

Cook off for Older 4-Hers

Members 12 and older can make a healthy recipe that is rich in calcium to be entered into a cook off. Bring your dish the day of Food Show and your dish will be showcased in a designated area. We will set up the dishes for people to taste and to vote on. We will announce the dishes that get the most feedback!

Joint Exhibits

- Not more than three food members may work as a team. If work is done as a team, each individual must make a dish as part of the meal. Only one place setting is needed. Example: One person might prepare the meat, another the vegetable and the other dessert. They must have a recipe card for EACH of the items. The items must be part of a well balanced meal
- Judging - Each receives a separate judging sheet with the group as a whole receiving the same grade on the place setting and menu selection. The food item, recipe card and members knowledge of nutrition are judged individually.

TAKE NOTE FOR MEMBERS IN PUBLIC SPEAKING AND FOOD SHOW

Members are able to participate in both Public Speaking and Food Show. You must let us know this on the registration sheet so we can have a sign available for those doing both when they register. PLEASE star (☆) all members participating in both events.

Judges

- We need about 25-30 judges to work as teams to judge our participants. Please help recruit these people from your club and community volunteers and sign them up on the enclosed form for volunteers. We want more volunteers so we don't have members waiting 1 ½ hours at their area before a judge can get to them.

Junior Judges

- We love to have our older teens help as Jr. Judges. Please sign them up.

PREPARING TO PARTICIPATE IN THE 4-H FOOD SHOW? BE SURE MEMBERS HAVE THIS INFORMATION.

What Members Need to Do

- Before the event, choose a food to prepare or cook and find the source of their favorite food i.e., Good Housekeeping, 4-H Curriculum Book, Six Easy Bites.
- Copy a recipe onto a 3x5 or 4x6 index card. Can be handwritten or computer generated.
- Write out a menu card (4x6) and develop an appropriate display either on poster board, construction paper, etc., and be sure to include favorite food recipe and the menu it will be a part of.
- Practice table setting at home.
- Know how the food item was mixed and steps taken to prepare it.
- Know the food groups and the one(s) the favorite recipe belongs to, as judges will be asking for this information.
- Be prepared to answer the following questions.

Juniors 13 and Under

- ? What is the source of your favorite food recipe? Cookbook (which one), grandmother, newspaper, Internet, etc.
- ? What are the recognized food groups? How many servings from each group do you need daily?
- ? What else would you eat with your food to make it a balanced meal? Why?
- ? What techniques or skills did you use in making your favorite food?
- ? What was the overall cost of your dish and how many servings does the recipe make?
- ? What key nutrients are in your food and why are each important to good health?
- ? Why is physical fitness important for health? We will be asking 4-Hers questions about their daily physical activity levels.

Seniors 14 and Older

- ? All Junior questions, plus...
- ? What are major nutrients in your food? (I.e. protein, carbohydrates, calcium, Vitamin A, D, C, iron, zinc)
- ? Why are those nutrients important to good health?
- ? How many calories in your dish?
- ? What ideas do you have for varying your recipe?
- ? What other foods could be prepared with your food to make it suitable for another occasion?
- ? What is the approximate cost of the meal they have designed?
- ? Seniors really need to be prepared for the above information. We have materials available on food nutrients and calorie

information if members need to research this. The internet is also a good source of information as well, particularly on the USDA site.

Day of the Event Checklist

- Bring complete table setting appropriate for the menu which would include place mat, silverware, napkins, glasses, cups, etc. Centerpiece optional for Juniors. NOTE: we will be using round tables so bringing a table cloth that will work, as we will be putting 3 people to a table.
- Bring food item prepared; enough for the judge to taste and to share at one's table, as well as extra paper plates and plastic ware.
- Be sure you consider the Food Safety of your food recipe. If the food item needs to be cold, pack it so it stays chilled. If it needs to be hot, plan for this. NOTE: Time between set up and time item is judged may vary and may take a while, so plan for it.
- Serving utensils for Favorite Food.
- Bring a copy of the food recipe and meal menu. An extra copy of the recipe card is nice to share with others.
- Dress neatly and appropriately for the menu. Overall, all 4-Hers are judged on neatness.
- Have clean hands and fingernails. Pull back long hair.
- Come with a smile, relax and have fun!
- Keep Food Safety in mind when transporting your food and having it available to taste. If you have a hot food, you need to provide the proper food dish to keep it hot. We DO NOT have electrical outlets to keep it at proper temperatures. Be sure all food is thoroughly cooked.
- Food Safety is necessary, so help members with what is appropriate and what isn't to bring to an event like this.
- Silverware for others to taste test if one desires this.

Arrival and Event Details - Do Not Arrive Before 9:15am EVENT TIME 10AM - 12:00-12:15PM

- Please advise 4-Hers not to arrive before 9:15am
- Registration check-in starts at 9:30am. Too early an arrival means waiting around too long.
- Find a table in designated age category.
- Please advise parents this is a 2 - 2 ½ hour event.
- Tell parents we will have a special parents program for them to attend.
- Set up display and stay nearby until a judge arrives. Introduce oneself to others at the table.
- When judge arrives, stand, SMILE, and be prepared to answer questions.
- Once judging is complete, take part in food activities. You need to take part in order to get your award.
- At designated time, members will be called forth to receive their ribbon and special award for participation.
- Members will be participating in food activities and there may be a bit of a wait before the judge gets to their table. Please be sure members know this. Have them bring something to read while waiting.

Getting Ready for the Event

Leaders should go over with members what will be expected of them at the food show and what they will be evaluated on. In general, all participants will be evaluated on:

Appropriateness of dress - for their menu.

Preparation of Food - members should know the steps followed to prepare their food and bring it to Food Show properly stored and prepared. Food Safety is very critical.

Nutritional values of food items - what food group is it in, what are the main nutrients in the food.

Menu - members need to develop a menu with their food item in it. The menu should be well balanced and have a good mixture of foods, color, textures, methods of preparation, etc.

Place setting - members should have a basic place setting, which includes place mat, napkins, utensils, plate/bowls and beverage glass/cup if the menu requires it. They should know how to set a proper place setting.

Centerpiece - this is only required for Senior members; however, Junior members may include one if they wish.

Food Display Poster - these are optional; however, members find it a nice way to display their menu card and recipe and a food pyramid to make an attractive exhibit. Many 4-Hers are using their computer to put their display together. See how creative members can be. It also helps 4-Hers, as a prompt, to learn the information. Remember check out the information at MyPyramid.gov

What Leaders Can Do to Prepare Members

Help Members by:

- Holding at least one meeting with foods members prior to event. We realize due to the timing of this event this year, it may not be possible. Leaders are to be using the National Foods Curriculum materials for the Foods Project for members 10 and above. Members 8-9 should be using "Tricks for Treats". We have both resources at the 4-H office for leaders. It needs to be supplemented with the MyPyramid information. Resource: Microwave Cookery.
- Deciding on their favorite food (please avoid junk food and foods high in sugar) and the category to exhibit in. Mixes are not recommended. However, if used they should not be instant.
- Alcohol should not be an ingredient in any recipe brought to the Food Show.
- Learning more about nutritional value of their favorite food.

- Knowing how to set an attractive place setting, which is appropriate for the type of menu the members will be choosing, (i.e., formal, informal)
- Understanding how to plan a balanced meal for breakfast, lunch, dinner, which includes their favorite food.
- Being able to talk about the food groups and exercise needs for their age group.
- Developing an attractive display for their exhibit.
- Using the internet as a resource for current nutrition information, particularly the MyPyramid.gov site.
- For fitness information, visit the internet and research "Fitness Pyramid".

Hot Dishes

Members should wrap or put food in containers that will keep dish hot while waiting for judging. Be aware of food safety as it relates to their food item.

Trial Run

Doing a trial run at the club meeting will help members build a better picture for themselves of what the event will be like and so they can visualize what a display should look like. Also, go over with members; what goal they set for their project, kitchen safety, food preparation, food buying, and planning balanced meals and what life skills they have learned in their project.

Foods to Avoid

Discourage recipes with mayonnaise, whip cream, as they don't keep and we need to be concerned about food safety. Recipes should not be submitted that include alcohol as an ingredient.

Program Format

This is an educational foods day. Members and parents should be made aware that the event is approximately 2 - 2 ½ hours in duration and members are expected to stay for the duration. Tentative program format includes:

9:30- 10am	Registration
10 - 11:30am	Judging of Exhibits
10-1:15 am	Parent's Program
10:15-11:30am	Food Activities & Demonstrations available for those who have been judged
11:30-12pm	Awards Presentation

Parent's Program

Parents are encouraged to stay for the parent's program at the event. While the youth are being judged, parents are invited to participate in an educational parent's program related to Foods & Nutrition.

Awards

All members who participate receive a ribbon and a small award.

Sign-Up Deadline

Friday, January 9th.

FOOD POSTER EVENT

We are trying to get youth to see the importance of a healthy lifestyle. We know through research studies that we have some major health issues on the horizon for both adults and youth. One way to have kids learn about a healthy lifestyle is to have them express their ideas and help educate others. They can make a poster, write a story, poem or make a table-top display.

Theme: "Calci YUM!"

Calcium is our theme this year. See what you can do to help others know of the importance of this nutrient.

Size of Poster: 14 x 22 - standard poster board

Recognition: All who bring a poster to food show will receive a small award.

- ◆ Posters can be made with pictures, drawings, computer generated pictures.
- ◆ May be produced by any medium, including water color, ink, crayon, acrylic, charcoal, oils and or collage.
- ◆ Word processed lettering and computer generated graphics are acceptable.
- ◆ All posters are eligible for Hopkinton State Fair so have members participate and have an exhibit ready for the fair.
- ◆ Request the new poster fact sheet to help members with putting this together.
- ◆ Some posters may be chosen to be highlighted in the 4-H calendar or next years program cover.

If members participated last year, they shouldn't resubmit the same poster this year.

Favorite Food Show Sign Up

Organization Leader ONLY(submit this form)

Reminder: Put * by names of youth doing both Food Show and Public Speaking

Please return to the 4-H office, 315 Daniel Webster Highway, Boscawen, NH 03303 by FRIDAY, January 9th, 2009

Club Name: _____

Junior Names (8-13)	4-H Age (1/1/09)	#Years in Food Proj.	Category food will be exhibited in
Seniors (14 & Older)	4-H Age (1/1/09)	#Years in Food Proj.	Category food will be exhibited in
Cook Off Participant's Name	4-H Age (1/1/09)	#Years in Food Proj.	Category food will be exhibited in
TABLE GREETERS NAME		AGE	

