

- Scientific name
- Tree classification (softwood or hardwood)
- Age (of the cross section)
- Exhibitor's name
- Collection location (be specific, including county and other relevant information)

**CLASS 7** • See GENERAL RULES – FORESTRY for further guidelines  
**Parts of a Tree (This Project is ONLY for ages 8 – 11 Years Old)**

- Prepare a poster, no larger than 24" x 24" that clearly identifies the main external parts of any tree: Trunk, Crown, Roots, Leaves, Flowers, Fruit, Buds, and Bark  
Identifying other internal parts, e.g. phloem, xylem, cambium, annual ring, pith, etc., is optional.
- Attach a separate label on the back of the poster that includes the exhibitor's name and age.
- See GENERAL RULES – FORESTRY for further guidelines

**CLASS 8** **Living Tree Display** - Display a living tree seedling grown by the exhibitor from seed. The seed must be from a species listed in 4H 332. The seedling must be 60 days to 1 year old (on judging day). The display container must contain at least 8 inches of soil (potting mix or suitable natural soil), have drainage holes, and a drain pan to catch drainage water.

- **Labeling:** A waterproof label must be attached and include:
  - Common name
  - Scientific name
  - Seed treatments (if any)
  - Planting date
  - Emergence date
  - Exhibitor's name
- Supplemental information about the tree, e.g. where the seed was collected, growth measurements, uses for that species, etc., may be included in an attached notebook, poster, etc.
- Supporting information will be an important factor in judging.
- See GENERAL RULES – FORESTRY for further guidelines

**HEALTHY LIFESTYLES EDUCATION**  
 (FAVORITE FOOD REVUE, FOOD EXHIBITS, SAFETY & PHYSICAL FITNESS)

**FAVORITE FOOD REVUE**

**GENERAL RULES – FAVORITE FOOD REVUE**

- ENTRY LIMITS** - Participants are allowed one entry.
- ELIGIBILITY** - The Favorite Food Revue is open to any currently enrolled 4-H member. Participants do not have to be currently enrolled in a foods project.
- PRE-ENTRY** - Participants must pre-enter by completing the appropriate entry form and submitting it to the Johnson County Extension Office by closing on the date designated by the Extension Office.
- PURPOSE** - The Favorite Food Revue combines food preparation, menu planning, and table setting skills.
- REQUIREMENTS**
  - Participants should plan a menu suitable for the chosen occasion or theme.
  - Participants should prepare one menu item that is comparable in skill difficulty to the age and experience of the exhibitor. Foods prepared should be different those prepared in previous years. The recipe for the prepared food does not have to come from a 4-H manual.
  - Participants should bring the following items the day of the contest: Table service, Centerpiece, Menu Card, Recipe Card, and Card Table
- JUDGING** - The Food Revue will be judged by the interview method. 4-H members will visit individually with the judge at their scheduled time. 4-H members should be knowledgeable about their food product; its preparation, nutritional value, cost, etc.; as well as their menu, table service, and planned occasion for serving.
- DRESS CODE** - Participants should dress appropriately for the contest (official 4-H attire is not required).
- AWARDS** - Special awards will be given to the top three individuals in the Junior (ages 8 to 10), Intermediate (ages 11 to 13), and Senior (ages 14 and over) Divisions. Additionally, the judge will select a top exhibit in the following categories: casual, formal, picnic, and holiday/special occasion.
- STATE FAIR** – The top four individuals receiving a purple placing in the Intermediate and Senior Divisions of the Johnson County Favorite Food Revue are eligible to advance to the Nebraska State Fair 4-H Culinary Challenge Contest (see Nebraska State Fair 4-H Fair Book for further rules). For the state contest each county is eligible to submit four two-person teams (two Intermediate Division team and two Senior Division team). Only two-person teams are allowed to compete at the state contest so teams will be created at the county level based on the criteria stated above.

DEPARTMENT E	DIVISION 200			FAVORITE FOOD REVUE
PREMIUM	Purple \$4.00	Blue \$3.00	Red \$2.00	White \$1.00
CLASS 901	Junior Division	8 to 10 years of age		
CLASS 902	Intermediate Division	11 to 13 years of age		
CLASS 903	Senior Division	14 years of age and older		

**FOODS**

**GENERAL RULES – FOOD EXHIBITS (Food & Nutrition, Food Preservation, and Creative Foods Artistry)**

- GENERAL RULES** – See GENERAL RULES
- ENTRY LIMITS** – In the Food & Nutrition and Creative Food Artistry projects 4-H members are allowed entries in only **ONE LEVEL** of competition (Beginning, Intermediate, or Advanced). 4-H members may only enter **ONE EXHIBIT** per class in ALL projects.
- FOODS & NUTRITION LEVELS** – EXHIBITORS ARE ALLOWED ENTRIES IN **ONLY ONE LEVEL OF COMPETITION**. See below for the list of projects that fall within each level.
  - **Beginning Food & Nutrition Projects:** Six Easy Bites
  - **Intermediate Food & Nutrition Projects:** Fast Foods and Tasty Tidbits
  - **Advanced Food & Nutrition Projects:** You're the Chef and Foodworks
- LABELING & PACKAGING** –
  - Each exhibit must include the recipe. 4-H exhibits not having the recipe will be lowered one ribbon.
  - Recipe can be handwritten, typed or photocopied.
  - Exhibits should be placed on the appropriate size paper plate and placed in a self-sealing bag.
  - Attach entry tag and recipe at the corner of the bag outside.