



Spring Area 4-H Food Show

March 3rd, 2018

Wilkes County Extension Office

416 Executive Drive, Wilkesboro, North Carolina 28697

Registration Form



Name: _____ Age: _____ (as of January 1, 2018)

Address: _____ City: _____ State: _____ Zip Code: _____

4-H Club: _____ Phone: _____

Participation Categories (please check only one):

____ Cloverbud (5-8) ____ Junior (9-13) ____ Senior (14-18)

Newest Category: Pre-Cloverbud /Other _____ Not yet a Cloverbud (3-4) or not a 4-H member

Dish Categories (please check only one):

Main Dish _____ Vegetable/Salad/Soup _____ Dessert _____ Snack/Appetizer _____

Please fill out below or attach a copy of 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) or be knowledgeable on how to make your dish healthier.

RETURN FORM TO:

Your Local Extension Office by February 23rd, 2018.



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 5 and 18 (age as of January 1, 2018)
- B. Enter the Pre-Cloverbud or Non 4-H Division
- C. Youth must be accompanied by a parent/guardian and/or adult volunteer.

Divisions:

*****New Division - Pre-Cloverbud {3 and 4 year olds} or Non 4-H'er up to 18*****

- 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:

Wilkes County Extension Office: 416 Executive Drive, Wilkesboro, North Carolina 28697

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.
- The printed document with your recipe should also include: your 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 next page.

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

DEADLINE TO REGISTER AND SUBMIT COPY OF RECIPES IS:

Friday, February 23rd, 2018

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 dish 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? If it is not healthy, how can you make it healthy?





Area Food Show-Score Sheet



Name of participant: _____

Name of Recipe: _____

Participation Categories:

Pre-Cloverbud/Other _____ (no score, just comments)

Cloverbud _____ (no score, just comments)

Junior: _____

Senior: _____

5=Excellent
 4=Very Good
 3=Good
 2=Needs Improvement
 1=Needs Much Improvement

Categories	Score Between 1-5 for each area	Comments and Suggestions
The Exhibitor Understands: -Setting of table -Preparation of food -Appropriate grooming		
Included on Recipe: -Ingredients -Directions/Instructions -Neatness		
The Food is: -Pleasing in flavor -Attractive in appearance -Suitably prepared		
The Table Setting is: -Attractive -Suitably arranged -Appropriate for occasion		
Nutrition Knowledge: Is this a healthy recipe? If not, how can it be made heathier? What food group or groups are used?		

Judge's Signature _____