

7. Train, hand-painted kit
8. 4-Wheeled Vehicle, snap fit, kit
9. 4-Wheeled Vehicle, snap fit, original design
10. 4-Wheeled Vehicle, pre-colored kit
11. 4-Wheeled Vehicle, hand-painted kit
12. Ship or Boat, snap fit, kit
13. Ship or Boat, snap fit, original design
14. Ship or Boat, pre-colored kit
15. Ship or Boat, hand-painted kit
16. Building, snap fit, kit
17. Building, snap fit, original design
18. Building, pre-colored kit
19. Building, hand-painted kit
20. Airplane, Helicopter, snap fit, kit
21. Airplane, Helicopter, snap fit, original design
22. Airplane, Helicopter, pre-colored kit
23. Airplane, Helicopter, hand-painted kit
24. Any other, snap fit, original design
25. Any other, snap fit, kit
26. Any other, pre-colored kit
27. Any other, hand-painted kit
28. Any other original design (not snap fit)
29. Scene, snap fit, kit
30. Scene, snap fit, original design, **Maximum size 30 x 30**
31. Scene, not snap fit, original design, **Maximum size 30 x 30**

Small Engines:

Lot

32. Reconditioning lawn mower, chainsaw, etc.
33. Preparing a small engine for offseason storage
34. Small engine safety procedures
35. Complete small engine block with all internal parts separated, exposed and labeled
36. Repaired or rebuilt small engine, what was done, parts replaced, cost, what was learned
37. Homemade piece of equipment using a small engine

Tractors:

Lot

38. Preparing tractor, farm machinery for the winter
39. Basic tool kit
40. Full scale tractor or farm implement restored for farm use
41. Restored pedal tractor

Shop Projects:

Lot

42. A fabricated metal item
43. A hand machined metal item
44. A computer machined metal item
45. A Plexiglas item
46. PVC or plastic item
47. Any other exhibit

DEPARTMENT 25J FOOD & NUTRITION

CLASS A ~ FOODS REVUE (Note competition date is not during Fair**) Refer to the 4-H newsletter for details**

Premiums:	Blue	Red	White	Pink
Class A	\$3.00	\$2.75	\$2.50	\$2.25

Classes B - K \$2.00 \$1.75 \$1.50 \$1.25

Regulations for ALL Food Revue entries (showmanship, projects, decorating & candy):

1. All exhibits must be the result of project work for the current year.
2. Exhibitor must complete a Reflect & Write sheet for each entry. Please bring with projects exhibiting. See 4-H newsletters for form.
3. All participants must be enrolled in food, nutrition, cake decorating or similarly-named projects within their youth organization.
4. Youth MUST set up and clear their own exhibits. Parents, leaders, or other adults may give advice prior to entering the exhibit hall, but once inside, youth must do ALL the work of setting up their displays.
5. Displays must remain in place until the end of the Foods Revue.
6. **Doors open 30 minutes prior to judging. Participants not set up and/or projects not in place by the posted starting time, and any exhibit not meeting the regulations may be rejected or downgraded at least one level.**
7. Recipients of Award of Excellence ribbons at the Foods Revue MUST exhibit the winning display/item WITH RIBBONS at the Trempeau Co Fair in July or make arrangements for set up and take down. Use the following schedule: Wednesday night before the fair OR Thursday morning of the Fair BEFORE 9am.
 - Showmanship and Activity winners – Showmanship winners bring everything except the food. Project winners bring entire display OR a photo board.
8. **Foods Revue registration forms must be turned in to the Trempealeau County Extension Office. Refer to 4-H newsletter.**
9. To receive premiums, participants in any Food Revue class MUST fill out and return a Fair Entry Form at fair time & use the Class and Lot numbers found in the Fair book. (the book was unavailable when Foods Revue Day registration packets were compiled). For those that entered the Food Revue through online entry earlier in the year, this is not necessary.
10. The Danish judging system will be used.
11. Questions or concerns: contact Sarah Grover at 608-484-2288.

CLASS A ~ FOODS REVIEW~FOOD SHOWMANSHIP ~ REGULATIONS

Creative presentation of food including place-setting, menu and recipe cards. Older youth have additional requirements.

Regulations for ALL showmanship entries

1. Exhibitors may bring one entry from Lots 1-6 and one entry from Lots 7-14.
2. Exhibitors must be present with exhibits for face-to-face judging.
3. Recipes and menu cards should be exhibited on paper or cards of your choice to enhance your overall theme. They may be hand-written or typed. Paper may be no larger than 9x12 inches.

Regulations for Lots 1 – 6

1. Only one (1) serving of each food will be required of each requested food in each lot. Consider what a “normal” serving size would be for a particular food item.
2. Recipes must be complete (specific ingredients, procedures, servings and recipe source).
3. Place settings should be for one individual.

