

4-H BAKE OFF

OCTOBER 25 - NOVEMBER 3, 2024



**NOTE: CONTENTS OF THIS GUIDEBOOK ARE
SUBJECT TO CHANGE**

MEMBER OF

International Association of Fairs & Expositions
Outdoor Amusement Business Association
Alabama Cattlemen's Association
Association of Alabama Fairs
National Independent Concessionaires Association

UPDATED 3.6.24

What Will You Do in 4-H Bake Off

- Exhibit your skills with different cooking techniques.
- Share favorite traditional or original recipes
- Show how to prepare a tasty and healthy dish.

Levels of Competition

Refer to Alabama 4-H Competitive Events on the Alabama Extension website (www.aces.edu) to review the General Contest Policy and the Age & Eligibility Chart.

- **Junior Level 1:**
 - 9 to 11 years old on December 31 of the current calendar year (compete only at local and regional levels).
- **Intermediate:**
 - 12 to 13 years old on December 31 of the current calendar year (compete only at local and regional levels).
- **Senior Level 1:**
 - 14 to 15 years old on December 31 of the current calendar year.
- **Senior Level 2:**
 - 16 to 18 years old on December 31 of the current calendar year.

The Rules for 4-H Bake Off

Note: Due to peanut allergies, no peanut products are allowed.

2023- 2024 Theme: Circus

Each participant must plan and prepare an attractive exhibit of baked foods to display on a tabletop no larger than 3 feet deep and 3 feet wide.

1. Participants will include in the exhibit baked products from two of the five categories:
 - a. Cookie
 - b. Cake or Cupcake
 - c. Quick Bread (muffins, biscuits, cornbread, banana bread)
 - d. Brownie or Bar
 - i. No Prepared mixes allowed.
2. Recipes for the products exhibited must either be included in the exhibit or copies of the recipes must be available at the exhibits.
3. Each exhibit should include a 12" x 12" poster with the title of the exhibit. The poster should be supported by a table easel or constructed to stand on its own.
4. The 4-H member will answer questions about the exhibit, food preparation, and the place of breads in a balanced diet.
5. The 4-H member should be neatly dressed in clean clothes and shoes.

Each participant will be judged in these areas:

1. Exhibitor (4-H member): 20 points
 - a. General Appearance
 - b. Enthusiasm
 - c. Knowledge of Exhibit
 - d. Neatness and Manners
2. Exhibit: 55 points
 - a. Theme
 - b. Attractiveness
 - c. Creativity
 - d. Appearance
 - e. Taste
3. Subject Matter: 25 Points
 - a. Educational
 - b. Timely
 - c. Stress on Nutrition

Disqualifications:

1. Using a board larger than 12" x 12" (no trifold boards).
2. Using a prepared (boxed) mix as an ingredient.
3. Senior Level 4-H member not submitting a community service report.

4-H BAKE OFF

SCORE SHEET

Participant Name: _____ County: _____

Date: _____

Level: _____ Junior (Age 9-11): _____ Intermediate (Age 12-13): _____

Senior 1 (Age 14-15): _____ Senior 2 (Age 16-18): _____

	Possible	Awarded
Exhibitor		
<ul style="list-style-type: none"> Wore clean, neat clothes Showed enthusiasm Displayed calm and confident behavior 	10	
Baked Products (Characteristics)		
<ul style="list-style-type: none"> Uniform shape, color, and size Texture appropriate for product (inside and out) Pleasing flavor 	50	
Exhibit		
<ul style="list-style-type: none"> Demonstrated originality and creativity Had a good general appearance and followed the given theme. Attractive, simple design. No brand name or copyrighted items used. Met dimension criteria (3-foot square with no back, including a 12 x 12-inch poster on an easel or mounted on the front of the table.) Used even, easy-to-read lettering. Included recipes and nutritional information for all two products in the exhibit or in a handout. 	20	
Interview of the Participant		
<ul style="list-style-type: none"> How the exhibit was made and the source of the information used Food preparation techniques used in preparing baked foods Nutritional values of baked products Recipes for the baked products 	20	
Total Points Awarded	100	

Judges' Comments: