

4-H Nova Scotia Leader Resource Guide

Foods Project

Table of Contents

Introduction	3
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Introduction

Dear 4-H Foods Leader,

Welcome to an exciting and enjoyable 4-H project. If this is your first year you must be eager to learn as much as possible about the Foods Project.

Welcome to 4-H!

4-H is an organization for building youth that is active in countries all over the world! The primary goal is the development of members as individuals and responsible members of society through an appreciation of the agricultural industry and by having fun.

Through the motto **Learn To Do By Doing**, the 4-H program in Canada aims to help young people:

- Increase their knowledge and develop skills in subject matter areas which are of interest and value to the individual;
- Acquire a positive attitude towards learning;
- Build self-confidence;
- Develop a sense of responsibility;
- Develop the ability to make wise decisions;
- Learn how to work effectively in groups;
- Acquire leadership and communication skills;
- Enlarge their horizons by participating in new experiences.

The name 4-H is derived from the first letter of the four words Head, Heart, Hands and Health; the significance of which is expressed in the 4-H Pledge.

I Pledge

**My Head to clearer thinking,
My Heart to greater loyalty,
My Hands to larger service,
My Health to better living,
For my club, my community,
my country and my world.**

The purpose of this guide is:

1. To state the basic philosophy behind 4-H judging so that judges are more sensitive to the overall program.
2. To provide an overview of the requirements & class lists for quick reference, and as a planning tool for leaders and staff.
3. To help judges prepare themselves in advance of an evaluation or judging job in 4-H.
4. To give examples of the standards of judging particular items so that leaders and judges understand how 4-H projects are evaluated.
5. To provide a resource for leaders to use to teach members how to judge. The "Spotlight on Judging" resource box can be borrowed from the Regional Program Coordinators. The box contains everything necessary for a judging practice with 4-H members.

Philosophy of 4-H Judging and Competition

Competition plays an important role in the 4-H Nova Scotia program and has contributed to the overall quest for excellence by 4-H members in all projects. However, in keeping with the 4-H motto "Learn To Do By Doing", the process of learning, whether it be knitting a sweater or raising a calf, is easily as important in the program as the finished products themselves.

At **Achievement Day**, 4-H members are evaluated for a satisfactory or unsatisfactory completion of projects based on the requirements for the individual projects depending on the overall criteria. It is important that the evaluator assess not only the quality of the finished product, but the effort applied in achieving these results and evidence that learning has occurred from the experience. Consequently, Achievement Day evaluation can be much more difficult than competition judging. **Picture an "ideal" article based on the member's age, number of years in the project, and any handicaps.** Compare the member's work to this ideal. Brief written comments by the evaluator are important to 4-H members and leaders. Positive feedback can be a tremendous encouragement to all involved in the program. Members will be recognized for satisfactory completion of projects at Achievement day by receiving a certificate with the appropriate sticker for their accomplishments during the 4-H year.

At Exhibition, County Shows or 4-H Nova Scotia Provincial Show, judging is much more straightforward than at Achievement Day, as project items compete directly against one another in junior and senior divisions. Written comments are, for the most part, unnecessary, but may be in order in the case of a disqualification when the reason for such may not be clear to the exhibitor. Most frequently, difficulties at this level arises in organization of classes and in placement of miscellaneous type items. While this is a show committee concern, it is important that judges pay strict attention to classes and categories and ask questions if item placement seems unclear. Entries not conforming to size rules, etc., are not disqualified at the 4-H Nova Scotia Show but placed at the bottom of the class.

4-H staff do not judge at these levels since they have already evaluated the articles at Achievement Day. Planning is coordinated through a volunteer committee, however 4-H Staff line up judges and clerks, and makes sure all the eligible selections are made for 4-H Nova Scotia Provincial Show, the county awards and trophies.

Clerks are often provided to assist the judge. The clerk's role is to accurately record the results of the classes, making sure the name, club and/or county is correct, to open all the tags after the class is placed, to secure ribbons, award cards, etc. Accuracy and confidentiality are important. A clerk **does not** pass judgment on a class even if the judge seeks their advice. If they see problems on how the judge is proceeding, they are responsible to see the coordinator.

