

## FOOD SAFETY

“With thanks to Pat Tonn, Home Economist, BC Ministry of Agriculture, Abbotsford.”

**The following notes should be in the Domestic Science/Home Arts/Household Arts section of all fair books and in the Standards for Judging Foods:**

### **Food Preparation Reminders to Prevent Food borne Illnesses:**

#### Keep Cooking Areas Clean

Wash hands and surfaces often.

Thoroughly wash hands, utensils, cutting boards and work surfaces.

Thoroughly wash fruits and vegetables before using.

When preserving and canning sterilize jars before use.

#### Separate it

Don't cross-contaminate.

Prevent cross-contamination by using separate cutting boards for meats, poultry, fruits, vegetables and breads.

Clean cutting boards in the dishwasher or scrub with hot water and detergent after each use.

#### Cook it

Cook products to recipe recommended times.

When preserving, processing times are given for a specific jar size in each recipe.

Follow the recipe to ensure full processing time for a safe product.

Bernardin publishes an excellent book for home canning and preserving:

“**A guide to Home Preserving**” Bernardin of Canada, Ltd., Etobicoke, Ontario, M8Z 5V5

**After food is displayed at the fair it should be discarded. Exhibitors should not eat opened canned goods, jams, and jellies or baked goods that have been on display.**

### **Canning and Preserving:**

- 1) Entries must have been canned since last years fair.
- 2) All canning entries should be:
  - sealed in standard home canning jars (1 pint, 1 quart)
  - Jams and jellies (250 ml-375 ml or 8-12 oz.)
  - Pickles and Relishes (250 ml –500 ml or 8-16 oz, or 1 pint)
- 3) Any standard canning jars (i.e. Mason, Kerr, Ball Bernardin, Gem, etc.) may be used as long as they are free of chips and cracks. Use new lids and rings with

either metal snap lid or glass lid and rubber ring. Leave metal ring on the jar to prevent spills after judging. The use of wax for seals of jams or jellies is not acceptable.

- 4) Entries must be correctly labeled, including full date processed. Personal names must not be shown.
- 5) Jars previously used for brand name products (i.e. mayonnaise or cheese whiz) must not be exhibited.
- 6) Do not top jar with cloth or other decorative covers. The class is not judged based on decoration.

**Home Baking:**

Entries to be exhibited on paper, plastic or foil plates with clear wrapper (i.e. Saran Wrap or Clear Plastic bag)

**Frozen Vegetables and Fruit:**

Must be exhibited frozen.

Fair requires a freezer to be present for judging and storage. Display?

## STANDARDS FOR JUDGING FOODS

### General Rules for Judges

-Test the seal of canned fruits and tomatoes by removing screw top, but do not open the jars unless the judge needs to verify a concern. These products are not usually tasted for safety reasons.

-Tap the metal lids with a spoon. A clear ring indicates a good seal. A hollow thud indicates no seal. The metal snap lids should curve slightly inward.

The judge should put a note of explanation on any product that is disqualified.

Jams, jellies, preserves and pickles should be opened, texture observed and tasted for flavor, however, do not taste if there are any indications of spoilage.

Judge "specials" near the beginning because of prize money involved.

All baking, etc. should be cut and tasted for flavour.

Breads, buns, etc. should be judged first due to their less intense flavour.

Cut a slice of bread from the center of the loaf in order to get a true sample. Fit the pieces together carefully to keep from drying out. Taste from loaf, rather than cut-out-slice. Display the piece which was removed on top of the loaf to show the quality.

Cut buns half way and tear the rest.

In judging layer cakes, cut a wedge to the center of the cake. Display this wedge on top of the cake.

Loaf and square cakes should be cut to the center to determine completeness of baking.

In judging fruitcakes, cut a slice to the center of the cake.

Cut a small wedge to the center in pies. The wedge from fruit pies may be placed upside down on top of the pie to indicate quality of the lower crust.

Break biscuits horizontally with fingers and peel off layers.

Snap rolled cookies between the thumb and first two fingers to evaluate crispness.

Drop cookies should be cut with a spoon to evaluated texture.

Cut or tear muffins in half vertically to check for tunnels.

Run finger around inside of angel food cake to check for undercooking or excess sugar.

