

DEPARTMENT D · SPECIAL CONTESTS

HEALTHY FOOD FAIR

OPEN TO YOUTH AGES 5 to 19

Purpose

To provide youth with an activity that will enhance their knowledge and skills in food and nutrition, to teach skills necessary for preparation of safe food, and strive for quality in displaying food.

General Rules

Each participant will do his/her own presentation, exhibiting, and cleaning up, and must be present with food display during judging. A food dish (recipe) will basically be prepared at home. Only last minute preparation may be done at the Fair. Each food entry must contain an adequate amount of food per serving from one of the food groups according to the Food Guide Pyramid (also low in fat and sugar, and high in fiber.)

Contestants will prepare a dish containing all of the food made from the recipe submitted. Recipe becomes the property of the Central Carolina Fair. Individual samples will be served to the judges on disposable plates provided by the participant. Don't forget eating utensils as needed.

Use an appropriate and attractive place setting and table arrangement that relates to your recipe. Place snack foods on appropriate serving dish. Use table decorations in proportion to the exhibit and table.

Participants will arrange food on individual card tables (or smaller) furnished by them.

Recipes should be typed or printed on a standing 4" x 6" card and displayed with exhibit. Include name, age, and category on the card.

Questions about nutritional value and preparation of food may be asked by the judges. Participants should also know the basic cost of the dish and calorie count. Entries are due by 10:00 a.m. on Saturday September 11, 2010. Judging begins at 10:30 a.m. **5-8 year olds are only allowed to enter a total of ten (10) items into the fair.**

SCORING CRITERIA

<u>Personal Appearance</u>	40
Neat and well-groomed, dressed appropriately	
Knows about display and understands preparation of the exhibited food	
Understands the importance of good nutrition	
<u>Overall Display</u>	40
Attractive and neatly arranged	
Creatively shows what was learned	
Recipes or illustrations and samples are attractive, accurate, contribute to display and suitable for prepared food	
Balance in color and texture	
Table setting is appropriate to theme	
Table setting is attractive, neat, and suitably arranged	
<u>The Completed Food Project</u>	20
Appearance, flavor, and quality	
Well displayed	
Properly prepared using accurate procedures	

AGES 5 to 8

Premium: \$6.00

D-01	Breads	D-05	Main dish
D-02	Snack	D-06	Dessert
D-03	Beverage	D-07	International food
D-04	Salad		

AGES 9 to 12

		<u>1st</u>	<u>2nd</u>	<u>3rd</u>
D-08	Breads	8.00	6.00	4.00
D-09	Snack	8.00	6.00	4.00
D-10	Beverage	8.00	6.00	4.00
D-11	Salad	10.00	8.00	6.00
D-12	Main dish	10.00	8.00	6.00
D-13	Dessert	10.00	8.00	6.00
D-14	International food	10.00	8.00	6.00

AGES 13 to 19

D-16	Breads	8.00	6.00	4.00
D-17	Snack	8.00	6.00	4.00
D-18	Beverage	8.00	6.00	4.00
D-19	Salad	10.00	8.00	6.00
D-20	Main dish	10.00	8.00	6.00
D-21	Dessert	10.00	8.00	6.00
D-22	International food	10.00	8.00	6.00

**YOUTH “HAPPY BIRTHDAY 4-H: Continuing the Celebration!”
CAKE DECORATING CONTEST**

Entries are due by 1:00 p.m. Saturday September 11.

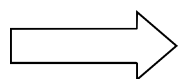
Judging will begin at 1:30 p.m.



- Decorations must be on a real, edible cake. Judging will be on decorations only, but edible frosting must be used.. Store-bought cakes may be used, but **all** decorating work **must** be done by the exhibitor.
- All decorations must be placed on cake at home.
- A cake-tasting party will be held at 4:00 p.m. which will be free to fair attendees.
- 5-8 year olds are only allowed to enter a total of ten (10) items into the fair.

D-26	Ages 5-8	Premium:	\$8		
D-27	Ages 9-12	Premiums:	1st: \$25	2nd: \$20	3rd: \$15
D-28	Ages 13-19	Premiums:	1st: \$25	2nd: \$20	3rd: \$15
D-29	JUDGES CHOICE (ages 9-19)	Premiums:	1st: \$20	2nd: \$15	3rd: \$10

(Do not enter Judges Choice category)



ICE CREAM FREEZE

Judging will be Saturday, September 11, 2010, at 3:00 p.m. Entries due by 2:00 p.m.