Additional Notes:

Competition Levels:

- Various ages may be in their first year of 4-H or that particular project (from 9-21 years old).
- Classes are divided into junior (9-13), senior (14-21).
- Could have new members and experienced members competing in same classes.

- Could have range of ages exhibiting the same type of article.
- Record sheets could be in metric, imperial or dual but must be consistent throughout.

Project Requirements

The following pages state the particular project requirements for Foods. These must be exhibited at Achievement Day. Members fulfilling the Achievement Day requirements are eligible to participate at the exhibition.

Members must do 4-H project work in 4-H and within the 4-H year, i.e. work done in school is not accepted as 4-H project work.

The volunteer leader may explain techniques and offer assistance to the member, but must not do the work for them. Members should be encouraged to follow the 4-H motto - "Learn To Do By Doing".

Foods Project Rotation

The Foods Project consists of a four-year cycle; each year featuring one aspect of Canada's Food Guide:

2020 - 2021 Vegetables and Fruits

2021 - 2022 Milk Products

2022 - 2023 Grain Products

2023 - 2024 Meat and Alternates

Members learn where food comes from, its importance in the diet, and some of the many ways of using it. Members are encouraged to select food items that feature Nova Scotia products as much as possible. It is important for them to realize the variety of Nova Scotia foods and how they can be used in meal preparation. **After completing the 4 levels, members are able to repeat the cycle or enroll in the Advanced Foods program (details following).**

Achievement Day Requirements

The Project Work requirements for the Foods Project are:

- **One (1) article of the following: A poster, report, experiment, gift item or baked product that fits in the 4-H class list.** The project article should reflect the area of focus for the current year. NOTE: If members require computer/video equipment to display their project they must provide their own equipment at Achievement Day, Exhibition/County Show. All reports, posters or displays must include a bibliography for information taken from a source other than the 4-H member. (i.e., downloaded from the internet, etc.)
 - **A Recipe Card** must accompany the food article at Achievement Day, Exhibition/County Show.
- **Recipe Binder:** containing a minimum of six (6) recipes that members have prepared in the current foods project year, will be required only for achievement day and is an optional item for

Exhibition. At exhibition, the binder could be entered in: Class 4: Foods - Section 3: Reports, Posters, Experiments and Recipe Binders.

Recipe Binders will be evaluated on:

- Completeness of individual recipes; Neatness; Cover page; Diversity of recipes and Filing system (i.e., Main Course; Appetizers, Desserts, etc.)
- The members will include dividers to separate their recipes into sections for easy reference. In the second and subsequent year, the current year's recipes would be placed together at the front of the binder to make it easier for evaluation and judging.
- The previous year's recipes would be filed in the appropriate section at the back of the binder.
- The recipes may be handwritten, typed or photocopied. On each recipe members would include the date they prepared the recipe and an evaluation of the recipe including changes they would make if preparing it again.

The **Food Item Checklist** is a handy reference for checking the suitability of projects at Achievement Day or exhibition:

- Is the food item choice a good reflection of the year's food group? (i.e. Milk Products). Does the food item feature Nova Scotia Products from the focus group as much as possible? Does it use other Nova Scotia foods in it as well?
- Is the product properly displayed? (i.e. correct number of items, clean serviceable plate, etc.)
- Has the product been well-wrapped and covered to ensure freshness? Avoid perishable foods if refrigeration is unavailable. If food is to be served hot, is it in a thermos?
- Is the food product accompanied by a recipe card?
- Is the item a nutritious choice? Is it low in fat, sugar and salt?
- Will the item fit in a standard Foods Class for later competition?
- Is the product high quality and representative of what it is?
- Does the food item reflect a reasonable degree of preparation difficulty? (This should be determined by member's age and food experience).

Group Activity: - As of the 2006 annual 4-H Council meeting - The foods group activity is no longer required for Achievement Day. Clubs/ project leaders may still encourage members to complete this activity at other events during the year if they wish to do so. Evaluation sheets are still available from the Regional Agriculture Leadership Coordinator that contain more detailed information.

Foods Group Activity Evaluation

This evaluation sheet is designed to cover all food group activities including catering, parties and food demonstrations and oral presentations. You will need to consider only the parts that are applicable under each heading. For oral presentations/demonstrations complete only the Planning/Organization and the Cleanliness/Safety sections.

