

## FOODS & NUTRITION

### QUICK MEALS

Class #	Project #	Class Description
1217	07382	Spicy Granola Cereal (1/2 pint jar)
1218	07382	Breakfast Bars – (3)
1219	07382	Oatmeal Applesauce Cookies – (3)
1220	07382	Menu for a day (mounted on firm paper 8 ½” x 11”)

### OUTDOOR COOKING:

**No actual food items will be accepted as an Exhibit.**

#### OUTDOOR COOKING UNIT I – ON THE GRILL

Class #	Project #	Class Description
1221	07386	Unit 1 - Outdoor Cooking - Grilling Exhibit
1222	07386	Unit 1 - Outdoor Cooking - Grilling Recipe (original or adapted - mounted on firm paper 8 ½” x 11”) & completed Meal Planning Worksheet (pg. 43-45) of the On the Grill project book

**No actual food items will be accepted as an Exhibit.**

#### OUTDOOR COOKING UNIT II – GOING DUTCH

Class #	Project #	Class Description
1223	07387	Unit 2 - Outdoor Cooking – Dutch Oven Exhibit
1224	07387	Unit 2 - Outdoor Cooking Dutch Oven Recipe (original or adapted - mounted on firm paper 8 ½” x 11”) and completed Meal Planning Worksheet (pages 20-22) of the Going Dutch Project Book

### SUPER SNACKING

**No actual food items will be accepted as an Exhibit.**

Class #	Project #	Class Description
1225	07257	Super Snacking Exhibit
1226	07257	Snack Attack Recipe Box (15 recipes with all five parts of the recipe)
1227	07257	Weekly Snack Record (7 days’ worth of snacks, serving size, and appropriate food group mounted on a 8.5”x11” paper)
1228	07257	My Plate Exhibit
1230	07399	Self-Determined advanced Food & Nutrition Exhibit including Self-Determined Project Record Sheet 300.SD.1

## BAKING

**All baking Exhibits must be made using the recipes provided.**

#### BAKING I

Class #	Project #	Class Description
1300	07280	Three (3) Biscuits
1301	07280	Three (3) Plain Muffins
1302	07280	Three (3) Chocolate Chip Cookies
1303	07280	Three (3) Ginger Cookies
1304	07280	Three (3) Snickerdoodles
1305	07280	Three (3) Plain Brownies – 3” x 3” squares

**All baking Exhibits must be made using the recipes provided.**

<b>BAKING II</b>		
<b>Class #</b>	<b>Project #</b>	<b>Class Description</b>
1306	07282	Banana Nut Bread – one loaf
1307	07282	Zucchini Bread – one loaf
1308	07282	Three (3) Cranberry Orange Refrigerator Cookies
1309	07282	Three (3) Jam Thumbprint Cookies
1310	07282	Two (2) Strawberry Scones
1311	07282	Cornbread – Two 3” x 3” squares
1312	07282	Three (3) Hidden Veggie Muffins
1313	07282	Fruit-Filled Coffee Cake – any fruit in recipe (two 3” x 3” squares)

**BREADS**

**All baking Exhibits must be made using the recipes provided.**

<b>Class #</b>	<b>Project #</b>	<b>Class Description</b>
1315	07284	Three (3) cinnamon rolls – (iced and made from the crescent roll dough recipe provided in the project book)
1316	07284	Three (3) whole wheat refrigerator rolls
1317	07284	One (1) 9x5 loaf white yeast bread
1318	07284	Three (3) crescent rolls
1319	07284	Three (3) Angel biscuits
1320	07284	One (1) loaf or three (3) rolls of any other specialty bread from Project book
1321	07284	Self-Determined yeast bread exhibit

**PASTRIES & PIES**

**All baking Exhibits must be made using the recipes provided.**

<b>Class #</b>	<b>Project #</b>	<b>Class Description</b>
1322	07286	Two Apple Green Chile empanadas
1323	07286	Apricot pastelitos – three 2” x 2” squares
1324	07286	A viscosity display including experiment result sheets and line spread viscometer, laminated or enclosed in plastic cover.
1325	07286	One 8” or 9” double crust peach or apricot pie
1326	07286	One 8” or 9” double crust berry pie
1327	07286	Two fruit-filled turnovers or empanadas
1328	07286	One 8” or 9” double crust apple pie