- Each entrant must submit the recipe used with their exhibit. *No eggs are to be used.*
- Freezing process must be done in the Pavilion.
- Ice will be provided by the Central Carolina Fair.
- An ice cream tasting party will be held at 4:00 p.m., which will be free to fair attendees.



SCORING CRITERIA

Taste appeal	30
Overall quality	30
Appearance	30
Ease of preparation	10

Premiums: 1st: \$15 2nd: \$10 3rd: \$8

D-30 Chocolate ice cream	D-33 Low fat ice cream
D-31 Vanilla ice cream	D-34 Other flavored ice cream
D-32 Fruit ice cream	D-35 Sherbet, any flavor
D-36 JUDGES' CHOICE (do not enter this category)	
<i>best ice cream of all <u>first place</u> winners</i> 1st: \$25 2nd: \$15 3rd: \$10	

PET & GOAT SHOW

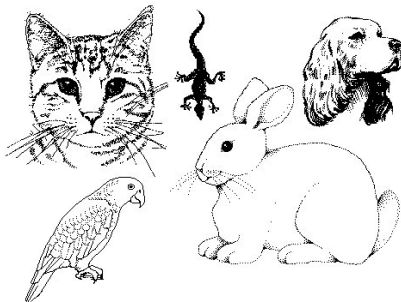
YOUTH ONLY - AGES 5 to 19

Judging criteria of pets will include:

1. How well does the pet live up to its owner's description?
2. Cleanliness?
3. General behavior?
4. Cleverness of the exhibitor?

Goat judging will include:

1. General health
2. Cleanliness
3. General behavior and attitude of the showman
4. How well does the goat live up to its owner's description?
5. Cleverness of costume

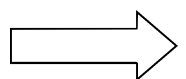


Each exhibitor will be given up to two minutes to tell and show why their animal is the best of its kind. Judging will be held on Sunday, September 12 at 2:00 p.m. You must have your pets at the Pavilion by 1:30 p.m. on Sunday, September 12. See map for drop-off directions. **All small pets must be contained in cages (provided by the exhibitors) at all times. Dogs must be on leash at all times.** Daily passes and parking permits will be issued, so the owners can care for their pets properly. Native animals will be judged with habitat cage. **Goats must be on halter and lead at all times.** **5-8 year olds are allowed to enter only a total of ten (10) items into the fair.**

AGES 5 to 8

Premium: \$3

D-40 Cats	D-47 Largest dog
D-41 Dogs	D-48 Smallest dog
D-42 Birds	D-49 Most colorful dog
D-43 Turtles	D-50 Most colorful cat
D-44 Reptiles	D-51 Dog with most spots
D-45 Rabbits	D-52 Best costume
D-46 Other pets	D-53 Goats



			AGES 9 to 19		
	Premiums:	1st: \$10	2nd: \$8	3rd: \$5	
D-55	Cats		D-59	Reptiles	
D-56	Dogs		D-60	Rabbits	
D-57	Birds		D-61	Other pets	
D-58	Turtles				

	Premiums:	1st: \$8	2nd: \$6	3rd: \$4	
D-62	Largest dog		D-65	Most colorful cat	
D-63	Smallest dog		D-66	Dog with most spots	
D-64	Most colorful dog		D-67	Best costume	
D-68	Goats Premiums (Goats):	1st: \$20	2nd: \$15	3rd: \$10	

CHILI COOK-OFF

Judging will be Sunday, September 12, 2010, at 5:00 p.m.

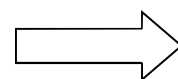
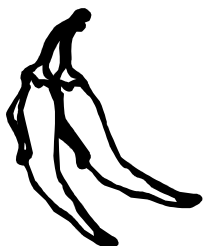
- Each entrant must submit the recipe used with their exhibit; include name, recipe name, ingredients and directions.
- Each entry must be made ahead of time and brought to the exhibit in a slow cooker (Crock-Pot) **at least two hours before entry time**. The chili will be cooking during these two hours in your slow cooker.
- Each participant or representative must taste be present and taste their entry before the judging.

A chili-tasting party will be held at 6:00 p.m., which will be free to fair attendees.