Club Name: _____

Members Participating: _____

Activity (specify): _____

Planning/Organization:

Evidence of planning, thought and effort

Choice of dishes/topic appropriate for activity

Activity interesting, informative and fun, appropriate to knowledge and skill level of members

Who chose dishes/topic; Leader or Members?

Presenter easy to see, hear and understand

Appropriate audio visuals and resource materials

Questions answered in satisfactory manner

Activity ran on schedule, organized

Co-operation between members of group and evidence of shared responsibility

Satisfactory Yes ___
 No ___

Cleanliness/Safety:

Members dressed appropriately for activity, hands clean, hair tied back and clean, aprons, pot holders

Safety observed, work area/presentation area neat, clean, uncluttered, safe

Table area clean, attractive, properly set

Clean up, garbage collected, dishes washed properly, put away

Demonstration/activity properly set-up

Satisfactory Yes ___
 No ___

Service:

Proper etiquette in handling food.

Hot beverages poured properly.

Correct/Suitable table arrangement.

Dishes replenished (if necessary)

Servers manner- pleasant, smiling

Effective clearing of tables

Guests made to feel comfortable

Satisfactory Yes ___
 No ___

Food

Appropriate food to project year.
Food at proper temperature
Appropriate serving size, attractive arrangement
Suitable amount prepared for group
Nutritious, all four food groups represented, balanced.
Work done by members.
Nova Scotia products featured.

Satisfactory Yes ___
 No ___

General Comments by Evaluator: _____

***Advanced Foods**

The Advanced Foods Project is designed for those 4-H members who demonstrate an ability to work on their own. After completing the 4-year food cycle, members are able to take the Advanced level. Each year in the Advanced level the member does one Module.

Module 1: Meal Planning - discusses the goals of meal planning and includes nutritional needs, resources, meal satisfaction, good consumer choices and menu writing.

Module 2: When Company Calls - learn about table settings, etiquette, service techniques, decorations, invitations and how to entertain.

Module 3: Preserving Nova Scotia's Goodness - deals specifically with the proper and safe methods and techniques of food preservation.

Module 4: International Cuisine - provides insight to foreign foods and preparation methods for over fifteen countries.

Module 5: Getting Out of the Kitchen - introduces the many time and energy saving kitchen appliances as well as how they work and are best used.

Members are required to complete a report and do a food exhibit specific to the module they are in. In all modules any activity will be evaluated based on the member using as many Nova Scotia foods as possible, however, seasonal limitations will be taken into account. Reports should be neat, concise and easily followed with a maximum of four (4) pages. Recipes should be included with all finished products.

Leaders are provided with a Foods Leader Resource Manual and Project Newsletter; members receive a Project Newsletter and record sheet. In the Advanced level members select the module and the leader receives an Advanced Foods Project Leaders Resource manual and Foods Project Newsletter; members will be provided with the Project Newsletter and record sheet.

Exhibition/4-H Show Class List

The following provides ideas members may choose to make for Achievement Day, Exhibitions, County Shows and 4-H Nova Scotia Provincial Show. **Please Note:** (as of the 2009 annual 4-H Nova Scotia Council Meeting) If a 4-H member has completed the foods project they may exhibit up to three (3) items at the county 4-H Show or local exhibition.

Note: Members - **must include their recipe with their item** submitted on Achievement Day, Exhibition and at the 4-H Nova Scotia Provincial Show.

1. The project item should reflect the food group focus for the current year and incorporate as many Nova Scotia food products as possible, (e.g., wheat bread, apple crisp, various quick breads or muffins, etc.) Does the item reflect a reasonable degree of preparation difficulty based on their age and food experience?
2. Check to be sure they exhibit the required amounts for the class. Make sure the product is properly displayed on a clean serviceable plate and well-wrapped or covered to ensure freshness.
3. There are a number of items in the class list that are perishable, therefore, should not be sitting at room temperature for more than two hours in total unless the proper conditions can be provided. Use a thermos or ice, etc. to keep hot foods hot (above 60°C (140°F)) or cold foods cold (below 4°C (40°F)). Avoid perishable foods if the proper conditions are not available. If a judge cannot be assured that the food has been safely kept hot or cold, they will mark by a visual placement of the item only.
4. After the food item has been judged, only a piece or portion of the finished product needs to be displayed in sections 2, 6, 7, 11, 12, 13, 14 and 15. Members are reminded of the recommendation that only the project requirements be displayed for judging in the foods projects at 4-H Nova Scotia Provincial Show. Judging space is very limited and some foods projects are placed in the judging area as presentations and or displays which include items that are not a part of the required project. The foods judge will bring items for judging foods therefore members don't need to bring utensils, extra plates, etc. if so then they must be disposable ones.

