



"4-H Hungry to Help: The Kitchen is Open!"



Area 4-H Food Show

REGISTRATION FORM

NAME: _____ AGE: _____ (As of January 1, 2011)

ADDRESS: _____ CITY: _____ STATE: _____ Zip code: _____

4-H CLUB: _____ PHONE: _____

AGE GROUP:

_____ Cloverbud (5-8)

_____ Junior (9-13)

_____ Senior (14-18)

CHECK CATEGORY (enter only one):

Main Dish _____

Vegetable/Salad/Soup _____

Dessert _____

Snack/Appetizer _____

NAME OF RECIPE: _____ NUMBER OF SERVINGS: _____

Please fill out below or attach a copy of the recipe:

LIST OF INGREDIENTS: _____

INSTRUCTIONS: _____

ALL RECIPES SHOULD BE MADE FROM SCRATCH. Make healthy choices for ingredients used (i.e., low-fat milk, less sugar, less sodium).

RETURN FORM TO:

Your Local extension office by: February 18, 2011

Please answer the following questions:

- | | |
|--|----------------|
| 1. Can you determine if a recipe is a healthy choice? | Yes ___ No ___ |
| 2. Do you know how to revise a recipe to make it a healthy choice? | Yes ___ No ___ |
| 3. Do you know how many calories you need a day based on the recommended food guideline? | Yes ___ No ___ |
| 4. Do you think you meet your daily requirement for physical activity? | Yes ___ No ___ |
| 5. Are you interested in preparing and eating more healthy meals/snacks at home? | Yes ___ No ___ |



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Area 4-H Food Show

Information and Regulation Sheet

What?

The food show will give participants a chance to learn about nutrition and exhibiting food.

Learning Objectives

- A. Youth will increase knowledge and skills in nutrition and healthy lifestyle education.
- B. Youth will increase communication/presentation skills

To Be Eligible:

- A. Youth must be between the ages of five and eighteen (age as of January 1, 2010).
- B. Youth must be accompanied by a parent/guardian and/or adult volunteer.

Divisions:

- A. Cloverbuds (ages 5-8)
- B. Junior (ages 9-13)
- C. Senior (ages 14-18)

Groups in Each Division:

- A. Dessert
- B. Main Dishes
- C. Vegetable/Salad/Soup
- D. Snack/Appetizer



When and Where:

The Food Show will be held at East Wilkes Middle School Cafeteria on February 19, 2011, from 9:00 a.m. to 12:00 noon. Participants may set up between 9:00 a.m. to 9:45 a.m. Judging will begin at 9:45 a.m. and conclude when all entries have been judged.

General Rules:

- Participants may enter only one of the four categories.
- The food dish should be completely prepared at home and ready for show upon arrival.
- Participants must include a serving dish containing all of the food made from the recipe submitted. The exception of this would be a quantity recipe, such as a cookie recipe of which an attractive arrangement should be made. Individual portions will be served to the judges in containers (paper plates, cups, etc.) and furnished by the participants.
- Appropriate table appointments: serving dish, napkin, tablecloth, table decoration, and utensils. This is to be furnished by the participant. Keep it simple.
- 4" x 6" card with recipe, name, category, and food group to be displayed with the food.
- Questions about nutrition, preparation, ingredients, ideas for serving, etc. will be asked by the judges. Sample questions are listed on the back of this sheet.

For more information or to submit recipes, contact your local Extension Office.

**DEADLINE TO REGISTER AND SUBMIT COPY OF RECIPES IS:
Thursday, February 18, 2011**

Sample Food Show Questions

- What is the first thing that you did before you started cooking?
- Why did you choose this recipe?
- What did you like best about making this recipe?
- What was the hardest part of making this dish?
- Have you made this dish before? Would you make it again?
- Would you do anything different if you decide to make this again?
- Did you have any help making your dish?
- How long did it take you to make it?
- What is something new that you learned while you were making this dish?
- Did it turn out the way that you thought it would?
- Did you help with the shopping to get the ingredients for your recipe?
- What food group does this fit into?
- What other food or beverage would you serve with this?
- Do you know how many servings of your main ingredient that you would need?
- Is your dish a healthy choice? Why?



AREA 4-H FOOD SHOW Score Sheet



NAME: _____

NAME OF RECIPE: _____

CLOVERBUD: _____ (no score/just comments)

JR _____

SR _____

CATEGORIES	SCORE	COMMENTS & SUGGESTIONS
The Exhibitor Understands. . . <i>-Setting of Table</i> <i>-Preparation of Food</i> <i>-Appropriate Grooming</i>		
Includes A Recipe <i>-Ingredients</i> <i>-Directions</i> <i>-Neatness</i>		
The Food Is. . . <i>-Pleasing In Flavor</i> <i>-Attractive In Appearance</i> <i>-Suitably Prepared</i>		
The Table Setting <i>-Is Attractive</i> <i>-Is Suitably Arranged</i> <i>-Is Appropriate For Occasion</i>		
Nutrition <i>-Is It A Healthy Choice?</i> <i>-Is It Low In Fat, Sugar, or Sodium?</i>		

Judge's Signature _____