



KEEPING IT GREEN

Area 4-H Food Show

REGISTRATION FORM



NAME: _____ AGE: _____ (On Jan. 1, 2009)

4-H CLUB: _____

PHONE: _____

AGE GROUP:

_____ **Cloverbuds (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: _____

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 13, 2009

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 ___ |

KEEPING IT GREEN



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:

Be between ages five and eighteen (age as of January 1, 2009)
Accompanied by an 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 28, 2009, 9:00 am to 12 Noon. Participants may set up between 9:00 am – 9:45 am. Judging will begin at 9:45 am 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:
Friday, February 13, 2009**



AREA FIT AND FUN 4-H FOOD SHOW

Score Sheet



NAME: _____

ADDRESS: _____

BIRTHDATE: _____ GRADE: _____

CLOVERBUD: _____ (no score/just comments)

JR _____

SR _____

5 = excellent
 4 = very good
 3 = good
 2 = needs improvement
 1 = needs much improvement

<i>CATEGORIES</i>	<i>SCORE</i>	<i>COMMENTS & SUGGESTIONS</i>
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 _____