Class 4: Foods

Section 1: Snacks (3 pieces of individual items such as potato skins, a single serving of drinks, salads, etc.) - Canapés and appetizers, pretzels, pizza, breakfast bars, nachos, etc.

Section 2: Yeast Bread (whole loaf) - Any variety of plain or multi-grain breads that reflect the area of focus for the current year.

Section 3: Posters, Reports, Experiments and Recipe Binders

Recipe Binders should contain a minimum of six recipes prepared in the current year, to be complete and neatly handwritten, typed or photocopied. There should be a variety of recipes that reflect the area of focus for the current year. Each recipe indicates the date prepared and members evaluation of the recipe. Cover page and dividers separating recipes into sections are attractive and pleasing to the eye. Section headings or filing system is easy to follow and accommodates a wide variety of recipes.

A **Poster** should be Bristol board size or slightly smaller; with a simple design that tells a message, good distinct lettering, balanced and colourful. Posters will be judged on information, neatness, creativity and originality.

A **Report** can be a detailed account of a tour, or further study of a topic that reflects the area of focus for the current year. It can be accompanied or illustrated by pictures, photos or drawings.

An **Experiment** should show the steps followed and the final results. It should be written using the following headings- purpose, equipment and materials needed, procedure, observations, and conclusions. A display showing the final results may be part of your experiment.

Section 4: Gift Item - Gift baskets featuring homemade items - the basket should centre on a theme such as "Holiday Greetings", "Between Friends", etc. Items to be attractively presented with a gift tag attached. The contents should feature a majority of homemade items that reflect the area of focus for the current year and incorporate as many Nova Scotia food products as possible. The number of items and number of servings of the item should reflect the number of people the basket is intended for. Some examples include - fancy baked items using Nova Scotia foods, (e.g., scones, oatcakes, doughnuts, bagels, etc.) Decorations and additional items in the basket should be tastefully selected to create a pleasing appearance and not be overdone. **Recipes must be included with the basket.**

Section 5: Yeast Raised Rolls (3) - Any variety of plain or multi-grain rolls that reflect the area of focus for the current year.

Section 6 - Quick Breads (whole loaf) - Any sweetbread loaf that reflects the area of focus for the current year.

Section 7: Pies or Tarts (whole pie, 3 tarts) - Crumb or pastry crust (whole wheat or plain) featuring dessert or main course pies that reflect the area of focus for the current year.

Section 8: Cookies, squares or bar cookies (3) - Any variety that reflect the area of focus for the current year.

Section 9: Muffins (3) - Any variety that reflect the area of focus for the current year.

Section 10: Biscuits (3) - Any variety that reflect the area of focus for the current year.

Section 11: Cakes (whole, not iced) - Any variety that reflect the area of focus for the current year. Cakes in this section are to be plain without a glaze, frosting or sauce.

Section 12: Specialty Breads (using yeast, whole loaf) - That reflect the area of focus for the current year.

Section 13 - Main Course - Casseroles, Soups, Chowders, Stews and Quiche - Any variety that reflect the area of focus for the current year

Section 14 - Project Specialty Item - Items that reflect the area of focus for the current year

Section 15 - Deserts - Cheesecakes, Tortes, Fruit Pizza, Crumbles, Buckles, Crisps - Items that reflect the area of focus for the current year

BAKE-OFF COMPETITION - This is a competition at the Nova Scotia 4-H Show and is open to the top foods member (junior or senior) from each county.

CLASS 63: BAKE-OFF COMPETITION

Open to the Top Junior and Top Senior member of the County Bake - Off Competition (Annual 4-H Meeting 2011).

Competitors are required to register Saturday morning and receive the recipe. Refer to the program for the time and location.

A number of contestants will work simultaneously; and the event repeated until all contestants have participated.

Contestants will be neat in appearance and because they will be handling food, clean hands are a must and long hair should be tied back.

