



Cross- County 4-H Food Show

Saturday-March 7, 2020

Setup at 9:30 AM and Judging at 10:00 AM
Wilkes County Cooperative Extension Office
416 Executive Drive, Wilkesboro, NC 28697



Information and Regulation Sheet

Why should I be in a Food Show?

Food Shows give participants a chance to learn about nutrition and exhibiting food. This event also helps youth develop creative skills, understand how food is made, and enhance their public speaking skills.

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:

- Youth must be between the ages of 5 and 18 (age as of January 1, 2020).
- If they do not meet the age requirement, they must enter as a Pre-Cloverbud (3-4)/other.
- Youth must be accompanied by a parent/guardian and/or adult volunteer.

Divisions:

- Pre-Cloverbud (ages 3-4)
- Cloverbuds (ages 5-7)
- Junior (ages 8-13)
- Senior (ages 14-18)

Dish Categories in Each Division:

- Dessert
- Main Dishes
- Vegetable/Salad/Soup
- Snack/Appetizer

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.
- A printed or very neatly written document of your recipe should include: your name and category/age and should be displayed with table setting.
- Questions about nutrition, preparation, ingredients, ideas for serving, etc. will be asked by the judges. Sample questions are listed on next page.
- Bring hand sanitizer or plastic gloves. Please use them while serving the judges.

Please check with your county to see their deadline to sign up for this event. Please sign up for this event via this Google Form:

<https://forms.gle/w9mBrz9YjDRmmTjZA>



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?
- Is your dish a healthy choice? Why? If it is not healthy, how can you make it healthy?
- Did you learn something new while making this dish?
- Why did you pick this table setting and decorations?
- How much did it cost to make your recipe?





Food Show -Score Sheet



Name of Participate: _____

Name of Recipe: _____

Participation Categories: Junior: _____ Senior: _____

County: _____

Categories	Score Between 1-5 for each category (1 being the lowest and 5 being the highest)	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?		

Other Comments:

Judge's Initials: _____



Food Show-Score Sheet






Name of Participant: _____

Name of Recipe: _____

Participation Categories: Cloverbud: _____ Pre-Cloverbud/Other: _____

County: _____

What you are judged on.	You are not quite there yet. 	You are almost there! 	You got it! 
Table Setting: Did you include a table setting?			
Recipe: Did you include the recipe and did you give all the ingredients/instructions?			
Taste: Does your dish taste good?			
Nutrition Knowledge: Do you know if your dish is healthy or how to make it healthier?			

Other Comments:

Judge's Initials: _____