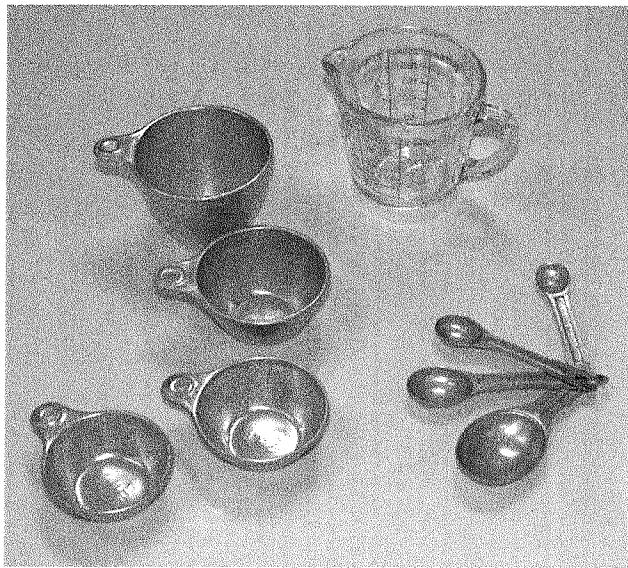
- Honey



EFNEP-113

How to Measure Ingredients for Recipes

Standard Measuring Cups and Spoons



Standard **dry** measuring cup set

1 cup

1/2 cup

1/3 cup

1/4 cup



Standard **liquid** measuring cups

1 cup

2/3 cup

1/2 cup

1/3 cup

1/4 cup



Tips for measuring

- Measure ingredients the correct way.
- Use standard measuring cups and spoons if you have them.
- Check your recipe for ingredients you need.

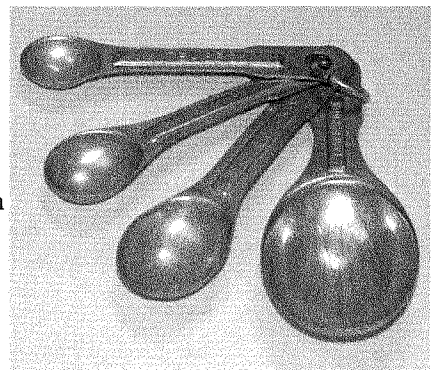
Standard measuring **spoon** set

1/4 teaspoon

1/2 teaspoon

1 teaspoon

1 tablespoon



Using Measuring Cups

How to Measure Solid Fats

- 1 Take fat out of the refrigerator. Let it get almost soft. Spoon fat into cup of right size. Press fat to bottom of cup using the back of a spoon.
- 2 Press each time you add fat. Fill cup heaping full.
- 3 Level the cup using a spatula or knife.



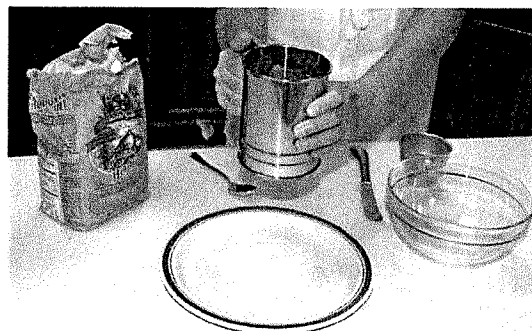
Solid fats measured this way

- butter
- margarine
- shortening



How to Measure Sifted Flour

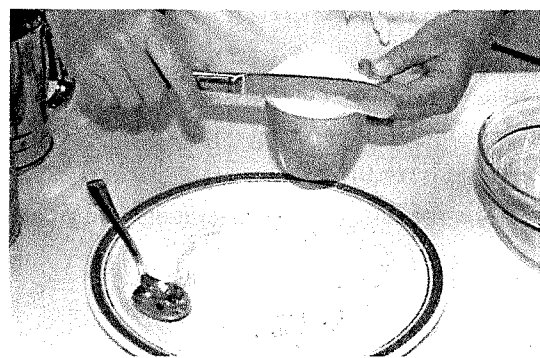
- 1 Sift flour onto a plate or waxed paper.



- 2 Spoon sifted flour into cup of right size. Fill cup heaping full. **Do not shake the cup.** This will pack the flour.



- 3 Level the cup using a spatula or knife.



Tips for measuring

- Some flour you buy is **pre-sifted**. Do not sift it.
- Measure **pre-sifted** flour the same way you measure **sifted** flour.

How to Measure Unsifted Flour

- 1 Spoon flour into cup of right size. Fill cup heaping full. **Do not shake the cup.** It will pack the flour.



- 2 Level the cup using a spatula or knife.



- 3 Take out some of the flour. This will make it like measured sifted flour.

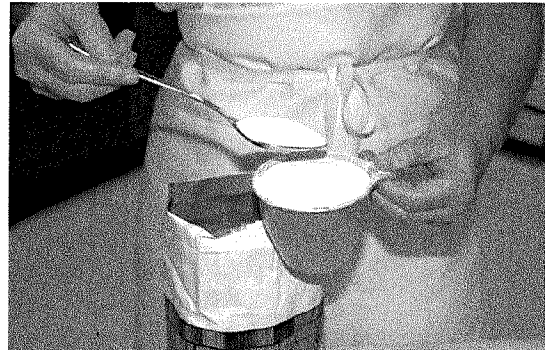
Tips for measuring

- Take out 2 level tablespoons from 1 cup.
- Take out 1 level tablespoon from ½ cup.
- Take out 1½ level teaspoons from ¼ cup.

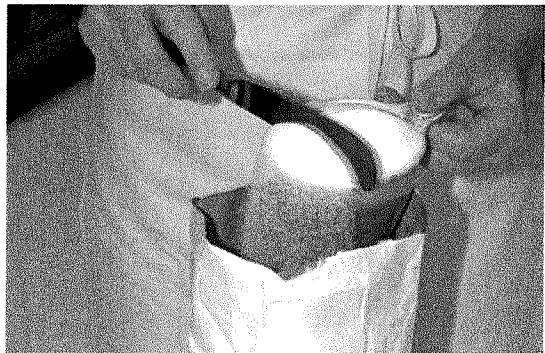


How to Measure White Sugar

- 1 Spoon sugar into cup of right size. Fill cup heaping full.



- 2 Level the cup using a spatula or knife.



Other dry ingredients measured this way

- corn meal
- rolled oats
- nonfat dry milk
- rice
- grits
- macaroni

How to Measure Brown Sugar

- 1 Spoon brown sugar into cup of right size.

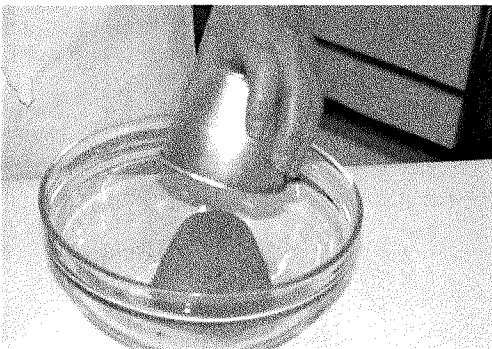


- 2 Press sugar to bottom of cup using the back of a spoon. **Press each time you add sugar.** Fill cup heaping full.



- 3 Level the cup using a spatula or knife.

- 4 Take sugar out of cup.
It should be firm.

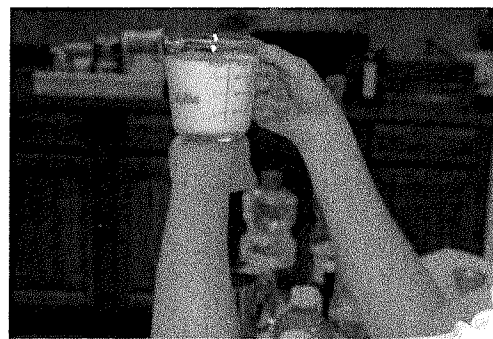


How to Measure Thin Liquids

- 1 Put cup on table or flat surface.
Add liquid to the right mark on cup.



- 2 Read measurement at **eye level.**



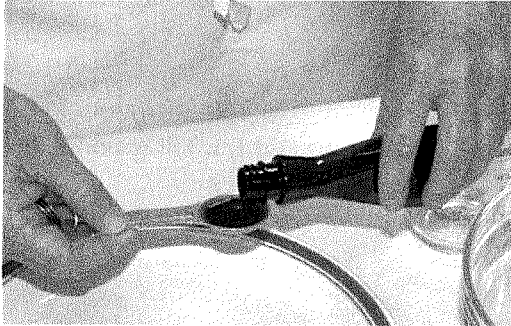
Thin liquids measured this way

- fruit juices
- water
- cooking oil
- milk



How to Measure Thin Liquids

- 1 Fill spoon of right size with liquid.
- 2 Fill it even with top of spoon.



Thin liquids measured this way

- milk
- cooking oil
- fruit juices
- vanilla
- water
- other flavorings

How to Measure Thick Liquids

- 1 Fill spoon of right size full of liquid.
- 2 Level the spoon using a spatula or knife.



Thick liquids measured this way

- molasses
- syrup
- honey

By measuring ingredients the right way,
you can cook better food and make your family
healthy and happy.



EFNEP-113

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Clothing Construction Contest

(4-H members enrolled in Clothing Project are eligible to enter)

Guidelines

The following items apply to each division and class:

- 1) Participants must bring basic sewing equipment including scissors, measure gauges, pins, pencils, tape measure. Sewing machines are available, but you may bring your own. We will only provide the following: thread, fabric, pattern, iron, and ironing board will be provided.
- 2) Contest 1 members will have 30 minutes. Contest 2 members will have up to 45 minutes.
- 3) Participants should be able to select appropriate fabric, understand pattern symbols, and use approved layout and cutting techniques.
- 4) Patterns will be provided.
- 5) Participants should complete skills required for appropriate phase.

Cloverbuds

- Make a felt Book to hold your Needles (bring needles, thread, pins, scissors)
Demonstrate & practice a basic hand stitch (running or overcast)
Demonstrate & practice tying a sewing knot

(Junior members and older)

Contest #1—Junior members or first year members only

- Name the parts of the sewing machine.
- Sew a straight seam on stable cotton fabric using a seam finish (edge stitch or zig zag).
Must be able to use simple pattern, basic seam finish, correct pinning technique, cutting, and pressing techniques.
- Tie Breaker if needed-- *Identify basic sewing equipment*

Contest #2 Intermediate and Senior Members

- Name the parts of the sewing machine
- Sew straight seam on stable cotton fabric, using a seam finish (edge stitch or zig zag) and sew 1" hand sewn hem at bottom of project. *Must be able to use simple pattern, show appropriate pattern layout, seam finishes, correct pinning technique, cutting and pressing skills.*
- Tie Breaker if needed-- *Recognize and name variety of basic fabrics. ei: Cotton, Knit, Polar Fleece, Wool, Flannel, Denim, Satin, Gaberdine, Polyester, Burlap, Velour, etc.*

