

Confections

Cake Decorating Guidelines

Member may take one class in their skill division and/or class 6003.

Beginner: 8" – 2 layer cake frosted and decorated with border and own design including leaves and drop flowers.

Intermediate: Frosted, decorated cake. Use basic four decorating techniques-include border, leaf, flower and writing.

Advanced: Frosted decorated cake, decorate cake showing more advanced work than previous years.

Creative or molded character cake: This class is open to all Cake Decorating members.

Use character pan of your choice or cut/shaped cake.

Cookie Art or Cookie House may also be entered in this class. Decorated items must consist of at least (6) pieces of baked cookie dough, shaped, assembled and decorated as a form of art. All decorations must be edible.

Candy Making Guidelines

GENERAL INFORMATION: (Judges will follow these guidelines)

- Criteria for judging: molded coatings will be judged on appearance alone. All other candies will be judged on appearance, taste and conformity to rules.
- The term "molded chocolate coatings" includes the white, green, pink, etc. coatings as well.
- Sizes: For uniformity, squares should be about 1 inch, rolls and logs should be about 2 inches and drops should be about 1¼ inches. Candy cups are desirable.
- "Slab" centers refer to candies, which must be poured on a slab and kneaded.
- "Candy or your choice" category includes candy which would not be in previous categories such as peanut brittle, taffy, various fudge, chocolates, etc.
- Some recipes may be obtained at the 4-H office. These are not generally available in most candy books.
- Each member must make their own candy. A group meeting to prepare for fair is fine as long as each one does their own individual candy making. You can share each other's supplies (molds, etc.), that way you have a larger variety. Individual work is a must.
- Start making candy in advance (it keeps a long time if properly stored), so if a batch of fudge or molded candy fails you have time to remake it.
- Remember to bring recipes used to make fudge, etc.

FAIR ENTRY

All candy will be transferred to a cardboard circle for uniform display.

[Type text]

SUPPLIES

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FAIR REQUIREMENTS & EXAMPLES BEGINNERS:

A plate consisting of the following
Molded chocolate coatings (two pieces of the same)
Any other candy using coatings (three pieces of any of the following)
Mint sandwiches
Cluster (nut, raisins)
Bark candy
Turtles (purchased caramels)
Fudge: Creamy (three pieces of any of the following)
Peanut Butter fudge
Chocolate fudge
No-cook fudge

The goal of this age group is to learn how to mold confection coatings, to combine the coatings with another ingredient to make simple candies, and to become familiar with quick fudges, which do not require complicated methods. Make sure to bring recipes used.

INTERMEDIATE:

A plate consisting of the following:
Painted molded chocolate coatings (two pieces of the same)
Easter Bunny with features painted on
Dipped candy with any type cream fondant centers (two pieces of any of the following:
Commercial fillings
Peanut Butter fillings
Fondants
Fudge: Creamy or chewy (two pieces of any of the following)
Chocolate
Peanut Butter
Caramels

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The goal for this group is to learn to decorate molded coatings, to acquaint them with dipping easy fillings and to learn to use the candy thermometer, beating, stirring, etc. Make sure to bring recipes used.

ADVANCED:

A plate consisting of the following:

Dipped candy using cream, fondant or caramel centers (two pieces)

Molded candy with any type center (three pieces of any of the following)

Chocolate covered caramels

Cherries

Peanut Butter (Reese's Cup)

Fondants

Truffles

Fudge: Creamy, chewy or drop (two pieces of any of the following)

Chocolate

Peanut Butter

Divinity

Penuche

Caramels & Nougats may also be in this category

Candy of your choice (two pieces of any of the following)

Log or Roll

Candy Bar

Peanut Butter

Taffy

Turtles

Jellied Candies

Bon-Bons

Toffee, etc.

The goal of this group is to learn the versatility of fondants, to be introduced to molded candies with centers and to learn a wider range of fudges. The "Candy of your Choice" will allow them to experiment with the more traditional recipes. Make sure to bring recipes being used.

Food And Nutrition Guidelines

GOALS:

- Learn basic food preparation, safety and equipment usage skills.
- Increase knowledge of health and nutrition through food.
- Experiment with new kinds of food and recipes.
- Become an educated consumer.

GUIDELINES:

1. A recipe must accompany exhibit if a prepared food is included.
2. Exhibitor (other than beginners in Section A) must bring the entire cake, pie or main dish, etc. The judge will cut a portion for exhibit.
3. Member may enter one class in their skill division and/or each section B through F.
4. Educational exhibits may be a poster, display box or three-dimensional exhibit
5. No packaged mixes or bread machines are to be used unless stated.
6. In Section G exhibitor may enter every class.

Section A - Beginner 9 to 11 years old. Select one.

- 4 cookies: cookies may be drop, molded, ice box or rolled.
- 4 two inch cookie squares or brownies.
- 4 unfrosted cake squares approximately 2-3 inches square. Yellow or white cake suggested.
- 4 cupcakes baked without paper.
- 4 muffins baked without paper.
- Loaf of non-yeast quick bread.

Section A - Intermediate 12 to 15 years old. Select one.

- Whole non-yeast coffeecake.
- Fruit upside down cake.
- Loaf of batter yeast bread, any type
- Loaf of bread using bread machine.
- Cooled fruit pie.
- Fruit torte.
- Loaf of kneaded yeast bread, white flour only.
- 4 yeast dinner rolls.

Section A - Advanced 16 to 19 years old. Select one.

- 4 yeast sweet rolls.
- Yeast coffeecake.
- Regional, foreign or cultural baked product
- Favorite family baked recipe.