Quantities for Exhibits: The following are the MINIMUM amounts judges will be prepared to judge. Judges appreciated the fact that directors wish to minimize waste, but portions should be large enough to ensure that a judge can make a fair assessment of the class and provide an attractive display.

bread-a whole loaf

buns, rolls, cupcakes and biscuits- four cakes and loaf cakes-1/2 cake

fruitcake-10 cm (4 in.) section or whole small cake

cakes (special) -whole

tarts, cookies (where more than one variety) -three of each

pies-a whole pie 12.5 cm (5 in) in diameter and up

jam or jelly - 250 ml (8 oz.)

### General Baking Score Card

#### Score-Card

	Points
General Appearance.....	30
Internal Appearance.....	30
Flavour and Odour.....	40

## YEAST BREADS

*Appearance-* individual loaf baked in rectangular pan 23 cm X 13 cm X 8 cm (9"X 5"X 3"), approximately a 500 g (1-2 lbs.) loaf, well shaped.

*Crust-* depth about 2 to 3 mm (1/8") , crispness: tender yet crisp, free from cracks and excessive roughness.

*Internal Appearance-* crumb colour: even, creamy, not streaky  
grain: small, even cells  
lightness: light for size  
elasticity: springy  
moisture: normal  
circular strakes in the texture are acceptable  
no heavy layer near bottom, no large holes

*Flavour and Odour-* sweet and free from yeasty smell  
taste: sweet, nutty flavor

*NOTE: Brown Bread-is judged by the same score card as white. It should contain a reasonable amount of whole wheat or graham flour (at least 50%) or some bran.*

*NOTE: Buns or Rolls-means same thing*

*NOTE: Glazes-should enhance the appearance of food; if it does it is acceptable.*

### Yeast Bread Score Card

	Score-Card	Points
Appearance.....		15
Crust.....		15
Internal Appearance.....		30
Flavour and Odour.....		40

### Quick breads

*Appearance -* colour: even golden brown, no spots, free from surface flour  
shape: vertical sides, level top

*Texture -* grain even, light for size. Flaky: will peel off into long thin strips, this gives extreme lightness.

*Crust -* tender, natural crust best for exhibition purposes

*Flavour* - appetizing, biscuits frequently have a flat taste  
free from dominant flavor of salt or baking powder

### **Baking Powder Biscuits Score Card**

#### Score-Card

	Points
Appearance.....	25
Texture.....	30
Crust.....	5
Flavour.....	40

*NOTE: Use Baking Powder Biscuits Score Card for scones.*

### **Coffee Cakes and Loaf Cakes**

*Appearance* - attractiveness and evenness of colour, free from scorch  
evenness in shape on sides and top

*Texture* - grain even, tender texture free from soggy in centers, free from tunnels or  
large air holes. Fruit pieces will cut with a sharp edge.

*Crust* - tender, no syrupiness or excess moisture. A crack in center of the top surface on  
a loaf cake is permissible.

*Flavour* - appetizing, free from excess soda or yeast flavor.

### **Coffee Cakes and Loaf Cakes Score Card**

#### Score-Card

	Points
Appearance.....	25
Texture.....	30
Crust.....	5
Flavour.....	40

### **Muffins**

*Appearance* - symmetrical, well rounded top, free from peaks and knobs. Colour characteristic of the muffin.

*Texture* - medium fine, moist, tender, cells round and even; free from tunnels.

*Flavour* - characteristic of kind of muffin  
free from acid flavor of excess baking powder or excess saltiness.

### Muffin Score Card

	Score-Card	Points
Appearance.....		30
Texture.....		30
Flavour.....		40

### Pastry

Entries should be divided into separated classes of:

1. One crust, two crust, lattice, or crust only
2. Filling of pies should be stated
- 3.

*Entry should be a whole pie - 12.5 cm (5") or more in diameter.*

*Appearance* - baking: even, golden brown, glaze should be uniform if used.