SCORING CRITERIA

Taste - appealing, good taste.....	40
Consistency - smooth, no large chunks.....	20
Color - typical of the ingredients used.....	20
Aroma - appetizing, good aroma (a tip-off to taste)	10
Aftertaste - pleasant, not metallic or bitter.....	10

		<u>1st</u>	<u>2nd</u>	<u>3rd</u>
D-70	Mild chili	15.00	10.00	8.00
D-71	Hot chili	15.00	10.00	8.00
D-72	Hotter chili	15.00	10.00	8.00
D-73	Vegetarian	15.00	10.00	8.00
D-74	White (no red tomatoes)	15.00	10.00	8.00
D-75	Hot dog chili sauce (no whole beans)	15.00	10.00	8.00
D-76	Low fat chili	20.00	15.00	10.00
D-77	Barbecue sauce	15.00	10.00	8.00
D-78	JUDGES' CHOICE (do not enter this category)			
	<i>best chili of all <u>first place</u> winners</i>	25.00	20.00	15.00
D-79	Best chef's apron—handmade & worn by exhibitor	6.00	4.00	3.00
D-80	Best chili table setting — one place, bring own card table or other smaller	8.00	6.00	4.00



FLOWER ARRANGEMENTS
BY PROFESSIONAL OR COMMERCIAL GROWERS

Fresh plant material must be used. Entry passes will be provided in order to refresh arrangements so they will continue to be a joy to others.

Maximum size: 36" tall x 25" wide x 18" deep.

Supplies for these arrangements are to be brought and arranged in the floriculture/horticulture department on Wednesday, September 15.

Participants must arrive by 6:30 PM. Judging begins at 7:00 PM.

Premiums: 1st: \$20 2nd: \$15 3rd: \$10

- | | | | |
|------|----------------------|------|--|
| D-85 | Oriental | D-90 | Home garden, informal |
| D-86 | Line design | D-91 | Miniature (maximum 5" in all dimensions) |
| D-87 | To welcome a baby | D-92 | Silk flowers |
| D-88 | For a wedding shower | D-93 | Dried flowers |
| D-89 | Formal design | | |

INCREDIBLE EDIBLE EGG OMELET CONTEST

The Egg Omelet contest is open to all adults, and youth 9 years and older.

Each entrant **must** submit the recipe used, at the beginning of the contest on Thursday, September 16, 2010. The recipes become the property of the Central Carolina Fair. Please have a second copy of the recipe to go with your final omelet exhibit.

Two eggs, a heat source, a skillet, and the paperware and tableware for serving the judges will be provided to each entrant. Contestants may bring their own non-scratching cooking utensils. Contestants need to provide seasonings and all ingredients needed for the filling of the omelet (in a cooler).

Please secure hair and wash hands well before beginning.

Judging will begin Thursday evening, September 16, at 7:00 p.m. Participants may arrive any time after 6:00 p.m.; entries are due by 6:30 p.m. All omelets will be prepared and cooked in the exhibit hall (the Pavilion) of the fair. A free omelet tasting party will be held following the judging.

SCORING CRITERIA

Taste	30
Appearance	20
Food Safety - food kept cold before contest, omelet fully cooked (no wet spots)	25
Knowledge of nutrition of added ingredients	25

Premiums: 1st: \$15 2nd: \$10 3rd: \$8

AGES 9 to 12

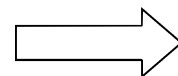
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|-------|---------------|-------|------------------|
| D-100 | Cheese omelet | D-102 | Vegetable omelet |
| D-101 | Meat omelet | D-103 | Low fat omelet |

AGES 13 to 19

- | | | | |
|-------|---------------|-------|------------------|
| D-104 | Cheese omelet | D-106 | Vegetable omelet |
| D-105 | Meat omelet | D-107 | Low fat omelet |

ADULT

- | | | | |
|-------|---------------|-------|------------------|
| D-109 | Cheese omelet | D-111 | Vegetable omelet |
| D-110 | Meat omelet | D-112 | Low fat omelet |



D-84	JUDGES' CHOICE — Youth, 9-19 (do not enter this category)			
	<i>best of all <u>first place</u> winners</i>	20.00	15.00	10.00
D-85	JUDGES' CHOICE — Adults (do not enter this category)			
	<i>best of all <u>first place</u> winners</i>	25.00	20.00	15.00

PANCAKE CONTEST

Entries are due by 6:30 p.m. Friday, September 17. Judging will begin at 7:00 p.m.
Pans, heat source, and paper supplies will be provided. Exhibitors will provide all other food supplies.