4. Prepare the table setting and centerpiece (if required); display the completed food with menu and recipe cards. These should be as attractive and complimentary to the theme as possible.
5. Participants must set up their own entries or be down-graded one premium level. Parents, leaders, or other adults may give advice prior to entering the exhibit hall, but once inside, youth must do ALL the work setting up their displays.
6. The menu chosen should contain at least one-third of the nutrients needed daily (except for Lot 1).
7. The day of the show, prepare the food at home. Hot foods can be held at room temperature a maximum of two hours OR kept hot at the show by using a slow-cooker, roaster or frying pan OR an insulated container.
8. Be prepared to answer nutritional questions concerning how your meal or snack fits into the My Plate and the US Dietary Guidelines for Americans and your reasons for planning your menu (color, texture, cost, etc.)
9. All exhibits must complete a Reflect & Write sheet for each entry. *Check out the info on the web at Trempealeau.uwex.edu. Then click on the 4H Youth Development tab, then hover over the 4H Foods Revue link.

Regulations for Lots 3 - 6

This year's theme in Showmanship will revolve around any holiday or celebration event. For each age for your chosen theme and dietary requirements. Reminder – creative presentation of foods including table cover and/or place mat, place setting and recipe cards (pages) and more requirements as age/lot increases. Holiday or celebration should be explained or clear to judge by use of coordinating decorations.
Lot

1. Ages 5-8: "Winter" themed Snack. Include the snack prepared by exhibitor, recipe, a table cover &/or place mat and a place setting for one. No centerpiece required. This should be a snack the youth has enjoyed preparing several times with little or no help. Refer back to the regulations for further info.
2. Ages 9-10: "Fall" themed Appetizer. Include appetizer prepared by exhibitor, the recipe, table cover &/or place-mat and a place setting for one. No centerpiece or menu card required. Refer back to the regulations for further info.
3. Ages 11-12: "Summer" themed Lunch. One main dish and one side dish prepared by exhibitor. Include a table cover & /or place-mat and centerpiece along with menu and recipe cards. Refer back to the regulations for further info.
4. Ages 13-14: "Spring" themed Dinner, one main dish and one side dish and drink prepared by exhibitor. Include a table cover &/or place-mat and centerpiece along with menu and recipe cards. Refer back to the regulations for further info.
5. Ages 15-16: "Fall" themed Meal. One main dish, 2 side dishes and drink prepared by exhibitor. Include a table cover &/or place-mat and centerpiece along with menu and recipe cards. Refer back to the regulations for further info.
6. Ages 17-19: "Any Season" plus. *Challenge-Create an informational 3X5 card that explains/explores the history of one of your food items prepared. One main dish, two other food sides and drink prepared by the exhibitor. Include a table cover and centerpiece along with menu and recipe cards. Refer back to the regulations for further info.

CLASS A-FOOD REVUE~FOOD OR NUTRITION PROJECT

Regulations for Lots 7 – 14 FOOD OR NUTRITION PROJECT:

1. Youth may choose ONE entry in this class (Food Project or Nutrition Project).
2. Bring the project book or a copy of the activity from the book.
3. Judging is done face-to-face, using the Danish system.
4. Exhibits will be judged on neatness, appropriateness of the display, and interaction with the judge.
5. Exhibitors should be able to clearly convey the results of completing the project (orally and visually) to spectators and judge.
6. All exhibitors must complete a Reflect & Write sheet for each entry.
7. Spectators may participate in taste-tests or other interactive project displays.

CLASS A ~ Food Project Activity: Display the results of a FOOD-RELATED experiment or activity you've conducted (example: home-made vs. store-bought; sugar-free/diet vs. regular, label comparison, etc.). Taste-testing, experiments, comparisons or other interactive projects are all good choices for this activity. Results may be displayed in poster, binder, table-top or other appropriate format, presented neatly.

Lot

7. Ages 9 – 10
8. Ages 11 – 12
9. Ages 13 – 15
10. Ages 16 – 19

CLASS A ~ Nutrition Project Activity: You're a Nutritionist!

No cooking! Develop and display a one-week menu with at least seven recipes for a specific type of individual (example: toddler, teen, elderly, man, etc.) with unique needs (growing, over-weight, sedentary, nursing a baby, etc.). Recipes must show variety in planning, and represent breakfast, lunch, dinner, snacks; should be neatly typed or hand-written and presented in a format that is easy to understand and use (binder, booklet, recipe card box, poster— any reasonable size, etc.).

Lot

11. Ages 9 – 10
12. Ages 11 – 12
13. Ages 13 – 15
14. Ages 16 – 19

Decorated Cookies, Cupcakes & Cakes

Regulations for Decorated Cookies, Cupcakes & Cakes:

1. Youth may enter up to THREE lots.
2. Include a hand-written or typed explanation of the theme you picked; you may follow a theme of your choice.
3. Lots are judged solely on their DECORATIVE appearance; cookies, cupcakes and cakes may be made from scratch or a mix. Cakes may be made from a styrofoam form or the actual outside of the cake pan.
4. Cakes should be firmly adhered to their display board (frosting can be used like glue).
5. Cupcakes may be baked in paper liners or not.
6. Cookies and cupcakes MUST be displayed on a plain, white paper plate.
7. Cakes MUST be displayed on a covered board or tray just a bit larger than the cake itself.
8. Rolled fondant, gel, butter-cream frosting or royal icing are some of your choices for materials—your choice of which

to use. Be creative and have fun!

