

**NUTRITIOUS AND DELICIOUS – Improving Nutrition in the Art of Cooking****DEPARTMENT: 4000**

Brown Bag Lunch .....	Division 4001
Creative and Convenient .....	Division 4002
Healthy Cookies .....	Division 4003
Healthy Quick Breads.....	Division 4004
Locally Grown & Healthy .....	Division 4005
Pancakes for Fun Health.....	Division 4006

**Total Department Awards Offered: \$550.00****Sponsor:****Ohio Association of Family Consumer Sciences ..... \$550.00 Premium Dollars**[www.oafcs.org](http://www.oafcs.org) and [www.fccla.org](http://www.fccla.org)**Entry Deadline:** June 20, 2010 – *Enter and Pay Online***Open Judging Date/Time:** See each Division for specific times**Event Date/Time:** See each division for competition date and time

The Creative Arts new Ohio State Fair entry department Nutritious and Delicious is an opportunity to increase awareness of nutritional suggestions for healthier 21<sup>st</sup> Century cooking.

The students in the Ohio University Family and Consumer Sciences Education undergraduate program, affiliated with the Ohio Association Family and Consumer Sciences (OAFCS), devoted fall and winter quarter to the creation of this new division. Their research came from a series of four courses in nutrition, food safety, food science, and food product development. Their discussions were also guided by citizen friendly websites for the American Heart Association and MyPyramid.gov.

The goal is to nutritionally improve family favorite recipes while maintaining excellence in the creative art of food preparation continuing efforts to speak out for the health and welfare of Ohio’s families.

Individuals or families who would like to participate in this division can find suggestions and tips for improving the nutritional value of favorite recipes further down this article.

**Department Notes:**

- Completed 2010 Recipe Form required with each entry.
- General Guidelines, Delivery Calendar, Events Calendar, Entry Form and Brown Bag Design Form are available online.
- If an original recipe and an adjusted recipe are required, the adjusted recipe should have a nutrition grade from [http://caloriecount.about.com/cc/recipe\\_analysis.php](http://caloriecount.about.com/cc/recipe_analysis.php) that is higher than the nutrition grade of the original recipe. Or, do an individual ingredient analysis using [www.foodapedia.gov](http://www.foodapedia.gov) or <http://www.nal.usda.gov/fnic/foodcomp/search> to show nutritional improvement.

**Brown Bag Lunch****Division No.: 4001****Sponsor:****Ohio Association of Family Consumer Sciences ..... \$200.00 Premium Dollars****Awards Offered:** \$200.00**Delivery Date/Time:** August 5, 2010 from 11:30am-12:30pm**Open Judging:** August 5, 2010 at 12:30pm**Location:** DiSalle Center**Division Notes:**

- Brown Bag Design Form must accompany the entry. The form is available online.
- A brown bag or original lunch bag is submitted and can be designed in any fashion that is appropriate and safe for the carrier.
- The bag must be something that can be folded and used more than one time.
- Interior food protectors should be disposable and preferably recyclable or reusable.
- Entries are encouraged to be collaborative projects among family members.
- The entry must include the bag and **not more than six food items.**

**Judging Guidelines**

- Bag design appropriate for the age of the carrier.
- Content of the meal – Is it balanced (following [www.mypyramid.gov](http://www.mypyramid.gov) guidelines)? Does it meet food safety guidelines? Have healthy alternatives been considered?
- Caloric intake considering age and diet.
- Temperature control – cold food can be kept at **41° F** or below and hot foods can be kept at **135° F and above** for up to four hours.

Classes	Awards		
1. Brown bag lunch featuring a general heart healthy lunch .....	\$25	\$15	\$10
2. Brown bag lunch featuring a vegetarian diet.....	\$25	\$15	\$10
3. Brown bag lunch for physical endurance .....	\$25	\$15	\$10
4. Brown bag lunch for a special diet condition .....	\$25	\$15	\$10

**Creative and Convenient** **Division No.: 4002**

**Sponsor:**

**Ohio Association of Family Consumer Sciences ..... \$100.00 Premium Dollars**

**Awards Offered:** \$100.00

**Delivery Date/Time:** August 5, 2010 from 12:30pm-1:30pm

**Open Judging:** August 5, 2010 at 1:30pm

**Location:** DiSalle Center



**Division Notes:**

- Must use a packaged processed food product. For example: packaged macaroni and cheese or low-sodium canned soup.
- Must include the original recipe using the packaged processed food item and the improved recipe on two separate 2010 Recipe forms. Include the nutrition information and grade for both.
- Must incorporate a significant amount of a fruit or vegetable to fulfill at least ¼ of a serving within the serving size of the final product. (25% of a serving).
- The recipe must identify the amount in cup measures of fruit or vegetable in the serving size.
- Three servings should be submitted on an appropriate paper plate,

**Judging Notes:**

- Texture
- Flavor
- Originality & Creativity
- Presentation
- Sodium reduction is a goal

Classes	Awards		
1. Vegetable Delights .....	\$25	\$15	\$10
2. Fruit Delights.....	\$25	\$15	\$10

**Healthy Cookies** **Division No.: 4003**

**Sponsor:**

**Ohio Association of Family Consumer Sciences ..... \$100.00 Premium Dollars**

**Awards Offered:** \$100.00

**Delivery Date/Time:** August 5, 2010 from 1:30pm-2:30pm

**Open Judging:** August 5, 2010 at 2:30pm

**Location:** DiSalle Center



**Division Notes:**

- Must include the original recipe and the improved recipe on the 2010 Recipe form. Include the nutrition grade for both.
- Six cookies not bigger than 2 ½” in diameter must be entered as an exhibit.
- Fat alternatives may include non-fat ingredients.