*Top Crust* - depth: medium thickness  
texture: flaky, tender  
edge: finish-medium thickness, evenly brown, held to lower crust

*Under Crust* - medium thickness  
colour: golden brown  
texture: flaky, tender, not soggy, well baked

*Filling* - should have sufficient consistency to hold its shape when served  
fillings containing milk products are not acceptable as they require refrigeration  
proportion to size of pie: medium depth  
Flavour: characteristic of type of filling used

## Two Crust Score Card

Score-Card		Points
Appearance.....		20
Top Crust.....		20
Under Crust.....		20
Filling.....		40

## One Crust

*Appearance* - same as for two crust pie

pie shell should be free from excessive shrinkage or puffing

*Crust* - characteristic of ingredients used (graham wafer, chocolate cookies, or nut pastry, etc.

*Flavour* - characteristic of type of filling and crust used

*Filling* - same as for two crust pie

meringue (if used):

colour - golden brown

texture - tender, cut without pulling, no weeping or beading

depth - medium thickness

arrangement - should be sealed to crust at edges of pie

Tarts are judged on the same pints as pies. Party pie crusts, e.g. cheese, graham wafer, nut chocolate wafer, puff, etc. Should be judged according to the characteristics of ingredients used as well as imagination and originality.

## One Crust Score Card

Score-Card		Points
Appearance .....		20
Crust.....		20
Flavour.....		20
Filling.....		40



## Cakes

*External Appearance -* shape: evenly risen, uniform thickness of layers,  
size: convenient for use  
baking: even, golden brown, tender crust  
appearance of frosting: not necessarily a smooth surface, not too thick, good proportion to cake.

*Internal Appearance or Crumb*

color even throughout, white cakes have no egg yolk included in recipe  
texture: fine, even grain  
quality: tender, light, springy  
moisture: not too dry or any sogginess near center

*Flavour -*

cake and icing: no decided flavor of egg, baking soda, oil or shortening

*Icing and Toppings -*

icing texture: well beaten, smooth, not granular to taste, creamy  
firm: enough consistency to hold its shape  
topping should be evenly spread over cake  
nutritious cakes made with fruit or vegetables often do not require an icing or topping

## Cakes Score Card

### Score-Card

	Points
External Appearance.....	30
Internal Appearance or Crumb.....	30
Flavour.....	30
Icing and Toppings.....	10

## Fruit Cakes

A 10 cm (4") section is suitable for exhibit purposes. It should include an outside edge.

*Appearance -*

shape: evenly risen  
Size: depth of an average fruit cake tin  
Baking: even baking throughout, even color and tender crust

*Texture and Quality* - proportion of fruit to mixture, sufficient mixture to hold fruit together  
light fruit cakes may have less fruit  
should contain light fruit, no dark spices or molasses  
no excess moisture on top crust or in the center of the cake

*Flavour* - mellowing of fruit flavors throughout the cake  
spices pleasing, but no overpowering

### Fruit Cakes Score Card

Score-Card		Points
Appearance.....		30
Texture and Quality.....		40
Flavour.....		30

### Cake Mixes

Creative cake mix classes should state "include recipe". These should be judged on the same pints as the cake score card, but emphasis would be placed upon:

- originality
- number of variations created from on basic mix
- showmanship and eye appeal

### Cookies

Basic cookie mix competition would be judged according to the score card below but ingenuity and originality of the number of varieties would have great value as well. The cookies exhibited must be accompanied by the basic cookie recipe used.

Dainties are small, fancy and may be decorated. They may include small tarts, bars and squares cut into small pieces.

*Appearance* - size and shape; uniform  
baking: even colour, free from surface flour  
characteristic of type of cookie, e.g. rolled or dropped

*Texture* - tender with richness, fruit distributed evenly throughout if used  
rolled cookies should be crisp without being tough  
drop cookies should be soft without dryness or sogginess

- Thickness* - to suit the mixture
- Flavour* - characteristic of type of cookies

### **Cookies Score Card**

	Points
Appearance.....	25
Texture.....	30
Thickness.....	10
Flavour.....	35

### **Candy**

- Appearance* - should be in pieces, uniform, not too large, good colour (very delicate in colour if food colouring is used).
- Texture* - should be velvety, not sugary or granular soft, but firm enough to handle
- Flavour* - pleasing, no scorch tasted, something more than sweetness

### **Candy Score Card**

	Points
Appearance.....	25
Texture.....	35
Flavour.....	40

### **Microwave Classes**

Use the same criteria for microwave baked classes as you would for those baked in a conventional oven, with these exceptions:

- Appearance* - since only limited browning is possible, it should be even, (uneven browning may reflect overcooking)  
 the use of creative toppings is necessary to achieve a pleasant top  
 the appearance should reflect the size of a container suitable to the microwave oven (i.e. tube pans or a round pan with a custard cup in the middle to permit even baking; the edge in square pans may be overcooked.)

