

## GRAFTON COUNTY

1930's Nursing Home Building, 1<sup>st</sup> Floor  
3855 Dartmouth College Hwy, Box 5  
N. Haverhill, NH 03774  
Tel: (603)787-6944  
Fax: (603) 787-2009  
grafton@ceunh.unh.edu



December 28, 2011

To: All 4-H Families

From: Kathleen E. Jablonski, Extension Educator, 4-H Youth Development

# 2012 4-H Food Show

This Year's Theme:

## "Versatile Vegetables"

**WHEN:** Saturday, February 11, 2012  
Snowdate: February 18, 2012  
If there is questionable weather listen to WYKR 101.3FM, WLTN 96.7FM, or call 787-6944 ext. 6 and wait for 30-45 seconds to hear the cancellation information.

**WHERE:** Haverhill Cooperative Middle School

**WHO:** Any Grafton County 4-H Cloverbud, ages 5-7 or Member, ages 8-18 as of 1/1/2012

**TIME:** 9:30 a.m. – 3:00 p.m.

**DEADLINE: REGISTER WITH YOUR CLUB ORGANIZATIONAL LEADER**

Registrations must be received in the County Extension Office by **January 27, 2012** at 3:30pm. **No late registrations will be accepted.**

Please mail or email a **computer generated copy** of your recipe **with** your registration information. You may e-mail your recipes to donna.lee@unh.edu, for inclusion in a recipe book for leaders/parents (available at a later date). Cloverbuds and Juniors may have adult assistance in creating their recipe and menu.

*For any special arrangements including dietary, physical access, or other accommodation requests, including the ability to pay, please contact Kathy Jablonski, Extension Educator. Ten working days are needed to facilitate special needs requests.*

~ Please Note ~

**\* \* No Peanuts or Nuts allowed at this event \* \***

## PURPOSE OF THE EVENT

All Food & Nutrition members, as well as other 4-H'ers, are encouraged to attend. The purpose of this event is to have members:

- ✓ Demonstrate the ability to plan and prepare a food item in a menu.
- ✓ Create a food item from the menu.
- ✓ Demonstrate knowledge of basic nutrition and food preparation skill and be able to describe the nutritional value of the foods prepared.
- ✓ Develop a display that exhibits their food item appropriately and attractively.
- ✓ Meet other 4-H'ers from throughout the county.
- ✓ Take part in 4-H Healthy Living activities.



## GETTING READY FOR THE EVENT

Leaders should explain to members what will be expected of them at the event and how they will be evaluated. In general, all participants will be evaluated on:

- ✓ CLEANLINESS AND APPROPRIATENESS OF DRESS FOR THEIR MENU
- ✓ PREPARATION OF FOOD - Members should know the steps followed to prepare their food. Safe food handling and preparation are part of this process. Please see 4-H Foods Project materials for more information or Fantastic Foods Helper's Guide. Brand names of all foods should be covered. **No mixes allowed in creating any food item presented for judging.**
- ✓ NUTRITIONAL VALUE OF FOOD ITEMS - What food group is it in? What are the main nutrients in the food? Why should we eat this food? Know about MyPlate. ([www.choosemyplate.gov](http://www.choosemyplate.gov))
- ✓ MENU - Members need to develop a menu around their food item. The menu should be well balanced and have a good mixture of foods, color, texture, methods of preparation, etc. The menu should be based on MyPlate information. Juniors may have adult assistance in creating menu card. Cloverbuds do not need a menu.
- ✓ RECIPE CARDS – Print neatly or type on index cards or paper. Computer generated recipes are acceptable. Please include information as stated for each division. Juniors and Cloverbuds may have adult assistance in creating recipe cards.
- ✓ PLACE SETTINGS – Members should have a basic place setting, which includes placemat, napkins, utensils, plate/bowls, and beverage glass/cup, if menu requires this (No paper please!). Please refer to the place setting diagram. **The participant only needs to provide dinnerware necessary for eating/serving his/her selected menu. Place setting should be set up facing the participant.**
- ✓ Cook-Off participants – Centerpiece is required.

**Important: At the Food Show, parents and leaders are not allowed to help the 4-H member in any way. 4-H members must set up their own exhibits!**

1. **Coaching by parents is not allowed. Parents need to stay off to the side and away from the tables while the participants are setting up and are being judged.**
2. **Children set up their own table settings WITHOUT ADULT HELP. Club leaders can be there to coordinate the tables and direct where each participant should be, but not to help youth set up for their event.**
3. **No one will eat until after everyone has been judged, including the Senior Cook Off.**
4. **Food safety practices will be followed.**

## PROGRAM SCHEDULE

- 9:15 – 9:45 a.m. Judge's Orientation
- 9:30 - 9:50 a.m. 4-H'ers register\*
- 9:50 - 10:00 a.m. Introduction & Opening Ceremony
- 10:00 – 12:15 p.m. Session Set-up/Judging and Workshop\*\*
- 12:15 - 1:00 p.m. BUFFET LUNCH - Sample the foods prepared by 4-H'ers for this event.  
Please bring a plate, eating utensils and enough of your dish to share.  
Beverages will be provided.
- 1:00 - 1:45 p.m. AWARDS CEREMONY
- 1:45-3:00 p.m. Clean-up

\* When you arrive, you will be given your name tag.

\*\*Each group will rotate to judging or a workshop.

## FOR YOUR INFORMATION

### In this packet you will find:

**Food Safety Fact Sheet**

Table Setting Guidelines

MyPlate guide

Helpful hints and important information for the 4-H Food Show Program

Score sheets for all Food Show divisions

Score sheets for the Placemat and Napkin Contest.

Registration Form (due to UNHCE office by *January 27, 2012*)

Program Cover/Recipe Book Art Contest (due to UNHCE office by *January 27, 2012*)



**Registration deadline is 3:30pm on Friday, January 27, 2012**

### The following resources are available from the Extension Office:

- ☞ Purdue Extension Fantastic Foods Curriculum - includes Level A, B, C, and D plus a Leader's Guide.
- ☞ 4-H Cloverbud Curricula - includes Ohio State and Kaleidoscope from Michigan State.
- ☞ Deborah Maes, Extension Educator - Family & Consumer Resources

Useful websites: [www.fightbac.org/](http://www.fightbac.org/) (food safety information)  
<http://www.choosemyplate.gov/> (nutrition and servings)  
<http://www.healnh.org/YYFH/> (eating healthy, adding physical activity)  
[www.eatright.org](http://www.eatright.org) (American Dietetic Association)

## ENTRY CATEGORIES



### **CLOVERBUDS (5-7 YEARS OF AGE)**

Cloverbuds may participate in the food show. All Cloverbuds receive participation ribbons. (4-H Cloverbud curriculum is available from the Extension Office.) **There will be a special workshop for Cloverbuds during the first judging session, prior to setting up for review.**

### **JUNIORS (8-11 YEARS OF AGE)**

Juniors enter as individuals. Menus need to represent a well balanced meal and should be planned according to level of experience. Junior rules include:

1. One food prepared from the 4-H curriculum or other recipes that members have used.
2. On a piece of paper or index card print one menu for a well balanced meal, including the food prepared (This may be computer generated). Juniors may have adult assistance in creating menu card.
3. On another index card or piece of paper, print one complete recipe with ingredient measures, steps and mixing instructions for food prepared, include source of your recipe, your name, age as of January 1<sup>st</sup> and club name. (This may be computer generated.) Juniors may have adult assistance in creating recipe cards.
4. One individual place setting for the menu selected.

### **INTERMEDIATES (12-13 YEARS OF AGE)**

Intermediate members **must** make two food selections. Members need to use a separate recipe card for each food prepared. Junior Food Show rules apply to this category. See the attached score sheet.

### **Intermediates and Seniors must prepare their own menu and recipe cards.**

### **SENIORS (14-18 YEARS OF AGE)**

Seniors enter as individuals. Seniors must make two foods. All junior rules apply in addition to the following:

1. Seniors will prepare two foods.
2. Seniors must have major nutritional value of food written on a file card/recipe sheet.
3. Two foods prepared from the 4-H curriculum or other recipes that members have used.
4. On a piece of paper or index card print one menu for a well balanced meal including the food prepared. (This may be computer generated).
5. On index cards or pieces of paper print two complete recipes with ingredient measures, steps and mixing instructions for food prepared, include source of your recipe, your name, age as of January 1<sup>st</sup> and club name. (These may be computer generated.)
6. One individual place setting for the selected menu.

