

- 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)
 - 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
 - Planting date
 - Emergence date
 - Exhibitor's name

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

GENERAL RULES – FAVORITE FOOD REVUE

1. **ENTRY LIMITS** - Participants are allowed one entry.
2. **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.
3. **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.
4. **PURPOSE** - The Favorite Food Revue combines food preparation, menu planning, and table setting skills.
5. **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
6. **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.
7. **DRESS CODE** - Participants should dress appropriately for the contest (official 4-H attire is not required).
8. **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.
9. **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	
PREMIUM	Purple \$4.00	Blue \$3.00	Red \$2.00
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	FAVORITE FOOD REVUE White \$1.00

FOODS

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

1. **GENERAL RULES** – See GENERAL RULES
2. **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.
3. **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.
 - All additional information (recipes, special items, etc.) must be labeled with the exhibitor's name and county.
4. **CRITERIA FOR JUDGING** –
 - Exhibits will be judged according to score sheets available in the Extension Office
 - Carefully follow entry instructions and include all required materials. Incomplete exhibits will be lowered one ribbon placing.
 - Commercially prepared mixes are allowed in the Tasty Tidbits – Creative Mixes class (CLASS 2) ONLY!
 - Prepared baking mixes, biscuit mixes, or other pre-made mixes entered in other categories will be lowered one ribbon placing.
5. **FOOD SAFETY STANDARDS** –
 - Items that require refrigeration will not be accepted, judged, or displayed.
 - Food products must be unquestionably safe to eat when they are entered, whether tasted or not.
 - Egg glazes on yeast products before baking are allowed.
 - Glazes, frostings, and other sugar-based toppings are also considered safe due to the high sugar content.
 - Eggs incorporated into baked goods or crusts and cheese mixed into bread dough are considered safe.
 - Uncooked fruit is not allowed in any exhibit due to spoilage (i.e. fresh fruit tart). All fruit must be cooked.
 - Cream cheese fillings and/or frostings are not allowed. Meat, dried meat, meat substitute pieces (bacon bits, pepperoni, etc.) or melted cheese toppings are not allowed in food exhibits. They may result in an unsafe food product by the time the item is judged due to unpredictable heat and/or weather conditions and will be disqualified.