

Kalamazoo County 4-H

Culinary Arts (Food) Project Guidelines

Project Leader:

Food Preservation only - Eileen Rutten, earutten@yahoo.com

Project Social Media: N/A

Culinary Arts (Food) Objectives & Life Skills*

- To demonstrate knowledge of nutrition and food science and management practices through the project presented.
- Learn basic food preparation, safety and equipment usage skills. Increase knowledge of health and nutrition through food.
- Experiment with new foods and recipes
- Head
 - wise use of resources
 - planning/organizing
 - Goal setting
 - Problem solving
- Heart
 - Cooperation
 - Concern for others
 - Sharing
 - Nurturing relationships
- Hands
 - Teamwork
 - Marketable skills
 - Self motivation
 - Community service
- Health
 - Personal safety
 - disease prevention
 - Self-responsibilities
 - Healthy lifestyle choices

**note these life skills are just some examples of what 4-H members will learn in this project*

Additional Resources at the end of this document

[Cooking Experience - National 4-H Council](#)
[Cooking and 4-H: from a project to a career - MSU Extension](#)
[4-H Cooking and Baking Curriculum](#)
[Texas 4-H Foods & Nutrition](#)

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Food Preparation

Guidelines:

- A recipe must accompany the exhibit.
- Exhibitors must bring the entire cake, pie or main dish, etc. The judge will cut a portion to exhibit.
- Exhibitors may enter one class in their skill division and/or each section B through F.
- Educational exhibits may be a poster, display box or three-dimensional exhibit
- No packaged mixes or bread machines are to be used unless stated.
- In the food preservation class exhibitors may enter every class.
- All food projects must be displayed in a clear container.

Section A –Baked Food and Preparation

- 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.
- Intermediate 12 to 15 years old. Select one.
 - Whole non-yeast coffee cake
 - Fruit upside down cake
 - Loaf of batter yeast bread, any type loaf of bread using a bread machine
 - Cooled fruit pie
 - Fruit torte
 - Loaf of kneaded yeast bread, white flour only
 - 4 yeast dinner rolls.
- Advanced 16 to 19 years old. Select one.
 - 4 yeast sweet rolls
 - Yeast coffee cake
 - Regional, foreign or cultural baked product
 - Favorite family baked recipe

Section B–Food Preparation Educational Exhibit

- food item(s) with poster and/or display box. Examples of possible topics could be substitutions in baked products, functions of steps in baking, conventional vs.other methods and altering a baked product.

Section C–Nutrition & Health:

- prepare a nutritious/healthy snack or use a poster to show functions of a nutrient, study food intake and exercise, food effects on physical fitness, food 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 a microwave oven, must include recipe card and be displayed in a clear container

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.

Food Preservation

Guidelines:

- Project can be started in the fall prior to exhibiting
- All canned goods must be processed except jellies/jam.
- Low acid vegetables and meats must be pressure canned.
- Make sure proper canning jars and freezer containers are used. Jars must have rings on.
- Frozen products should be labeled BEFORE freezing to make the label stick.
- Label information must include exhibitor's name, name of product and date preserved. In addition, it is helpful to the judge if you include whether salt or sugar was added, and for canned goods, the process used.
- Exhibitors will be required to take frozen food home following judging
- All frozen exhibits must be accompanied by a 4x6 picture of frozen item(s) and the process in which the food was preserved, with the exhibitor's name, club and age.
- Exhibitor should be able to explain the process used for preparation to the judge for different foods
- Open to exhibitors of all ages.
- Dried foods must be displayed in clear container with a lid
- Container must be labeled with the product enclosed and the date it was preserved.

Section G–Food Preservation

Frozen Classes

- Three packages, one each of three kinds of frozen fruit.
- Three packages, one each of three kinds of frozen vegetables.
- Two packages, one each of two kinds of frozen uncooked jam in suitable containers.
- Two packages, one each of two kinds of baked goods prepared by the exhibitor such as cookies, rolls, bread, etc. (frozen).
- a one-dish meal and a dessert from the freezer.
- heat-and-serve dinner with instructions on how to cook
- refreshments from the freezer including party sandwiches and dessert.
- four packages, one each of two kinds of vegetables and one each of two kinds of fruit.

Canning Classes

- five jars of fruit, at least three different kinds.
- five jars, three kinds of fruit and tomatoes.
- four jars of vegetables, two kinds, no tomatoes.
- one jar each of three different kinds of fruit accessories, including one jelly.
- three jars (different pickles and relishes).
- five jars of vegetables, at least three different kinds.
- three jars of meat or poultry (three different kinds).

Canning & Frozen Combo classes

- two jars, one each of two kinds of canned fruit and two packages, one each of two kinds of frozen vegetables.
- one jar each of canned tomatoes and fruit and one package each of a frozen fruit and vegetable.
- one jar each of two different kinds of canned vegetables and a frozen one-dish meal.

Food Drying Classes

- Three different fruits, vegetables and/or herbs dried by any method.
- Three different fruit and/or vegetable “roll-ups” dried by any method.
- Three different dried meats (“jerky”) dried by any method.

Confections–Cake Decorating

Guidelines:

- Exhibitors must exhibit in a different class each year.
- First year exhibitors 12 years old or older by January 1 of current project year must start at level 5.
- All cake decorating must be exhibited covered with a clear cake cover. There are a limited number available from the 4-H office. Contact the 4-H office by July 15th to reserve a cake cover. If you have not reserved one by the deadline you must provide your own.
- Exhibits must include a **Cake Decorating Project Notebook** (found on page 7-8) in a pocket folder with 3 hole fasteners or 3-ring binder. The notebook needs to contain work plans, cake and frosting recipes, pictures, new decorating ideas, and techniques learned. exhibitors must indicate what new information they learned each year.
- If using an artificial cake form it must be made out of Styrofoam.

Section H–Cake Decorating Classes

- Level 1 (8 yrs. old) - 8" cake board covered with aluminum foil, un-iced. Decorate with borders and own design. No writing. No plastic decorations allowed. Display on a 10" doily-covered cake board.
- Level 2 (9 yrs. old) - 8" cake board covered with aluminum foil, iced. Decorate with borders and own design. No plastic decorations allowed. Display on a 10" doily-covered cake board.
- Level 3 (10 yrs. old) - 8" cake board covered with aluminum foil, iced. Decorate with one word, border, and own design. No plastic decorations allowed. Display on a 10" doily-covered cake board.
- Level 4 (11 yrs. old) - 8-inch cake board covered with aluminum foil, iced. Decorate with one word, border, and own design. Simple sugar mold is optional. No plastic decorations allowed. Display on a 10" doily-covered cake board.
- Level 5 (12 yrs. old and all first-year exhibitors 12 yrs. old and older) - 8-inch cake board covered with aluminum foil, iced. Decorate with animal, theme or character using a minimum of a star tip and a writing tip. Display on a 10" doily-covered cake board.
- Level 6 - Decorated, shaped cake or cake form (square, rectangle, star, heart, any theme i.e. anniversary, birthday special occasion, etc. **NO ROUND**). No plastic decorations allowed.
- Level 7 - 10" round or square cake or cake form displayed on a 12" doily-covered cake board. Artificial cake form must be a minimum of 3" thick. Decorate showing the four basic decorating techniques (border, leaf, flower, and writing). Sides must be decorated. No plastic decorations allowed.
- Level 8 - Simple two-tiered cake. No separation between tiers. Minimum base size of 10". Any theme. Top ornament optional. Plastic figures/ornaments may be used on top only to carry out the theme.
- Level 9 - Decorated, three-tiered wedding cake. Minimum 12" base. Must separate at least one tier. Exhibitors must construct a top ornament. Materials for top may be purchased (figures, ribbon, etc.) or made by the exhibitor (sugar bells, flowers, etc.).
- Level 10- Wedding cake, own design. Cake design and pictures must be included in the notebook.
- Level 11 - Wedding cake in new techniques. The notebook must include steps and pictures that were used in decorating the cake.
- Level 12 - At least two-tier cake may be separated or stacked (i.e. mix shapes). Add on your own design of royal icing, fondant, gum paste, homemade candy, airbrush, piping gel, rice paper. Use of one manufactured accessory permitted. Notebooks must include steps and pictures used to make their own design.

Confections–Candy Making

Guidelines:

- All candy exhibits must be displayed neatly on a display board/plate.
- All candies must be displayed in candy/mini or regular cupcake papers, except when candy is too large.
- All exhibits must be displayed in a clear Ziploc bag or clear display dome/cover.
- Exhibitors may exhibit only one time in each class.
- Exhibits must include a **Candy Project Notebook** (found on page 9-10) in a pocket folder with 3-hole fasteners or 3-ring binder. The notebook needs to contain work plans, recipes, pictures, new decorating ideas, and techniques learned. exhibitors must indicate what new information they learned each year.
 - If additional recipe cards are needed, they can be found on page 11
- When a number of different colors are required on a painted article, do NOT count the "background" as a color.

Section I–Candy Making Classes

Beginning Level: 8–11-year-olds by January 1 of current year.

- Fundamental techniques to be learned at this level include:
 - Correct method for handling and melting chocolate
 - Proper use of flavoring oils
 - Proper use of plastic molds and rubber molds
- Display will consist of the following
 - Candy Project notebook
 - One painted article (using three colors)
 - Six uniform size pieces of one of the following kinds of candy, flat mints, almond bark, fudge, cream cheese mints or cereal candy.

Intermediate Level: 12–14-year-olds by January 1 of the current year.

- Fundamental techniques to be learned at this level include"
 - Proper use of a candy thermometer.
 - Preparation of homemade fillings for centers.
 - Hand-dipped with a dipping fork.
 - Layering of chocolate.
- The display will consist of the following:
 - Notebook
 - One painted article (using five colors)
 - Six uniform size pieces of one of the following kinds of candy; Reese cups, mint sandwiches, coconut bonbons or peanut brittle.