## 4-H COOK OFF

Open to any Senior 4-H members (14-18 as of January 1<sup>st</sup>) OR any 4-H member who has participated in at least four Food Shows. All senior rules pertain, as well as the following:

1. Youth should select their menu theme. All food and accompanying items should relate to the theme.
2. Cook Off seniors must make a minimum of six (6) dishes. No more than eight (8) dishes should be prepared.
3. Each club may enter as many entries as they wish. Limit: 1 member per exhibit.
4. Each entry should present a well-balanced meal following MyPlate guidelines. Table settings need to include two settings. If a buffet, place settings should be set for four or more.
5. One menu will list all foods prepared and the menu must appear on the table.
6. Recipes for all foods prepared should be written on index cards or paper. Exhibitor must include the nutritive value of the foods presented, and the recipe source. Make sure the 4-H'ers name, club name and age are displayed as part of exhibit. They may be computer generated.
7. Cost of meal should be presented. This should include energy used (gas, electricity), as well as cost of ingredients.
8. No alcoholic beverages or bottles permitted.
9. Table covering - Use cloth table coverings and napkins only.
10. Please bring a card table to exhibit entry.
11. Judges will sample during the serving of the meal.
12. Remaining food will be served during the buffet.
13. All questions can be asked.
14. Aprons are appropriate.
15. Judges are served by courses (i.e. like a fine restaurant).
16. Know the proper order of service and presentation of food (i.e. waitring).
17. **Food preparation should be done off site.** Final touches and microwave reheating may be done at the event. Please bring your own equipment and serving utensils. Participants will be notified before the event of time constraints, based on the number of participants. **NO PREPARATION ALLOWED AT THE EVENT.**



## PLACEMAT AND NAPKIN CONTEST (5-18 YEARS OF AGE)

1. Materials may be fabric, wood, cork, macrame, etc. (NO PAPER).
2. Each participant enters one placemat and napkin to be judged on appearance, construction, usability and cleanliness.
3. These must be made by the member entering the PLACEMAT CONTEST.
4. CLEANLINESS is a contributing factor in the overall appearance.
5. Placemats used in the contest cannot be used as part of the actual Food Show table setting.
6. Attach your name and club name on the underneath side of the placemat and the napkin. (Masking tape or a mailing label work well)

**Judges may ask participants one or more of these questions:**

**JUNIOR QUESTIONS** - Be prepared for the following:

1. What is the source of your favorite food recipe?
2. What are the recognized food groups? What is considered a serving from each group? What do you need daily?
3. What else would you eat with your food to make it a balanced meal? Why?
4. Describe the preparation of your food.
5. What was the overall cost of your dish? How many servings does the recipe make?
6. What key nutrients are in your food? Why is each important to good health?
7. How does the place setting match the menu being served?
8. What special food safety issues does this meal involve? i.e. foods to be kept hot/eggs or milk dishes to be kept cold.
9. Know MyPlate information. ([www.choosemyplate.gov](http://www.choosemyplate.gov))

**INTERMEDIATE QUESTIONS** - Be prepared to answer all junior questions plus the following:

1. How does your food fit the theme?
2. How is this food item a good choice for a healthy lifestyle?
3. What equipment was needed to prepare this meal?
4. How would you store the leftovers of this dish?

**SENIOR QUESTIONS** - Be prepared to answer all of the Junior and Intermediate questions, plus the questions listed below:

1. What would you change the next time you prepare this item?
2. How many calories are in your foods?
3. What ideas do you have for varying your recipe?
4. What other foods could be prepared with your food to make it suitable for another occasion?
5. What is the cost of the meal per person?

**SENIOR COOK-OFF** – Be prepared to answer all the questions from the Junior, Intermediate and Senior divisions. Be prepared to speak about your chosen theme and meal service.

---

For additional copies of this Food Show packet please contact the Extension Office 787-6944. Contact us if you have questions and/or concerns. We'll see you at the Food Show!

## Cloverbud Review (ages 5-7)

Due to their developmental age and stage, Cloverbuds are not judged. Cloverbuds will receive participation ribbons and a participation certificate.

An adult observing their activity, will ask the following questions:

### Foods Show questions

1. What did you like or enjoy about making this food?
2. What didn't you like or enjoy while making this food?
3. Do you have any interest in doing something else with foods?