**CAKES**

**All baking Exhibits must be made using the recipes provided.**

<b>Class #</b>	<b>Project #</b>	<b>Class Description</b>
1330	07300	One 8” or 9” Round One-Layer Yellow Cake, unfrosted
1331	07300	White or Yellow Two Layer Cake with Butter Cream Frosting
1332	07300	Chocolate Two Layer Cake with Chocolate Butter Cream Frosting
1333	07300	Sponge Cake – unfrosted
1334	07300	Angel Food Cake – unfrosted
1335	07300	Pound Cake – unfrosted
1336	07300	German Chocolate Cake
1337	07300	Jelly Roll
1338	07300	Apple Bundt Cake – unfrosted

**CAKE DECORATING:**

- All entries must be real cakes (no forms or foam) and will be cut and tasted for judging.
- Cake recipes utilizing alcohol are ineligible.
- Royal icing or Fondant cannot be used as a base frosting in these units.

**\*\*Recommendation: Take a picture of your final decorated cake and provide it to your agent to have available to show judges in case of mishaps and/or heat effects during transportation.\*\***

<b>CAKE DECORATING UNITS 1-3</b>		
All entries must be real cakes (no forms or foam) and will be cut and tasted for judging. Cake recipes utilizing alcohol are ineligible. Royal icing or Fondant cannot be used as a base frosting in these units.		
<i>**Recommendation: Take a picture of your final decorated cake and provide it to your agent to have available to show judges in case of mishaps and/or heat effects during transportation.**</i>		
Class #	Project #	Class Description
1340	07301	Unit 1 - One decorated single layer cake – 8” or 9” round, square or 9x13 using edible decorations, no decorator tips, character pans or cut up cakes
1341	07301	Unit 2 – One decorated single layer cake using the writing, leaf and star tips
1342	07301	Unit 3 – One decorated two-layered cake using 3-5 tips including the writing, leaf and star tips in decorating, a side border and demonstrate figure piping

<b>CAKE DECORATING UNITS 4-6</b>		
All entries must be real cakes (no forms or foam) and will be cut and tasted for judging. Cake recipes utilizing alcohol are ineligible. Royal icing or Fondant cannot be used as a base frosting in these units.		
<i>**Recommendation: Take a picture of your final decorated cake and provide it to your agent to have available to show judges in case of mishaps and/or heat effects during transportation.**</i>		
Class #	Project #	Class Description
1343	07302	One decorated character cake which resembles the shape of a character or object made without cutting.
1344	07302	Three (3) decorated cupcakes of a similar design or theme.
1345	07302	Character or design using a single layer of cupcakes on one cake board no larger than 9”x13”
1346	07302	One decorated cut-up cake using three different types of tips (frosting, edible materials – including royal icing and fondant are allowed) (internal non-edible supports allowed, but must not show.)

<b>CAKE DECORATING UNITS 7-9</b>		
All entries must be real cakes (no forms or foam) and will be cut and tasted for judging. Cake recipes utilizing alcohol are ineligible. Royal icing or Fondant cannot be used as a base frosting in these units.		
<i>**Recommendation: Take a picture of your final decorated cake and provide it to your agent to have available to show judges in case of mishaps and/or heat effects during transportation.**</i>		
Class #	Project #	Class Description
1347	07303	One two-layer 8”, 9” or 10” cake using a minimum of one flat surface flower, one flower made on a flat flower nail, one border and one side trim.
1348	07303	One decorated two-layer 8”, 9” or 10” round or square cake using fondant and gum paste decorations as well as any skills from Units 3-7.

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1349	07303	One decorated two layer 8", 9" or 10" cake using string work and flower(s) made on a lily flower nail and border.
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### CAKE DECORATING UNITS 10-12 – SENIOR ONLY

All entries must be real cakes (no forms or foam) and will be cut and tasted for judging. Cake recipes utilizing alcohol are ineligible. Royal icing or Fondant cannot be used as a base frosting in these units.

*\*\*Recommendation: Take a picture of your final decorated cake and provide it to your agent to have available to show judges in case of mishaps and/or heat effects during transportation.\*\**

Class #	Project #	Class Description
1350	07304	One decorated cake of three or more tiers of graduated sizes, using supports and separator plates. Pillars may be used but are not required. A border is required.
1351	07304	One molded or shaped object may be on a decorated cake or an independent display in a case (no larger than 10 inches) to protect the item from harm.
1352	07304	One detailed notebook describing your cake decorating project including goals, plans, accomplishments, evaluation (pg. 24-28) and photos.

### BAKING SD

(Recipes utilizing alcohol are ineligible.)