**Judging Guidelines:**

- Appearance
  - Attractive
  - Crust – color uniform characteristic of type
  - Good proportion
  - Shape – regular, even, uniform
- Texture and Tenderness
  - Thin (rolled, icebox, pressed), crisp and tender
  - Drop and sheet or bar cookies, soft and tender, even grain
  - Tender, but holds together well
- Flavor
  - Free from excessive flavoring spices or other flavor, characteristic flavor of kind
  - Well blended
- Nutrition
  - Significant amount of vegetables and or fruit rendering a pleasant flavor
  - Level of nutritive improvement is based on research of heart healthy fats (fat alternative must be one of the following: cholesterol reduced, 9 trans fats, polyunsaturated)
  - Level of nutritive improvement for sugar substitute is based on appropriateness for a diabetic diet.

<b>Classes:</b>	<b>Awards</b>		
1. Cookies with vegetables and/or fruits .....	\$25	\$15	\$10
2. Cookies with healthier fat alternatives and sugar substitutes .....	\$25	\$15	\$10

**Healthy Quick Breads**

**Division No.: 4004**

**Sponsor:**

**Ohio Association of Family Consumer Sciences ..... \$50.00 Premium Dollars**

**Awards Offered:** \$50.00

**Delivery Date/Time:** August 5, 2010 from 3pm-4pm

**Open Judging:** August 5, 2010 at 4pm

**Location:** DiSalle Center



**Division Notes:**

- Must include the original recipe and the improved recipe on the 2010 Recipe form. Include the nutrition grade for both.
- Nutrition information must be submitted for the original recipe and the adjusted recipe. A nutrition label for the fat must be included also. (See Department Notes)
- A healthier muffin is defined as:
  - Fat content is low less than 30%, no trans fat, unsaturated or another ingredient is substituted for all or part of the fat content.
  - Another ingredient is substituted for all or part of the sugar content.
  - Fiber content is a consideration, 2 grams or more.
  - May include nutrient dense foods such as nuts, beans, fruits and/or vegetables

**Judging Guidelines:**

- Shape – uniform, free from bulges on sides or top, characteristic of product. Peaked top free of indentions (which indicates an underdone product).
- Crust – uniform browning characteristic of product.
- Product must be thoroughly baked.
- Texture – medium even crumb, free of large air pockets; moistness characteristic of product.
- Flavor – well-blended flavor, flavor characteristic of product, ingredient flavor balance.
- Nutrition – meets one or more of the above division notes for a healthier muffin.

<b>Class:</b>	<b>Awards</b>		
Heart Healthy Muffins (any variety – 6) .....	\$25	\$15	\$10

**Sponsor:**

**Ohio Association of Family Consumer Sciences ..... \$50.00 Premium Dollars**

**Awards Offered:** \$50.00

**Delivery:** August 5, 2010 from 5pm-6pm

**Open Judging:** August 5, 2010 at 6pm

**Location:** DiSalle Center



**Division Notes:**

- Must include the original recipe and the improved recipe on the 2010 Recipe form. Include the nutrition grade for both.
- Nutrition information must be submitted for the original recipe and the adjusted recipe. A nutrition label for the fat must be included also. (See Department Notes)
- A picture story board with a minimum of six pictures must be displayed on a firm board of cardboard no larger than 18” x 18”. Each picture must accompany a brief description including the location of the food source. Natural healthy production is an important consideration in the story board.
- Receipts or labels from the local grown food ingredient must accompany the entry.
- At least half of the ingredients must come from a locally grown food source.
- Sources of inspiration: Restaurants featuring locally grown cuisine, Farmer’s and their recipe suggestions, grocers featuring locally grown produce, meat and processed foods.
- If a processed food is used in the recipe and is the featured ingredient for this competition, the food being processed must be local to the processing plant.

**Judging Guidelines:**

- Pies and Breads must meet the judging criteria for the judging of one and two-crust pies in the Baking Arts Division and the Baking Arts Division Breads Division, respectively.
- Casseroles – presentation in a ready-to-serve container that compliments the locally grown product; color variety; texture variety

**Class:**

Locally Made and Healthy .....	\$25	<b>Awards</b>	\$15	\$10
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**Sponsor:**

**Ohio Association of Family Consumer Sciences ..... \$50.00 Premium Dollars**

**Awards Offered:** \$50.00

**Delivery and Set-Up:** August 5, 2010 from 9:30am-10:30am

**Live Cooking Competition and Open Judging:** August 5, 2010 at 10:30am

**Location:** DiSalle Center



**Division Notes:**

- Must include the original recipe and the improved recipe on the 2010 Recipe form. Include the nutrition grade for both.
- Nutrition information must be submitted for the original recipe and the adjusted recipe. A nutrition label for the fat must be included also. (See Department Notes)
- A burner with fuel will be provided to each contestant to be used at their own cooking station.
- One serving should be presented on a dinner size plate to the judges.
- Nutrient dense pancakes will be prepared onsite so judges can taste them warm. At least one ingredient must be changed to demonstrate heart healthy considerations and at least one nutrient dense ingredient must be added.

**Judging Guidelines:**

- Creativity; fun pancakes are shapes of any real element on the earth;
- Nutrition – the decorations to enhance and define the shape of the fun pancakes must only include fruits, vegetables or unsalted nuts, if nutrient dense foods have been added to the pancake batter, they should enhance the flavor and texture of the pancake;

- Pancakes are lightly browned and fully cooked in the middle, not greasy or heavy but light and airy in texture.
- Flavor is delicate and not overbearing so that it blends well with pancake toppings.

<b>Class:</b>	<b>Awards</b>		
Pancakes for Fun Health.....	\$25	\$15	\$10