*Texture -* will be moist if the product is under done or not removed from the pan right away  
 will be dry and tough if over done  
 crispness is difficult to achieve

### NUTRITIOUS FOODS

These classes would promote foods whose ingredients include whole-grain products, nuts, seeds, fruits and vegetables, reduced amounts of sugar, salt or fat, as well as low-calorie items or good sources of iron. Recipes should be included so that nutrition content can be evaluated. These products should not require refrigeration.

	Points
General Appearance.....	20
Internal Appearance.....	20
Flavour and Odour.....	30
Nutrition.....	30

Note: The reduced score for general and internal appearances takes into consideration the fact that many of these nutritious baked products do not have a fine texture and lightness.

### School Lunches

Note: List of foods in lunch box should be included:

*Container -* easily cleaned, well ventilated  
 Thermos should be empty but labeled with contents

*Packing -* keeps food sanitary, appetizing and fresh

*Suitability and Adequacy*  
 Includes foods from each of the four food groups in Canada's Food Guide, in quantities appropriate for the child's age.

### School Lunches Score Card

Score-Card		Points
Container.....		10
Packing.....		15
Suitability and Adequacy.....	Total of.	75

<i>Includes foods from each of the four food groups in Canada's Food Guide, in quantities appropriate for the child's age</i> .....	30
<i>Suitability of lunch to storage, where there is a lack of refrigeration</i> .....	20
<i>Appetite appeal: variety and combination of colors, texture and flavors included in lunch</i> ..	10
<i>Includes foods that promote good dental health</i> .....	15
	<b>75</b>

## HOME PRESERVED FOODS

### Canning

All fruits and tomatoes must be heat processed in a boiling water bath or they may be pressure canned. Since some tomatoes now are of a lower acid variety, citric acid or reconstituted lemon juice should be added to tomatoes when canning to ensure their safety. The proportions to be used are:

*15 ml (1 Tbsp.) boiling water and 1 ml (1/4 tsp.) citric acid or 15 ml (1 Tbsp.) reconstituted lemon juice per 500 ml (pint) of tomatoes*

*or*

*15 ml (1 Tbsp.) boiling water and 2 ml (1/2 tsp.) citric acid or 30 ml (2 Tbsp.) reconstituted lemon juice per litre (quart) of tomatoes.*

***Entries which are not sealed should be disqualified.***

*Note: For canning, use only standard home canning sealers with either metal snap lid or glass lid and rubber ring.*

*Note: Recipes/Canning Methods should accompany each entry.*

***Appearance -***

- a) condition of finished product
  - original shape
  - natural colour, uniform throughout
  - free from blemishes, spots, or peelings
  - no darkened fruit at top of jar
- b) liquid
  - clear, free from cloudiness or sediment
  - proportion of liquid to solid finished product
  - fruit: 1/3 liquid, 2/3 solid
  - 1 cm (1/2") head space
  - tomatoes packed in tomato juice

***Pack -***

- size of pieces of food: uniform and convenient to use
- packing: attractive, packed fairly tightly so fruit does not float

- Container -* clean, free from surface soil, home canning sealers only  
 Either rubber ring or metal snap lid seal  
 Metal screw band should be free of rust and easy to remove without breaking the seal
- Label -* small, neat, visible  
 name of product, date preserved and method  
 type of syrup or juice

**Canning Score Card**

Score-Card	Points
Appearance.....	55
Pack.....	30
Container.....	10
Label.....	5

**Jams, Jellies, Pickles and Relishes**

Discourage collections, Size of jar should be specified in the prize list.

*Note: New pickle recipes may require new methods, due to a reduced acid content. It is important that the recommended method or processing in the recipe is followed.*

*Note: Jars - Jams, jellies, pickles and relishes must be stored in standard home-canning sealers with new metal snap lids or rubber rings and glass lids.*

*Note: New recommendations state that jams, jellies, pickles and relishes should be processed in a boiling water bath to ensure the safety and quality of the product. This processing ensures an airtight seal. Paraffin is no longer consider to be a reliable seal.*

**Pickles, Relishes, Ketchups, Sauerkraut**

Pickles are whole or large pieces of fruit or vegetables in a vinegar mixture. The preservatives are vinegar and salt. Ingredients also include sugar and spices.