Section B

Food Preparation: food item with poster and/or display box. Possible topics could be substitutions in baked product, functions of steps in baking, conventional vs. other methods and altering a baked product.

Section C

Nutrition & Health: prepare a nutritious/health snack or use a poster to show functions of a nutrient, study food intake and exercise, food effects on physical fitness, food pyramid groups.

Section D

Consumer Behavior Related To Food: poster or display box focusing on food buying. Possible topics could be label and cost information, cost of convenience food or restaurant meal vs. homemade counterpart and smart shopping tips.

Section E

Microwave Cooking: any food item prepared in the microwave oven, include recipe.

Section F

Food Management & Service: show what you have learned in food preparation and meal planning for family celebrations, special occasions. Arrange a place setting. Explore the food industry and food promotions.

Section G

Food Preservation: Project may be started in fall. All canned goods must be processed. Low acid vegetables and meats must be pressure canned. (NO OPEN KETTLE) Proper jars, lids and freezing containers must be used and jars must have rings on. Label all exhibits with contents and date. Exhibitor should be able to explain the process used for preparation to the judge for different foods.

Health and Safety

4-H FIRST AID PROJECT GUIDELINES

Purpose of Project: To provide 4-H members with an opportunity to learn proper first aid procedures so they are prepared to act in the event of an emergency.

Learning Levels: The 4-H First Aid Project has been divided into four "learning levels". Following are the fair exhibit requirements for each learning level:

LEVEL I

- Prepare and exhibit a basic first aid kit. Container must be weatherproof. Learn why each item is important to include in the kit, and be prepared to explain and demonstrate the use of each item.
- The following required basic items must be included in the kit:
 - Antiseptic - to clean and disinfect cuts and scratches.
 - Adhesive Bandages - include various sizes and shapes to cover small cuts and bruises.
 - Sterile Gauze - to cover large cuts and skin abrasions.
 - Adhesive Tape - to hold gauze in place.
 - Scissors - to use in cutting gauze and tape and cutting away clothing if needed.
 - Instant Ice Pack - to use on cuts, bruises, sprains, and broken bones.
 - Splinting Material - include tongue depressors, ace bandage, and triangular bandage so that you are prepared to meet a variety of splinting needs.
 - Fluid for Irrigation - include appropriate fluid for use in irrigating (rinsing out) eyes, burns, wounds, etc. (i.e., saline solution).
- List of Emergency Phone Numbers - include a list of the following emergency phone numbers:
 - Hospital emergency room
 - Police department
 - Fire department
 - Doctor
 - Poison control center
 - Parents' home and work numbers
- These are important items to be included in a basic first aid kit. You may add other items to your kit as desired. Remember that you must be prepared to explain and demonstrate the use of each item you include in your kit. Basic first aid rules and procedures that you need to learn in preparation for your evaluation at the fair are as follows:
 - Know and be prepared to explain the "A, B, C Rule" of first aid.
 - Know and be prepared to explain the "Heimlich Maneuver" for clearing the airway of a choking victim.
 - Know and be prepared to explain the basic first aid procedures that should be used in managing burns, bleeding, sprains, and broken bones.

LEVEL II

- Prepare a first aid index card file containing the information, rules, and procedures you have learned about managing the following emergency situations:
 - ❖ Bleeding
 - ❖ Burns (heat, electrical chemical)
 - ❖ Sprains
 - ❖ Broken bones
 - ❖ Poisoning (various types)
 - ❖ Insect bites
 - ❖ Animal bites
 - ❖ Shock
 - ❖ Hypothermia
 - ❖ Other emergency situations you wish to cover
- File cards should be labeled or "tabbed" in such a way that the first aid information for the emergency situations noted above can be found easily.
- Member must be prepared to explain and demonstrate first aid procedures listed on index cards. Member must bring own first aid kit with him/her to fair evaluation to use in demonstrating procedures only. (Note: First aid kit is not a part of the exhibit at this level.)

LEVEL III

- Members must have attended a CPR (Cardiopulmonary Resuscitation) workshop given by a certified instructor. Fair exhibit must include a notebook and poster containing information on what has been learned about CPR.
- Notebook - Notebook should contain the following information:
 - Definition/description of cardiopulmonary resuscitation.
 - Explanation of when CPR should be used.
 - Explanation of how CPR helps the victim.
 - Explanation of how the CPR procedure differs depending on whether the victim is an infant, child or adult.
 - Information on the "Heimlich Maneuver" used to clear the air pathway in a choking victim. Explain when the procedure should be used, and the steps involved in the procedure.
- Poster - Posters should include a series of photos of member performing the various CPR steps. Those include:
 - Check airway
 - Check pulse
 - Opening of airway
 - Correct final position of hand on chest
 - Locating xiphoid process
 - Correct ventilation of lungs ("mouth to mouth" technique)
 - Poster must include captions which explain each step.
 - Also need to indicate on poster whether you are demonstrating the CPR techniques to be used on an infant, child or adult

LEVEL IV

- Advanced first aid. Member may exhibit at this level more than one time, but must make new exhibit each year.
- Member to develop own exhibit which shows what has been learned about a specific area of first aid (i.e. specific first aid procedure, importance of first aid education for families, exploration of careers related to first aid/emergency care, etc.).
- Members must be prepared to discuss their exhibit with the judge.

FAIRBOOK CLASSES

- Notebook and/or poster showing skills, safety rules, protective measures, etc. OR display showing equipment and articles used; i.e. bandages, First Aid Kit, etc. with explanation of uses & importance. If a First Aid Kit is exhibited, it should be sealed in plastic wrap.
- Section A: Health
- Section B: Physical Fitness
- Section C: Home Nursing
- Section D: Safety