

**DEPARTMENT 115**  
**4-H AND VOCATIONAL**  
**FOOD AND NUTRITION**  
Becky Sellers - 570-726-0022

**PREMIUMS:**        \$3        \$2.50    \$2.00    Ribbon

**STAR SPANGLED FOODS**

**Class**

- 1     Oatmeal Cookies (3)
- 2     Snickerdoodles (3)
- 3     Quick Coffee Cake
- 4     Other

**I SPY IN THE KITCHEN**

- 5     Peanut Butter Kisses (3)
- 6     Trail Mix (1 cup)
- 7     Butterscotch Squares (3)
- 8     Oatmeal Raisin Cookies (3)
- 9     Other

**GLOBAL GOURMET**

- 11    Tortillas (3)
- 12    Empanadas with applesauce, raisins, nuts, or preserve filling (3)
- 13    Cassava Cake (2 pieces)
- 14    Chapati Bread (3)
- 15    Curry Powder (3 tablespoons in a small jar with a tight fitting lid)
- 16    Italian Bread Sticks (3)
- 17    Apple Tart
- 18    Other

**LET'S BAKE QUICK BREADS**

- 20    Muffins (3)
- 21    Biscuits (3)
- 22    Pear or Strawberry Bread (1 loaf)
- 23    Southern Corn Bread
- 24    Other

**YEAST BREADS ON THE RISE**

- 26    Basic White Bread (1 loaf)
- 27    Crisp Dinner Rolls (3 rolls)
- 28    Soft Pretzels (2)
- 29    English Muffin Bread (1 loaf)
- 30    Three Grain Bread (1 loaf)
- 31    Other

**BREADS AROUND THE WORLD**

- 33    American Indian Fry Bread (2 cakes)
- 34    Panetone (1 loaf)
- 35    French Bread (1 loaf)
- 36    Bread using Sweet Dough recipe (1 loaf)
- 37    Stollen (1 loaf)
- 38    Other

**MICRO MAGICIANS - LEVEL A**

- 39    Popcorn Treats

- 40 Granola Mix
- 41 Peanut Butter Fudge
- 42 Other

**MICRO MAGICIANS - LEVEL B**

- 45 Bar Cookies (3)
- 46 Brownies (3)
- 47 Pineapple upside down cake (1/2 cake)
- 48 Other

**MICRO MAGICIANS - LEVEL C**

- 50 Coffee Cake
- 51 Peanut Brittle
- 52 Fruit Crisp
- 53 Other

**MICRO MAGICIANS - LEVEL D**

- 55 Chocolate Cake (substituting applesauce for oil)
- 56 Sugarless Carrot Cake
- 57 Grape Jelly or Strawberry Jam
- 58 Cherry Pie
- 59 Pecan Pie
- 60 Other
- 65 Self Determined

**CAKE DECORATING - UNIT 1**

- 70 Exhibit a styrofoam cake form showing 2 kinds of flowers
- 71 Other

**CAKE DECORATING - UNIT 2**

- 72 Exhibit a styrofoam cake showing 3 kinds of flowers, different from those in Unit 1 and display a panorama egg.
- 73 Other

74 Self-Determined