9. All exhibitors must complete a Reflect & Write sheet for each entry.
10. The number of Award of Excellence ribbons in this class are determined at the discretion of the superintendent and the judge

Lot

15. Decorated cookies (3) – Ages 7-10
 16. Decorated cookies (3) – Ages 11-14
 17. Decorated cookies (3) – Ages 15-19
 18. Decorated cupcakes (3) – Ages 7-10
 19. Decorated cupcakes (3) – Ages 11-14
 20. Decorated cupcakes (3) – Ages 15-19
 21. Decorated SINGLE layer cakes – Ages 7-10
 22. Decorated SINGLE layer cakes – Ages 11-14
 23. Decorated SINGLE layer cakes – Ages 15-19
 24. Any other decorated item – Ages 7-10
 25. Any other decorated item – Ages 11-14
 26. Any other decorated item – Ages 15-19
- *Double layer cakes are lots 24-26

Advanced Cake Decorating

A maximum of 2 lots can be entered in lots 27-36. All cakes must be real cake with frosting and the greatest majority of cake covered with edible decorations. All edible frosting types may be used. Cut up cakes should be comprised of cakes from square, rectangular, and circle shape pans which are cut and used to form an object or character.

Lot

27. Cut-up cake or formed-pan cake, decorated with 1-3 tips, some edible trimmings may be used.
28. One or two-layer cake, frosted, trimmed and decorated with a minimum of 3 tips or techniques, some edible materials may be used.
29. Three (+) tiered cake, without separators, (each layer touching the next) for a special occasion with a minimum of 5 tips or techniques used.
30. Tiered cake, with separators (any type of pillar and space between at least 1 layer) for a special occasion with a minimum of 5 tips or techniques used.
31. Miniature tiered cake, a maximum height of 1 foot (12 inches), minimum of 3 tips and techniques used without pillars.
32. Pre-make a minimum of 3 types of cake boarders, each 10 inches long, bring on a cookie sheet or other appropriate surface.
33. Pre-make 3 flowers out of frosting that are uniform. Example: 3 roses. Bring on a plate suitable for display.
34. Poster detailing the supplies, recipe, and procedure or steps for making frosting or flowers.
35. Poster detailing varieties of different tips and their use.
36. Scrapbook of any size showing cake decorating activities – minimum 2 pages-**not** digital print outs–an actual scrapbook)

Candy & Confections

Regulations for Candy & Confections:

1. All youth compete in one group in this class.
2. Youth may enter up to **TWO** items in Lots 27-30.
3. Candies and confections **MUST** include a recipe citing specific ingredients, procedures, cooking temp, serving size, and recipe source.

4. All exhibits must be presented on a plain, white paper plate.
5. All exhibits must complete a Reflection & Write sheet for each entry

Lot

- 37 Fudge, cooked candy (3) – Ages 7-19
- 38 Divinity, cooked candy (3) – Ages 7-19
- 39 Molded candy (3) – Ages 7-19
- 40 Any other candy or confection (3) – Ages 7-19

DEPARTMENT 25J FOOD & NUTRITION

Regulations:

1. Exhibitors should bring their exhibits on plain white paper or plastic plates with recipe and entry tag attached. Plates are also furnished by Superintendent if not brought on plain white plates at time of entry.
2. All products must be made from scratch unless otherwise specified. Do not use topping or frosting on baked goods unless it is a part of the product.
3. All lots (cookies, snacks, cakes, biscuits, muffins, breads, pasta, pastry, microwave, candy) **MUST** include a recipe specifying title, ingredients, directions, cooking temp and time, serving size and recipe source. **NOTE THE specific SOURCE** (family member's name, website name, cookbook name, magazine name, etc.)
4. Do **NOT** insert recipe card into plastic sleeve or baggie. The recipe card should be attached to the entry tag in such a way that the back of the tag is available for the judge's comments (string or rubber band).
5. Recipes may be used from any source (traditional, family, cookbook, newspaper, internet, etc.), however, they should conform to the **TRADITIONAL** nature of the product (example: peanut butter cookies traditionally have a criss cross pattern on the top).
6. Frozen products **MUST** be completely thawed when brought to the judge. Indicate to the judge that items have been frozen.
7. No food product, including muffins, will be accepted if exhibited in paper liners, unless otherwise specified.
8. ****Breads: Bake in any size pan, but bring full loaf and cut off small part of loaf in front of Superintendent at the Fair.**
9. Cakes are to be exhibited right side up.
10. **Poster - Poster size is 14" x 22". Should be visible from 10 feet back.**
11. Exhibits not meeting criteria will have premium lowered one place.
12. Award of Excellence ribbons will be distributed to outstanding exhibits by class and lot at the superintendent's and judge's discretion.
13. The Superintendent has the privilege of rejecting any item not meeting the requirements.

CLASS B ~ Open to members ages 8-10. Participants may bring up to 4 total items.

Lot

1. Muffins, plain (3), NO nuts, NO fruit
2. Brownies (3)
3. Peanut Butter cookies (3)
4. Chocolate Chip Cookies (3)