SCORING CRITERIA

Batter mixed to the right consistency.....	30
Not overly mixed - over mixing will make pancake tough	
Fluffy - not heavy or gummy	
Heat the griddle properly	20
Not too hot or not hot enough	
Appearance	20
Color - recognize when to turn the cakes	
Shape	
Taste of pancakes	30
No overwhelming flavors due to too much of one ingredient or lack of another ingredient	

Premiums: 1st: \$8 2nd: \$6 3rd: \$4

D-116 Fruit pancakes	D-118 No-eggs pancakes
D-117 Whole wheat pancakes	D-119 Plain pancakes with eggs

D-120 JUDGES CHOICE **Premiums: 1st: \$25 2nd: \$20 3rd: \$15**
(do not enter Judges Choice category)

Premiums: 1st: \$8 2nd: \$6 3rd: \$4

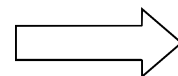
D-121 Best decorated pancake
D-122 Biggest stack of pancakes made within 7 minutes

SALSA

MUST BE SEALED BY HEAT PROCESSING IN A BOILING WATER BATH
AND MUST BE LABELED PROPERLY
ENTRY REQUIRES TWO PINT JARS
(ANY OTHER SIZE JARS WILL BE DISQUALIFIED)

SCORING CRITERIA

Appearance	
Color	15
Texture	10
Uniformity	
Ripeness	5
Appropriate size of pieces.....	5
Fill of jar (to neck of jar, only).....	15
Container	
Appropriate	5
Label (dated)	5
Flavor - suited to the category entered,	40
and fresh (not over-cooked)	



Premiums: 1st: \$25 2nd: \$20 3rd: \$15

- D-124 Mild
- D-125 Hot
- D-126 Hotter

- D-127 Fruit salsa
- D-128 Black bean salsa

Entries must be present by 10:30 a.m. on Saturday, September 18. Judging begins at 11:00 a.m. Free tasting party in the Pavilion at 4 p.m. on Saturday, September 18.

PIE CONTEST

PIES MUST BE PRESENTED TO THE PAVILION ON SATURDAY, SEPTEMBER 18, BETWEEN 12 NOON TO 2 P.M., AND JUDGING WILL TAKE PLACE AT 3 P.M. RECIPE MUST ACCOMPANY PIE.

NO CREAM OR REFRIGERATED PIES OR THOSE MADE WITH CREAM CHEESE WILL BE ACCEPTED.

ONLY 8 OR 9" PIE PANS SHOULD BE USED.

NO UNWORTHY EXHIBIT WILL BE AWARDED A PREMIUM.

AGES 9- 12

Premiums: 1st: \$8 2nd: \$6 3rd: \$5

- D-130 Apple pie
- D-131 Berry pie
- D-132 Vegetable pie

- D-133 Other pie
- D-134 Most original pie

D-135 **JUDGES' CHOICE** (do not enter this category)

best pie of all first-place winners **1st: \$20 2nd: \$15 3rd: \$10**

AGES 13- 19

Premiums: 1st: \$8 2nd: \$6 3rd: \$5

- D-140 Apple pie
- D-142 Berry pie
- D-142 Vegetable pie

- D-143 Other pie
- D-144 Most original pie

D-145 **JUDGES' CHOICE** (do not enter this category)

best pie of all first-place winners **1st: \$20 2nd: \$15 3rd: \$10**

ADULT

Premiums: 1st: \$10 2nd: \$8 3rd: \$7

- D-150 Apple pie
- D-151 Apple (deep dish) pie
- D-152 Pecan pie
- D-153 Pumpkin pie
- D-154 Coconut pie

- D-155 Berry pie
- D-156 Other fruit pie
- D-157 Other vegetable pie
- D-158 Chess pie
- D-159 Most original pie

D-160 **JUDGES' CHOICE** (do not enter this category)

best pie of all first-place winners **1st: \$25 2nd: \$20 3rd: \$15**

There will be a pie-tasting party in the Pavilion, 5:30 PM Saturday, September 18, 2010.

PIE SCORING CRITERIA

- Appearance - overall attractiveness..... 15 points
- Filling - flavor, consistency, appearance 40 points
- Crust* - flavor, texture, color..... 40 points
- Originality - creativity with ingredients and design 5 points

***PIE CRUST**

- Appearance - golden brown, blistered surface, uniform, attractive edge free from cracks and breaks
- Tenderness - cuts easily and holds shape without crumbling
- Texture - flaky layered crust, crisp and not doughy
- Flavor - tastes sweet and not rancid, no "off" flavors
- Originality - creative design

