

Wheat & You Contest (County Contest)

Name: _____ County: _____

Class Number: 511 155 00 _____

A wheat product class exhibiting a product and recipe using wheat as the major ingredient. Prepare a product using a favorite recipe or a recipe you developed using alfa (bulgur), whole wheat flour, wheat berries, cracked wheat, rolled wheat, wheat germ, cake flour, all-purpose flour or any other wheat product. Recipes should be included on a 5" x 7" card. Food must not need refrigeration.

Entry must consist of one large, or three small, or one cup of finished product. May not be the same recipe as entered in other food exhibit classes.

The use of alcoholic beverages that would be unlawful for a minor to purchase or possess is not permitted.

Exhibits must be suitable for keeping at the fair without excessive spoilage or change of appearance. Highly perishable foods are not acceptable.

511 155 001 Junior - On a 5" x 7" card, list the major nutrients in your product.

511 155 002 Intermediate - On a 5" x 7" card, tell when you would serve this product and give its nutritional values.

511 155 003 Senior - On a 5" x 7" card, give a day's menu plan including your recipe and nutritional values.