Senior Level: 15–18-year-olds by January 1 of the current year.

- Fundamental techniques to be learned at this level include:
 - Use of candy funnel
 - Use of a decorating bag to fill candy molds and preparing homemade fillings
 - Painting and use of double molds/two-part molds
 - Learn procedures to make different consistencies of candy (i.e. divinity, taffy, rock candy, gumdrops, and marshmallow candies)
 - Tempering chocolate (for dipping).
- Display will consist of the Following
 - Candy Making Notebook
 - any one of the following 8 groups of candy:
 - 4 chocolate covered cherries, 4 uniform size pieces of peanut brittle, and 4 pieces of caramels or turtles
 - 1 hollow chocolate egg, and 2 sugared marshmallow candies molded into a shape

such as chick, rabbit and/or duck

- 2 pecan rolls (3-4 inches in length), 4 gum drops, and 4 uniform size pieces of cooked fudge.
- An assembled candy house (6 pieces painted in detail)
- Foreign candies—3 uniform size pieces of 4 different kinds. The exhibit must include country of origin
- 1 painted double mold requiring 4-8 oz of chocolate, 2 large, filled candy bars and 4 small, filled candy bars
- 4 uniforms in size pieces of rock candy, 4 uniform in size pieces of divinity, and 4 uniform in size pieces of taffy
- 1 jewel box filled with 5-7 kinds of candy. can be fudge chocolate-covered cherries, center filled chocolates, Reese cups, sandwich mints, caramels or bonbons.

Cake Decorating Notebook

Name: _____ 4-H Age: _____ Number of years in Project: _____

What are your plans for this project? _____

Add sketches, inspiration pictures and ideations that you have for your project as well as pictures of you working on your cake decorating project here
Continue on the back if needed.

What new techniques and decorating ideas did you learn in this project? _____

What techniques and decorating ideas would you like to explore next year? _____



Cake Recipe Card

Exhibitor Name _____

Recipe _____

Ingredients: _____

Directions: _____



Icing Recipe Card

Exhibitor Name _____

Recipe _____

Ingredients: _____

Directions: _____

Candy Making Notebook

Name: _____ 4-H Age: _____ Number of years in Project: _____

What are your plans for this project for this year? _____

Add sketches, inspiration pictures and ideations that you have for your project here.
Continue on the back if needed.

What new techniques and decorating ideas did you learn in this project? _____

What techniques and decorating ideas would you like to explore next year? _____

Add pictures of you working on your candy making project here



Recipe Card

Exhibitor Name _____

Recipe _____

Ingredients: _____

Directions: _____



Recipe Card

Name _____

Project _____

Club _____

Age by Jan 1 of Current Year _____ Project Year _____

Recipe _____

Ingredients: _____

Directions: _____

Directions: _____

Additional Culinary Art Resources

Culinary Arts Overall Resources

[Cooking Experience - National 4-H Council](#)

[Cooking And 4-H: From A Project To A Career - Msu Extension](#)

[Shop 4-H Cooking And Baking Curriculum](#)

[Texas 4-H Foods & Nutrition](#)

[Preserving And Preparing Food Safely | Umn Extension](#)

[Cooking & Food Science Stem Activities For Kids](#)

Baked Food And Preparation

[Baking Food Safety](#)

[Baking Basics: Essential Baking Tips & Techniques For Beginners - Escoffier](#)

[Baking Techniques](#)

Nutrition And Health

[Myplate](#)

[Jump Into Foods & Fitness \(Jiff\)](#)

[Farmers Markets: Fresh, Nutritious, Local \(USDA\)](#)

Consumer Behavior Related To Food

[Consumer Buying Behavior In The Food Industry - 2024](#)

[2024 Consumer Trends In The Food & Beverage Industry - Agency Forward® - Nationwide](#)

Microwave Cooking

[Cooking With Microwave Ovens | Food Safety And Inspection Service](#)

[How Do Microwaves Work To Cook Your Food? | Whirlpool](#)

[Back To Basics: Microwave Cooking - Healthy Food Guide](#)

Food Management And Service

[Safe Food Handling And Preparation | Food Safety And Inspection Service](#)

[Food Systems For Thought And Change - National 4-H Council](#)

[The Science Of Food](#)

Food Preservation

[A Guide To Home Food Preservation: How To Pickle, Can, Ferment, Dry, And Preserve At Home - 2025 - Masterclass](#)

[Unsafe Food Preservation Methods](#)

[Food Preservation Basics Videos | Umn Extension](#)

Cake Decorating

[Illinois 4-H - Cake Decorating Techniques By Level](#)

[Wilton Cake Decorating Techniques](#)

[Cake Decorating Manual | 4-H](#)

Candy Making

[Wilton Candy Making Techniques](#)

[A Beginner's Guide To Candy Making At Home](#)

[Ohio State University Fairfield County Candy Making Project](#)

[4-H Candy Company](#)