

# 4-H FAMILY & CONSUMER SCIENCE EXHIBITS

All cash premiums will be based on the Judge's Project Grade. The following items must be in a club or miscellaneous fair booth in the Junior Fair Building by Saturday, August 6, at 9:00 PM:

Premiums: A - \$3.00 B - \$2.00 C - \$1.00

## CLOTHING & TEXTILES

- |       |  |     |   |
|-------|--|-----|---|
| 406   | Clothes for High School & College - garment made |     | Review, display a poster showing water or hydration information in booth.   |
| 407   | Accessories for Teens - accessories made         | 484 | Snack Attack – If not in Bake Review, display a poster based on Healthy Snack 1 activity from project book in booth.                        |
| 408   | Creative Costumes - garment made                 |     |   |
| 409   | Sew Fun!- garment made                           |     |   |
| 410   | Fun With Clothes - garment made                  | 485 | Racing the Clock to Awesome Meals – If not in Bake Review, display a poster based on Activity 3, Pastabilities, from project book in booth. |
| 412   | Sew For Others - garment made                    |     |   |
| 413   | Sundresses and Jumpers - garment made            |     |   |
| 415   | Active Sportswear - garment made                 | 487 | Fast Break For Breakfast - If not in the Bake Review, poster of some of the nutrients found in Breakfast foods in booth.                    |
| 417-1 | Dress Up Day Wear - garment made                 |     |   |
| 417-2 | Dress up Formal - garment made                   |     |   |
| 418   | Lounging Apparel - garment made                  | 490 | Poster showing one of the project experiments from the book in booth.   |
| 419   | Tops For Tweens - garment made                   |     |   |
| 420   | Outer Layers - garment made                      |     |   |
| 423   | Sportswear For Spectators - garment made         |     |   |
| 424   | Clothing For Middle School - garment made        |     |   |
| 425   | Frugal Fashions - outfit assembled               |     |   |
| 426   | Clothing for Your Career – garments made         |     |   |
| 430   | Shopping Savvy – outfit assembled                |     |   |
| 499   | You Can Quilt! – mini quilt made                 |     |   |

## FOOD & NUTRITION:

- 365.15 Cake Decorating – If not in Bake Review, display on cake decorating.
- 459 I Spy In The Kitchen-If not in Bake Review, poster showing MyPyramid in booth.
- 461 Let's Bake Quick Breads - If not in Bake Review, poster showing the ingredients in bread in booth.
- 462 Yeast Breads On The Rise - If not in Bake Review, poster showing the different methods of mixing yeast breads in booth.
- 463 Sports Nutrition 2: Get Set! – If not in Bake Review, poster about the nutrition facts label activity 2 in booth.
- 467 You're The Chef - If not in Bake Review, Poster Showing information from activity in the Project Book in booth.
- 469 The Global Gourmet - If not in Bake Review, poster on one country in Project Book in booth.
- 472 Grill Master – Poster or display of grill safety tips or food safety in booth.
- 475 Star Spangled Foods - If not in Bake Review, poster explaining one activity from book in booth.
- 476 Pathways To Culinary Success-If not in Bake Review, exhibit poster showing one learning experience from the project book displayed in booth.
- 481 Food & Fitness For Fun - If not in Bake Review, make a poster showing at least 5 of the nutrients in booth.
- 482 Food & Fitness Choices For You - If not in Bake Review, make a poster showing fast foods and their nutrition contents in booth.
- 483 Sports Nutrition 1: On Your Mark – If not in Bake

## CHILD DEVELOPMENT:

- 434 Growing on My Own - Exhibit an item made for project in booth.
- 435 Growing With Others - Exhibit an item made for project in booth.
- 436 Growing in Communities - Exhibit an item made for project in booth.

## MONEY MANAGEMENT:

- 445 Becoming Money Wise I, II-Exhibit poster explaining a required activity from project book in booth.
- 446 Money Fun-Damentals (Book 1) - Display poster of the Needs and Wants Activity (page 8 of project book) in booth.
- 447 Money Moves (Book 2) - Display a poster based on one of the project activities in booth.
- 448 Teens On The Road To Financial Success - Year 1 - poster on comparison shopping activity, Year 2 - Poster on Checking Account Activity in booth.

## HOME DECORATING & DESIGN:

- 491 Adventures In Home Living - Exhibit item made or constructed in booth.
- 494 Designing Interiors - Exhibit or poster of the steps involved in decorating your room in booth.
- 495 Your First Home Away From Home – Display an educational exhibit showing activities from project in booth.

## GENERAL FAMILY & CONSUMER SCIENCE AWARDS

### OUTSTANDING TROPHIES:

- Sponsored by:  
 JUST SEW SEW  
 LARRY & BETSY MOORE (2 Awards)