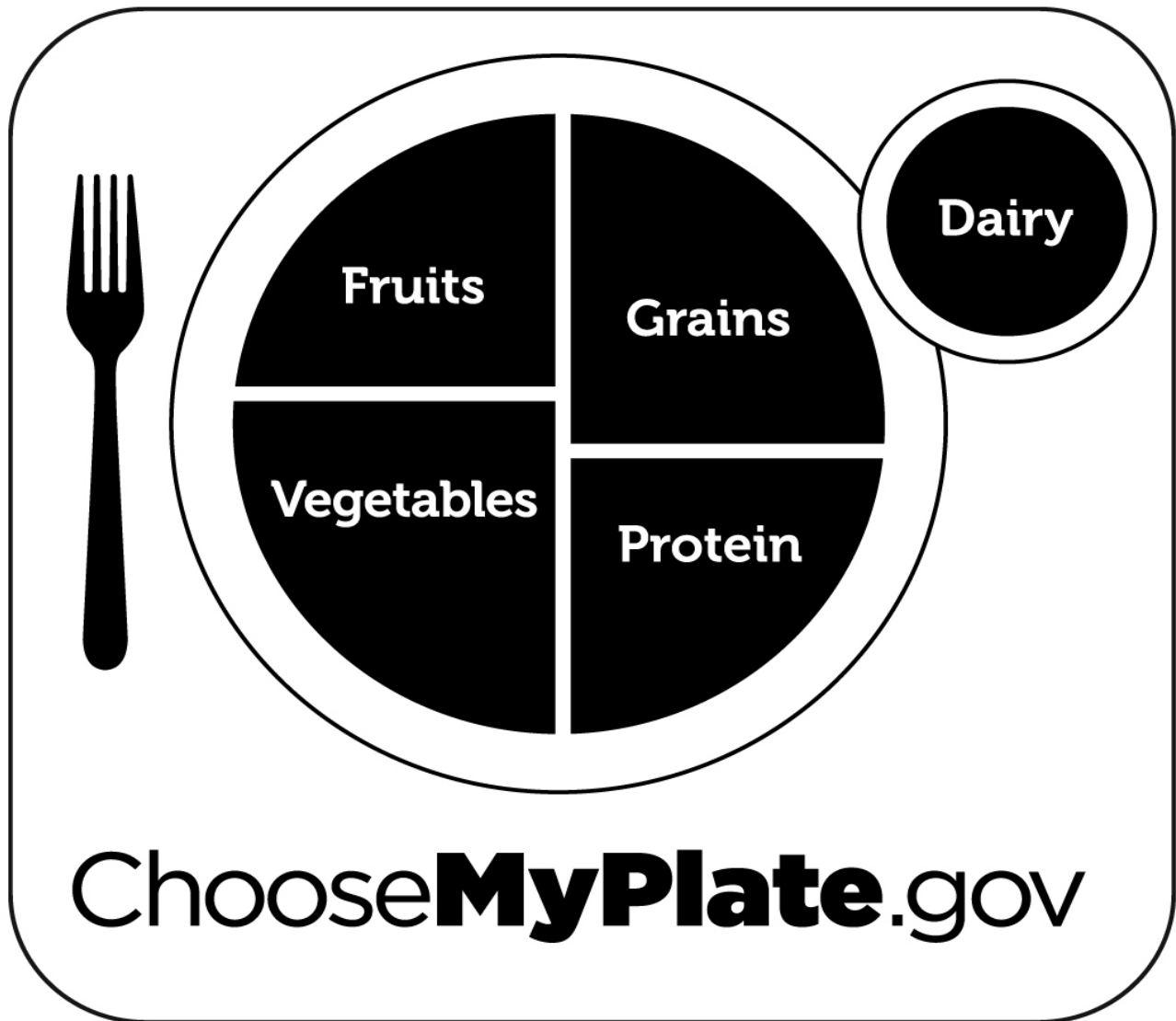


### Public Speaking questions:

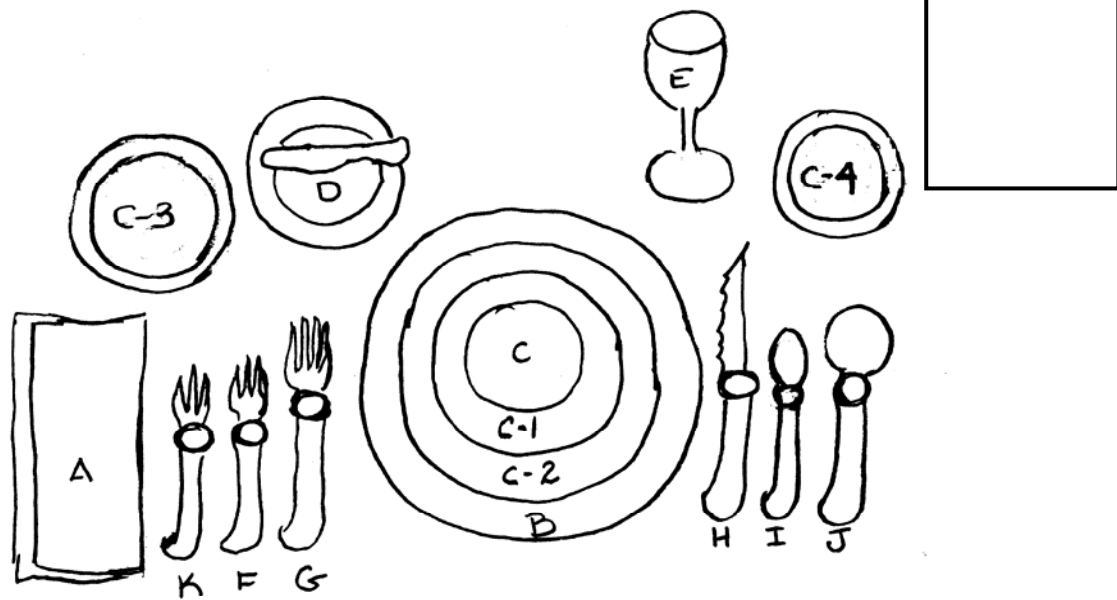
1. What did you like or enjoy about reciting this poem/story or writing this speech?
2. What didn't you like or enjoy about public speaking?
3. Do you have any interest with doing something else with public speaking?



# ChooseMyPlate.gov



# Guide to Table Setting



**Item:**

- |  |  |
|--|--|
| A. Napkin                                  | E. Water Glass                         |
| B. Luncheon or Dinner Plate                | F. Salad Fork (tines up)               |
| C. Soup Bowl                               | G. Dinner Fork (tines up)              |
| C-1. Liner Plate for Soup                  | H. Knife (sharp edge toward plate)     |
| C-2. Appetizer or Other First Course Plate | I. Teaspoon or Dessert Spoon (bowl up) |
| C-3. Salad                                 | J. Soup Spoon (bowl up)                |
| C-4. Dessert                               | K. Dessert Fork (tines up)             |
| D. Bread & Butter Plate with Butter Knife  | L. Menu                                |

**REMEMBER:** The place setting only needs to include the dishes / utensils needed to serve the meal.

**EXAMPLE:** For a menu including soup, salad, a roll, milk and a chocolate chip cookie you would need the following dishes / utensils:

- |     |   |
|-----|---|
| A   | D |
| C   | E |
| C-1 | F |
| C-3 | J |
| C-4 |   |

## PLACEMAT AND NAPKIN CONTEST SCORE CARD

| Name                              |   | Club  |  |
|-----------------------------------|---|-------|--|
| Age as of January 1 <sup>st</sup> | Please check one:<br><input type="checkbox"/> Cloverbud (ages5-7) <input type="checkbox"/> Junior (ages8-11)<br><input type="checkbox"/> Intermediate (ages 12-13) <input type="checkbox"/> Senior (ages 14-18) |       |  |
| Category                          | Description   | Score |  |
| Appearance (30 Pts.)              | Design is functional  |       |  |
|                                   | Uses principals of design in construction   |       |  |
|                                   | Attractive for the table  |       |  |
|                                   | Lays flat   |       |  |
| Usability (20 Pts.)               | Easy to care for  |       |  |
|                                   | Appropriate size for most dinner ware   |       |  |
|                                   | Size fits a place setting   |       |  |
|                                   | Compatible materials used   |       |  |
| Cleanliness (10 Pts.)             | No spots or stains  |       |  |
|                                   | Pressed, if applicable  |       |  |
| Construction (40 pts.)            | Neatly constructed  |       |  |
|                                   | No pins, threads or extra glue showing  |       |  |
|                                   | Corners smooth  |       |  |
|                                   | Stitching even/Construction uniform and neat  |       |  |
| <b>Total Possible (100pts.)</b>   | <b>Total Score</b>  |       |  |

Rev. 12/6/11

SCORING:      Blue Ribbon = 90 – 100 Points  
                     Red Ribbon = 80 – 89 Points  
                     White Ribbon = 79 Points and below