Class #	Project #	Class Description
1360	07299	Self-Determined advanced Baking Exhibit including Self-Determined Project Record Sheet 300.SD.1

### DAIRY FOOD

#### MILK – UNIT I

Class #	Project #	Class Description
1400	07312	Dairy Foods I exhibit of your choice (Non-food item)
1401	07312	Three (3) Oatmeal Cookies
1402	07312	Lotion made from milk
1402A	07312	Soap made from milk

#### ICE CREAM – UNIT II

Class #	Project #	Class Description
1403	07312	Granola Cookies (3)
1404	07312	Unit II - Ice Cream Exhibit (No actual food items will be accepted as an Exhibit.)

#### CHEESE – UNIT III

Class #	Project #	Class Description
1405	07314	Cheese sticks
1406	07314	Unit III - Cheese Exhibit (No actual food items will be accepted as an Exhibit.)
1407	07319	Self-Determined advanced Dairy Exhibit including Self-Determined Project Record Sheet 300.SD.1

### FOOD PRESERVATION

#### FREEZING

Class #	Project #	Class Description
1500	07401	Home Freezer Inventory Record (8 ½" x 11") and completed page 34 of the Freezing Project Book
1501	07401	Menu Plan for three (3) meals, using frozen foods from your freezer inventory (8 ½" x 11") and completed page 36 of the Freezing Project Book

**DRYING**

Class #	Project #	Class Description
1502	07403	Poster: Two (2) samples of different dried fruits are attached. Each sample should be in a small zip-loc plastic bag (for display purposes only) & should contain approximately ¼ cup of dried fruit. Label each fruit sample with drying method used and date prepared.
1503	07403	Poster: Two (2) samples of different fruit or fruit/vegetable leathers are attached. Each sample should be in a small zip-loc bag (for display purposes only) & should contain a strip or square of fruit leather approximately 16 square inches (4" x 4" or 2" x 8"). Label each fruit leather with drying method used and date prepared.
1504	07403	Poster: two (2) samples of different dried vegetables are attached. Each sample should be in a small zip-loc bag (for display purposes only) & should contain approximately ¼ cup of dried vegetables. Label each vegetable sample with drying method used & date prepared.
1505	07403	Poster: two (2) samples of different dried herbs are attached. Each sample should be in a small zip-loc bag (for display purposes only) & should contain approximately ¼ cup of dried herbs (leaves only, no stems, whole, chopped or crumbled.) Label each herb sample with drying method used and date prepared.

**BOILING WATER BATH CANNING**

All canning Exhibits must be labeled with Name of Product, Date & Processing information. Recipes used must be in project book. Make sure processing times are adjusted for your altitude! *\*Exception- you may use the recipe of your choice for "any variety or jelly or jam & no sugar jam or jelly".* Recipes utilizing alcohol are ineligible.

Class #	Project #	Class Description
1506	07405	One (1) jar Pickle Relish
1507	07405	One (1) jar Bread & Butter Pickles
1508	07405	One (1) jar Fresh Pack Dill Pickles
1509	07405	One (1) jar Tomatoes, in juice
1510	07405	One (1) jar Tomato Salsa
1511	07405	One (1) jar Peaches, Apricots Nectarines or Pears
1512	07405	One (1) jar Berries
1513	07405	One (1) jar Cherries
1514	07405	One (1) jar Any variety jelly*
1515	07405	One (1) jar Any variety jam*
1516	07405	One (1) jar no sugar jam or jelly*

**PRESSURE CANNING**

All canning Exhibits must be labeled with Name of Product, Date and Processing information. Recipes used must be in project book. Make sure processing times are adjusted for your altitude!

Class #	Project #	Class Description
1517	07407	One (1) jar Canned Green Beans
1518	07407	One (1) jar Chile Peppers
1519	07407	One (1) jar Corn, Whole Kernel
1520	07407	One (1) jar Carrots
1521	07407	One (1) jar Green Peas
1522	07407	One (1) jar Spaghetti Sauce without Meat
1523	07407	One (1) jar Dried Beans or Peas

**FOOD PRESERVATION SD**

**2026 NMSF Indoor Exhibit Classes**

**(Recipes utilizing alcohol are ineligible.)**

<b>Class #</b>	<b>Project #</b>	<b>Class Description</b>
1530	07499	Self-Determined advanced Food Preservation Exhibit including Self-Determined Project Record Sheet 300.SD.1