Relishes are made of the same type of ingredients, but all fruits and vegetables are finely chopped before being cooked to desired consistency with the vinegar mixture.

Ketchup is a strained product containing the same type of ingredients as above. It also has a high proportion of vinegar and should have a smooth, heavy consistency.

Sauerkraut is fermented cabbage. It should be processed in a boiling water bath or frozen, after fermentation is complete.

*Appearance -* if artificial food colouring is used, food product must have an appetizing appearance  
uniformity of colour of pickles  
no milkiness of liquid should appear  
no seepage  
uniformity of mixture in size  
pickles should be similar in size  
1 cm (1/2") head space in pickles  
sauerkraut should be light-coloured, thin shreds  
liquid should cover the sauerkraut

*Texture -* crisp, no excess shriveling or hollowness  
pickles should not be slippery or soft  
ketchup: smooth, heavy consistency

*Flavour and Odour -* no one flavour too pronounced, a pleasant blend  
no off-odours, mustiness  
no vinegary taste in sauerkraut

*Container -* clean home canning sealer, rings clean and free of rust (on outside and underside)  
new rubber ring or metal snap lid  
jars in good condition 500 ml or 1 L

*Seal -* secure/ relishes may be sealed with paraffin

*Label -* name of product and date preserved

### **Pickles, Relishes, Ketchups Score Card**

#### **Score-Card**

	Points
Appearance.....	25
Texture.....	30
Flavour and Odour.....	30
Container .....	5
Seal.....	5
Label.....	5

## Jams, Conserves, Marmalades

**Jams** are usually made from one kind of fruit, cooked with sugar to a desired consistency. Jams should be jelly-like but soft and easy to spread. Colour should be appetizing and the texture relatively uniform. Flavour and colour should be characteristic of the fruit.

**Conserves** consist of two or more fruits and may have the addition of nut meats. The sizes of the pieces may vary. There should be no free juice. Consistency is thinner than jam, soft and spreads easily,

**Marmalades** are made from the pulp and juice, or entire fruits shredded, or cut in small pieces. The consistency should be jam-like or jelly-like. Single fruits may be used, but often two or more are blended. Contains at least one citrus fruit.

*Appearance -* colour: characteristic of fruit(s)  
.5 cm (1/4") head space

*Texture -* size of fruit  
consistency of product, no separation of fruit and juice

*Flavour -* natural: flavour of fruit(s)

*Container -* clean, home canning sealer  
250 ml (8 oz) size  
new rubber ring or metal snap lid  
inside lid should show no signs or rust

*Seal -* no sign of mould

*Label -* name of product and date preserved

### Jams, Conserves, Marmalade Score Card

#### Score-Card

Appearance.....	25
Texture.....	30
Flavour.....	30
Container.....	5
Seal.....	5
Label.....	5



## Jellies

A good jelly is clear, sparkling and attractive in colour. When removed from the glass it should retain its shape and quiver. When cut it should be tender, yet firm enough to retain the angle of the cut.

*Note: Freezer jams and jellies are not accepted unless refrigeration is available for storage and display.*

*Freezer jams and jellies do not need to be sealed.*

*Freezer jellies are slightly opaque by nature.*

<i>Appearance -</i>	natural colour clarity, clear and sparkling, no fruit and pulp or seeds .5 cm (1/4") head space
<i>Texture -</i>	holds its shape without being solid smooth, shiny cut edge absence of crystals
<i>Flavour -</i>	natural flavour of fruit
<i>Container -</i>	clear, suitable, in good condition, clean 180 ml (6 oz.) Size or larger
<i>Seal -</i>	no signs of mould
<i>Label -</i>	name of jelly and date preserved

### Jelly Score Card

#### Score-Card

Appearance.....	25
Texture.....	40
Flavour.....	20
Container.....	5
Seal.....	5
Label.....	5

*Note: Jams and jellies should be sealed with a rubber ring or snap lid. Neither plastic wrap nor paraffin is an acceptable sealing compound.*