**Junior  
Food Show Score Sheet (100 pts.)**

Exhibitor's Name \_\_\_\_\_ Age as of January 1 \_\_\_\_\_

Club \_\_\_\_\_ Years in Foods Project \_\_\_\_\_ Years in Food Show \_\_\_\_\_

Food Prepared \_\_\_\_\_

| Category                |  | Possible Points | Score |
|-------------------------|--|-----------------|-------|
| <b>The Exhibitor</b>    | Neat   | 2 pts.          |       |
|                         | Clean hands                                  | 2 pts.          |       |
|                         | Hair tied back or covered, as appropriate    | 2 pts.          |       |
|                         | Speaks clearly                               | 3 pts.          |       |
|                         | Speaks to be heard                           | 3 pts.          |       |
| <b>Exh.'s Knowledge</b> | Understands preparation of food              | 15 pts.         |       |
|                         | Understands MyPlate                          | 7 pts.          |       |
|                         | Knows size of servings for food groups/types | 8 pts.          |       |
| <b>Food</b>             | Flavor                                       | 10 pts.         |       |
|                         | Appearance                                   | 10 pts.         |       |
|                         | Texture                                      | 5 pts.          |       |
|                         | Recipe & Source                              | 5 pts.          |       |
| <b>Menu</b>             | Well balanced according to MyPlate           | 10 pts.         |       |
|                         | Good color contrast                          | 4 pts.          |       |
|                         | Presentable menu card(s)                     | 5 pts.          |       |
|                         | Relates to theme                             | 2 pts.          |       |
| <b>Place Setting</b>    | Uses dinnerware in the correct position      | 3 pts.          |       |
|                         | Attractive                                   | 2 pts.          |       |
|                         | Uses dishes appropriate for the menu         | 2 pts.          |       |
| <b>Total</b>            |  | 100 pts.        |       |

Revised 12/6/11

SCORING: A = 90-100 Points (Blue Ribbon)  
 B = 80-89 Points (Red Ribbon)  
 C = Below 79 Points (White Ribbon)

## Senior and Intermediate Food Show Score Sheet (140 pts.)

Exhibitor's Name \_\_\_\_\_ Age as of January 1 \_\_\_\_\_

Club \_\_\_\_\_ Years in Foods Project \_\_\_\_\_ Years in Food Show \_\_\_\_\_

Foods Prepared \_\_\_\_\_

| Category                |   | Possible Points | Score |
|-------------------------|---|-----------------|-------|
| <b>The Exhibitor</b>    | Neat  | 2 pts.          |       |
|                         | Clean hands                                       | 2 pts.          |       |
|                         | Hair tied back or covered, as appropriate         | 2 pts.          |       |
|                         | Speaks clearly                                    | 3 pts.          |       |
|                         | Speaks to be heard                                | 3 pts.          |       |
| <b>Exh.'s Knowledge</b> | Understands preparation of food                   | 15 pts.         |       |
|                         | Knows the MyPlate formula                         | 5 pts.          |       |
|                         | Knows the recommended serving size for menu items | 5 pts.          |       |
|                         | Knows the food groups represented by the recipe   | 5 pts.          |       |
| <b>First Food Item</b>  | Flavor  | 10 pts.         |       |
|                         | Appearance  | 8 pts.          |       |
|                         | Texture   | 7 pts.          |       |
|                         | Recipe & Source                                   | 5 pts.          |       |
| <b>Second Food Item</b> | Flavor  | 10 pts.         |       |
|                         | Appearance  | 8 pts.          |       |
|                         | Texture   | 7 pts.          |       |
|                         | Recipe & Source                                   | 5 pts.          |       |
| <b>Menu</b>             | Well balanced according to MyPlate                | 10 pts.         |       |
|                         | Good color contrast                               | 7 pts.          |       |
|                         | Presentable menu card(s)                          | 10 pts.         |       |
|                         | Relates to theme                                  | 3 pts.          |       |
| <b>Place Setting</b>    | Uses dinnerware in the correct position           | 3 pts.          |       |
|                         | Attractive  | 2 pts.          |       |
|                         | Uses dishes appropriate for the menu              | 3 pts.          |       |
| <b>Total</b>            |   | 140 pts.        |       |

SCORING:     A = 126-140 Points (Blue Ribbon)  
                   B = 112-125 Points (Red Ribbon)  
                   C = Below 111 Points (White Ribbon)