Contestants will be supplied with all the necessary utensils, ingredients, metric recipes, aprons, and bakers hats.

Contestants are responsible for their own measurements, preparations, combining ingredients, baking, timing, and cleaning up.

The proficiency of the competitor and the quality of the finished product will be judged.

Prizes will be awarded to the top junior and top senior members.

The Senior Bake - Off will be one hour and the Junior Bake - Off will be 45 minutes long. (Annual 4-H Meeting 2011).

It is suggested there be two judges - one judge each for the junior and senior competitions. (Annual 4-H Meeting 2011).

BAKE-OFF COMPETITION SCORE SHEET:

FINISHED PRODUCT - 60 POINTS: * General Appearance (18 points)

* Flavour (24 points)

* Internal Appearance (18 points)

METHOD - 40 POINTS: * Food Handling (15 points)

* Preparation (15 points)

* Kitchen Efficiency (10 points)

NOVA SCOTIA 4-H SHOW ENTRIES

(Selected from County Event)

Judging

Top Junior Judge in foods.

Top Senior Judge in foods.

Articles

Top 2 Junior articles in foods.

Top 2 Senior articles in foods.

Competitions

Bake Off - top foods member or equivalent.

STANDARDS FOR JUDGING

FOODS

Judges should also refer to Foods Item Checklist and Foods Group Activity Guidelines for specific requirements. (These are in the Foods Project Section.)

GENERAL STANDARDS

Use general standards when judging foods classes without given standards. (Note: not all these points are appropriate for all foods classes.)

(30) **General Appearance:** Colour, crust, shape, size, volume, nutrition and practicality of product.

- Are N.S. foods used?
- Is the general appearance good?
- Is the colour and visual texture appealing?
- Is the size and shape appropriate?
- Is the product well-labeled and/or accompanied by a recipe when appropriate?

(30) **Internal Appearance:** Colour, grain, tenderness and texture.

- Is the texture, smoothness, roughness and grain appropriate?
- Is the product tender, smooth, fluffy, flaky, creamy, crisp, chewy, or crunchy, OR is it greasy, sticky, rubbery, lumpy, tough, stringy? Is the colour even, not streaky?

(40) **Flavour and Odour:**

- Is it suitably sweet, salty, spicy, tart, OR bland?
- Do the flavours blend well or does one ingredient mask the rest?
- Is the flavour strength appropriate for the purpose of the dish?
- Is the odour appealing, lacking, or not typical for the product?

Note: The growing trend is to produce more nutritious products; therefore many 4-H, products will fit into the nutritious category. They will have reduced salt, fat and sugar and increased fibre. The recipe should be included to evaluate it for the nutritional content. Many nutritious baked products will have a coarse texture and smaller volume.

Nutrition Standards

(20) General Appearance (information as per general standards).

(20) Internal Appearance (" " " " ").

(30) Flavour and Odour (" " " " ").

(30) Nutrition -

- Does the product provide adequate nutrition?
- Is there limited use of ingredients - fat, sugar and salt
- Is there good use of wholesome foods?
- Is there additional fibre added?

Bread & Rolls (Yeast)

(30)**General Appearance:** Size and shape suitable for type of bread; well proportioned, about the same amount of bread above the pan as in it, even colour, golden brown top and bottom. Crust: about 3 mm thick, uniform browning, slightly darker on top, tender, yet crisp, free from cracks.

(30)**Internal Appearance:** Colour: creamy, not streaky. Grain: fine with small even cells. Lightness: light for size. Texture: smooth, soft, springy; no heavy layer near bottom; not soggy or crumbly.

(40)**Flavour and Odour:** Taste: sweet and nutty flavour. Odour: sweet and free from smell of yeast. Note: Brown bread should contain a reasonable amount of bran, whole wheat or graham flour (at least 50%). Glazes, if used, should enhance the appearance of the food.

Problems and Causes in Breads and Rolls

Problem	Possible Cause
Heaviness	Insufficient rising period; too much fat; over-risen dough; then cells collapsed; too much fat; low grade flour.
Cracked Crust	Cooled in a draft.
Thick, tough, pale crust	Too much salt; too little sugar, under-risen dough.
Streaky interior	Insufficient or too gentle kneading; dough dried out before shaping.
Raw or sour taste	Rising too rapidly - temperature too high during rising; in-complete baking.
Coarse texture & dark	Low grade flour; inferior yeast; too cool an oven. crumb
Crumbliness	Weak flour (lacking in gluten strength); over-risen dough.

