



Baked Foods

A Food Exhibit Event
For Junior 4-H



Have you ever entered a Bakery and been amazed by the goodies in the display case? You could do this at home and amaze your family. **Baked Foods** is a contest that will get you started.

Baked Foods Exhibit lets you:

- Show off your baking skills
- Design an attractive exhibit
- Study nutrition information

What You Will Learn

You'll probably try lots of recipes before you find your favorite. **Baked Foods Exhibit** will make you a better cook, because you learn:

- To select recipes.
- To make shopping lists.
- To use appliances and kitchen utensils.
- To bake healthy foods.
- To communicate with others.

The Rules

- Prepare an attractive table exhibit displaying your baking skills.
- Include in the exhibit baked products from **three of the four** following categories: cookie, cake, quick bread, or yeast bread.
- No packaged mixes may be used. Products must be made from a standard recipe not using a mix.
- Include a container for each prepared baked product such as a plate, tray, or basket.
- Have some way to serve the judges. Include 3 serving dishes, napkins, and serving utensils such as knife, spoon, or fork.

- Three recipe cards should be placed besides each baked product in the exhibit or be included as part of a handout.
- Total size of the exhibit should be approximately three (3) feet square – the size of one card table. **Bring your own table.**
- A 12" x 12" poster with creative theme must be placed on a table easel or mounted on the front of your table.
- Include the nutritional value of the baked products somewhere in the exhibit (may include in handout).
- No moving parts, sound, or lights are allowed in the exhibit.
- All materials used in the exhibit must be original and developed by the 4-H member. Information in the exhibit must be accurate. The 4-H member should be able to set-up the exhibit without excessive adult help.
- The 4-Her must be available at the exhibit at a designated time to answer judges' questions related to the exhibit, baking principles, and the nutritional value of their baked products.
- Dress in a clean well fitted outfit and be well groomed.
- The score sheet for Junior Baked Foods Exhibit is at www.aces.edu/~legvodl/bakedfoodsscoresheet

Something to Think About

Can you use what you have learned to help others? Service to others is an important part of 4-H.



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