### COOK OFF SCORE SHEET (275 pts.)

Exhibitor's Name \_\_\_\_\_ Age as of January 1 \_\_\_\_\_

Club \_\_\_\_\_ Years in Foods Project \_\_\_\_\_ Years in Food Show \_\_\_\_\_

Food Prepared \_\_\_\_\_

|                              |  |            |  |
|------------------------------|--|------------|--|
| <b>The Exhibitor</b>         | Appearance                                     | 5 pts.     |  |
|                              | Hair tied back or covered, as appropriate      | 3 pts.     |  |
|                              | Speaks to be heard & understood                | 5 pts.     |  |
| <b>Exhibitor's Knowledge</b> | Has knowledge of safe food handling practices  | 5 pts.     |  |
|                              | Understands & demonstrates proper food storage | 5 pts.     |  |
|                              | Knows all areas of MyPlate                     | 5 pts.     |  |
|                              | Knows size of servings for food groups         | 5 pts.     |  |
|                              | Knows major nutrients in each food group       | 4 pts.     |  |
|                              | List major nutrient value of foods prepared    | 5 pts.     |  |
|                              | Proper service order is used in presentation   | 5 pts.     |  |
| <b>First Food</b>            | Flavor   | 5 pts.     |  |
|                              | Contrast                                       | 5 pts.     |  |
|                              | Appearance                                     | 5 pts.     |  |
|                              | Texture  | 5 pts.     |  |
|                              | Recipe & Source properly documented            | 5 pts.     |  |
| <b>Second Food</b>           | Flavor   | 5 pts.     |  |
|                              | Contrast                                       | 5 pts.     |  |
|                              | Appearance                                     | 5 pts.     |  |
|                              | Texture  | 5 pts.     |  |
|                              | Recipe & Source properly documented            | 5 pts.     |  |
| <b>Third Food</b>            | Flavor   | 5 pts.     |  |
|                              | Contrast                                       | 5 pts.     |  |
|                              | Appearance                                     | 5 pts.     |  |
|                              | Texture  | 5 pts.     |  |
|                              | Recipe & Source properly documented            | 5 pts.     |  |
| <b>Fourth Food</b>           | Flavor   | 5 pts.     |  |
|                              | Contrast                                       | 5 pts.     |  |
|                              | Appearance                                     | 5 pts.     |  |
|                              | Texture  | 5 pts.     |  |
|                              | Recipe & Source properly documented            | 5 pts.     |  |
| <b>Total for Side One</b>    |  | 147 points |  |

**- CONTINUED ON OTHER SIDE -**

|                            |   |          |  |
|----------------------------|---|----------|--|
| <b>Fifth Food</b>          | Flavor  | 5 pts.   |  |
|                            | Contrast  | 5 pts.   |  |
|                            | Appearance  | 5 pts.   |  |
|                            | Texture   | 5 pts.   |  |
|                            | Recipe & Source properly documented   | 5 pts.   |  |
| <b>Sixth Food</b>          | Flavor  | 5 pts.   |  |
|                            | Contrast  | 5 pts.   |  |
|                            | Appearance  | 5 pts.   |  |
|                            | Texture   | 5 pts.   |  |
|                            | Recipe & Source properly documented   | 5 pts.   |  |
| <b>Menu</b>                | Well balanced   | 5 pts.   |  |
|                            | Presentable menu card(s)  | 5 pts.   |  |
|                            | Relates to theme  | 5 pts.   |  |
|                            | Cost of meal calculated   | 7 pts.   |  |
| <b>Level of Difficulty</b> | Time spent in preparation   | 5 pts.   |  |
|                            | Complexity of recipes used  | 5 pts.   |  |
|                            | Level of skills needed to complete recipe is high   | 5 pts.   |  |
|                            | Presentation compliments the foods  | 5 pts.   |  |
|                            | Creative ideas used   | 5 pts.   |  |
| <b>Place Setting</b>       | Appropriate for menu  | 4 pts.   |  |
|                            | Attractive  | 3 pts.   |  |
|                            | Center Piece  | 4 pts.   |  |
| <b>Extra Effort</b>        | More than six foods, above and beyond minimum requirements, or anything else the judge deems worthy | 20 pts.  |  |
| <b>Total for Side One</b>  |   | 147 pts. |  |
| <b>Total for Side Two</b>  |   | 128 pts. |  |
| <b>Grand Total</b>         |   | 275 pts. |  |

SCORING:     Blue Ribbon = 248 – 275 Points  
                   Red Ribbon = 220 – 247 Points  
                   White Ribbon = 219 Points and below