Biscuits

(30)**General Appearance:** Shape: evenly risen, vertical sides, level top. Crust: thin, tender. Volume: light for size. Colour: even, golden brown, no baking powder spots, no surface flour.

(30)**Internal Appearance:** Texture: springy, not bready, tender. Grain: even cells, flaky so will peel off into long horizontal strips indicating lightness. Crust: tender, natural crust, thin (top and bottom).

(40)**Flavour:** Appetizing, not flat but should not taste of baking powder or shortening and should not be sweet.

Problems and Causes in Biscuits

Problem	Possible Cause
Tough dough	Over-mixing
Tiny brown spots on surface	Excess soda used or not thoroughly mixed in

Biscuits raised uneven	Cutter not floured prior to cutting
Lack of volume	Over-kneading

Cakes

NOTE: 4-H cakes in Foods are not to be iced.

(30)**General Appearance:** Appearance should be attractive and the shape evenly risen or slightly rounded on top. Size convenient for cutting and serving; thickness of layers uniform. Crust: golden brown, thin, tender.

(30)**Internal Appearance:** Colour even throughout. Grain is fine, even. Texture is tender, light and springy when pressed with a finger, slightly moist.

(40)**Flavour and Odour:** Taste without detection of shortening, egg or flavouring. Odour is delicate and pleasing.

Problems and Causes in Cakes

Problem	Possible Cause
Large holes & tunnels	Over beating; too much baking powder
Bitter flavour	Too much baking powder
Tough crust or crumb	Too little fat and/or sugar
Peaked, cracked top	Too much flour, not enough milk; too hot or pan placed too high in oven
Heavy layer on bottom	Not enough mixing; too much liquid; too many eggs
Coarseness, dryness	Not enough liquid; over mixing; over baking; not enough sugar or fat; too strong flour

Fruitcakes

(30)**General Appearance:** Shape; evenly risen. Size: depth of an average fruitcake tin. Crust: even baking and colour throughout; tender, no burnt crust or fruit.

(30)**Internal Appearance:** Sufficient batter to hold fruit together. Light fruitcakes may have less fruit. Fruit evenly distributed, nuts neatly cut, moist but not sticky. Clean, firm slice, should not crumble. No excess moisture in top crust or in the centre of the cake.

(40)**Flavour & Odour:** Blended fruited odour rather than spicy; aroma is pleasing, no detection of rancidity; taste: mellow flavour throughout cake.

Cookies

(30)**General Appearance:** Size and shape: uniform and characteristic of cookie type, i.e. rolled or dropped. Baking even in colour and free from surface flour.

(30)**Internal Appearance:** Characteristic of the type of cookie. Rolled cookies: tender, crisp, even crumb. Drop cookies: soft, slightly moist, tender. Filled cookies: tender, even crumb, filling firm enough to hold shape. Fruit cookies: moist, tender, even distribution of fruit.

(40)**Flavour & Odour:** Characteristic to cookie type, appetizing and not too strong.

Doughnuts (Plain)

(30)**General Appearance:** Must keep shape of doughnut form, evenly risen; pleasing size, not too thick or too large; uniform, golden brown, free from fat layer.

(30)**Internal Appearance:** Even whiteness throughout, not streaky with fine, even grain, evenly distributed cells; free from tunnels, not too dry or too heavy.

(40)**Flavour & Odour:** Pleasing; no pronounced flavour of fat, flour, baking powder, spices or other ingredients, and pleasant aroma.

Microwave Baked Goods

Use the judging criteria for conventional baked goods taking into consideration the following characteristics. It is preferable to have microwave classes on their own. If, however, there is a mixed class score each item on its own standards rather than comparing them.

(30)**General Appearance:** Limited browning; that which occurs should be even. Lack of crust. Increased volume. The majority of points normally allotted to the colour of baked products should reflect the success of the use of a topping or colouring to create an attractive appearance. The appearance should reflect the use of a container suitable to the microwave oven, i.e. tube pan or round pan (edges in square pan may be over-cooked).

(30)**Internal Appearance:** Softer, moist crumb; can be too moist if under-done or if not taken out of the pan right away. Will be dry and tough if over-done. Crispness difficult to achieve.

(40)**Flavour:** Toppings, if used, should complement product.

Muffins and Loaf Bread

(30)**General Appearance:** Shape: symmetrical, well-rounded top, free from peaks or knobs.

Crust: tender, thin with rough (pebbly) surface, uniform browning; colour characteristic of muffins.
Volume: light in weight in proportion to size.

(30)**Internal Appearance:** Grain: medium-coarse grained, round even crumb. Texture: moist, tender, free from tunnels. Colour characteristic of kind of muffin or loaf bread.

(40)**Flavour:** Blended flavour of well-baked ingredients, free from acid taste.

NOTE: Many muffins have more sugar and fat than the standard ones. They are almost cake-like in appearance with smooth rounded tops.

Problems and Causes in Muffins

Problem	Possible Cause
Coarseness, dryness	Not enough liquid; too much flour; too much baking powder
Peaks	Too hot an oven; pan placed too high in oven; too dry; over mixing
Large holes, tunnels	Over-mixed (key is to mix dry ingredients and liquid just enough to dampen all the dry ingredients); pans too shallow oven too hot. Over-mixing also causes muffins to be flat, tough, smooth and soggy.

Pastry

(20) **General Appearance (one & two-crust pies):** Crust is symmetrical, only slight shrinkage, even colour, golden brown, no burnt edges, attractive edging.

(40) **Crust:** Medium thickness, flaky and tender, no one flavour pronounced. If crumb crust, characteristic of ingredients used.

Bottom crust: Well baked, not soggy, edge attached to upper crust.

(40) **Filling:** Medium depth in proportion to size of pie, sufficiently thick to hold shape when served, but not stiff. Flavour characteristic of type of filling used, compliments crust. Clear and bright in appearance, no starchy or uncooked flavour (if appropriate). Meringue topped: golden brown peaks, no syrup, tender, cuts without pulling, not shrunk away from sides of pie, medium thickness.

NOTE: Caution against judging unrefrigerated cream pies.

Problems and Causes in Pastry

Problem	Possible Cause
Crust shrinks while baking	Pastry rolled too thin; pastry over handled or stretched; too much water; oven temperature too low.
Crust has bumps & does not lie flat	Pastry fitted too tightly in pan; not pricked enough; oven temperature too low.
Soggy lower crust	Pie baked too high in oven; oven temperature too low; over-handling; filling poured in while pastry hot.

Tough pastry dough	Insufficient shortening; over-mixing shortening & flour, too much water, over handling.
Baked pastry hard	Too much water; over-mixing; excess flour on pastry board; dough over handled.
Blistery surface	Too much flour used when rolling.
Pastry crumbles	Too little water.

Preserves

Labels on properly sealed preserve jars should include product name, date processed, and method, i.e. jam, etc.

Jams, Jellies, Conserves, Marmalades

(30)**General Appearance:** Container: clean, suitable size (not too large), properly sealed* , neatly labeled. Colour: should be as close as possible to natural colour. Clarity: jelly should be transparent; even distribution of fruit (if applicable).

* **Properly sealed jars - either paraffin or using properly sealed canning jar.**

(30)**Internal Appearance:** Characteristic for the type of product.

Jelly - When unmolded and cut, it should retain its shape; should quiver, cut easily with a smooth shiny cut edge; should not be gummy, sticky or rubbery, and should not contain crystals.

Jam - Soft and easily spread, no separation of fruit and juice.

Conserves - Consists of two or more fruits, sometimes with nuts added. Sizes of pieces may vary, should be no free juice.

Marmalades - Soft and easy to spread; thinner than jam. Small, thin pieces of fruit in a clear, thick syrup. Consistency should be jam or jelly-like. Single fruit may be used but usually two or more blended.

(40)**Flavour:** Natural fruit flavour; neither too much nor too little sugar.

NOTE: Freezer jams do not require a seal and freezer jellies are opaque, not clear. Peach and apricot juice do not yield real clear jelly.

Problems and Causes in Jams & Jellies

Cloudy jelly: Squeezing the jelly bag, using under-ripe fruit, overcooking, pouring jelly mixture into glasses too slowly, allowing jelly mixture to stand before it is poured, scum not removed.

Crystals in jelly: Too much sugar; cooking mixture too little, too slowly or too long; inaccurate measuring.

Tough jelly: Mixture cooked too long to reach jelling stage; too little sugar.

Gummy jelly: Overcooked.

Stiff jelly: Too much pectin, overcooked, underripe fruit. Air bubbles around edge of wax: Hot paraffin poured on hot jelly.

Weeping or oozing over paraffin: Too much acid; too thick a layer of paraffin; storage place was too warm; storage temperature fluctuated; dribbling of jam or jelly on inside of jar above jam level.

Syrupy jelly: Too much sugar; too little pectin or acid; overripe fruit; cooking too slowly; doubling recipe.

Fermentation of jelly: Too little sugar; improper sealing; jars not sterilized. This product is not edible. Discard it.

Darkening at the top of container: Storage in too warm a place; faulty seal that allows air to leak in.

Fading: Too warm a storage place; too long storage.

Floating fruit: Fruit under-ripe or in too large pieces; jam not kept at full rolling boil for time recipe directs; commercial pectin jam not stirred for five minutes as directed. Jelly too soft: too much juice in the mixture; too little sugar; mixture not acid enough; making too large a batch at one time; overripe fruit.

molds on jam or jelly: Imperfect seals; unsterilized containers and lids; product stood uncovered before sealing; reused wax; storage in a cold, damp place.

Judges should not taste any jams, jelly or pickles with any signs of spoilage such as molds. A paraffin wax seal or a properly vacuum sealed preserving jar are the only acceptable seals.

Pickles and Relishes

Pickles: Large pieces or whole fruits or vegetables in a clear or mustard sauce, preserved in vinegar, sugar, salt and spices.

Relishes: A finely chopped mixture of the above ingredients.

(25)**General Appearance:** natural for the food. Clarity: not cloudy liquid, sometimes semi-transparent.

Uniformity of mixture: pieces should be medium and uniform in size.

Container: clean, suitable size, properly sealed, neatly labeled.

(25)**Internal Appearance:** Cucumber or mixed vegetables: firm, crisp texture. Sweet pickles: firm yet tender, not overcooked, smooth syrup. Relishes: uniform pieces. Ketchup: smooth, heavy consistency.

50)**Flavour:** No one flavour too pronounced; a pleasant blend; vegetable not too sour or over spiced; fruit not too sweet; no off odours or mustiness.

Problems and Causes in Pickles and Relishes

Soft or slippery pickles: Too little or too much salt in brine; diluted vinegar in brine; not 8

removing scum on surface of brine; not keeping cucumbers covered with brine; storing pickles in too warm storage area; use of hard water; using cucumbers with blossom attached; moldy garlic or spices; cooked too long.

Shriveling or tough pickles: Too much time lapse between gathering and pickling; using too strong a vinegar, sugar or salt solution at start of the pickling process; pickles are placed directly in concentrated sugar solution; overcooking.

Hollow cucumbers: Poorly developed cucumbers; holding cucumbers too long before piling; too strong or too weak a brine; fermentation (if applicable) at too high a temperature.

Dark pickles: Hard water; iron, brass or copper cooking utensils; ground spice; cooked too long with spices; low nitrogen content of cucumbers; too much spice; iodized salt; spoilage.

Dull or faded colour: Poor quality cucumber (sunburned, over-mature).

Cloudy brine or white sediment: In fresh pack pickles - too little vinegar; hard water; use of table salt; too warm storage room. Discard if showing any spoilage signs. Clouding is normal in fermented pickles like most dill pickles.

Meal Planning

In 4-H use these standards in conjunction with the specific food standards. (Breakfast trays, lunches, dinners, posters.)

(15)General Appearance

- . appealing
- . variety of shapes, sizes, and colours
- . attractive arrangement of food

(15)Texture

- . variety of textures: crisp, soft, chewy, crunchy, creamy

(10)Creativity

- . creative use of ingredients and/or method of preparation
- . limited repetition of ingredients

(30)Nutrition

- . foods from each of the four food groups in Canada's Food Guide
- . limited use of high caloric, low nutrient foods

(30)Flavour

- . pleasing, good variety