

# FOOD SHOW

**SIGN UP DEADLINE**  
Friday, February 14, 2020

## ***THERE ARE 3 WAYS TO PARTICIPATE IN THIS YEAR'S FOOD SHOW!***

### **Event Categories Include:**

- **A : Focus On Food**  
(youth 8 years & older)
- **B: Place Setting**  
(youth 5 years & older)
- **C: Food Art**  
(youth 5 years & older)

**The Grilled Cheese Challenge will be held at 4-H Makers Expo on April 18<sup>th</sup>.**

### **Program Format:**

- **8:30 - 9:00 AM:** Registration/Set Up
- **9:00 - 11:00 AM:** People's Choice Contest, Creative Food Art & Place Settings
- **12:00 PM:** Awards Ceremony

### **Event Details:**

- Arrive at event at 8:30 AM. The program starts at 9:00 AM.
- Too early an arrival means waiting around too long with food safety becoming a concern.
- The Food Show is in the lower section of the cafeteria.
- Once at the event, set up your entry **you do not need to stay with your entry.** We will have volunteers to watch over your stations.
- Once people have filtered through judging is complete and awards will follow.

### **The Purpose of This Event is to Have Members Demonstrate:**

- The ability to plan and prepare a nutritious food item.
- Knowledge of basic nutrition and food preparation skills. What are the health benefits of eating this food?
- Communication skills, teamwork, creativity, cleanliness, food safety, etc.
- How to arrange a creative place setting

### **Who Can Take Part?**

All 4-H members ages 8-18 can participate in the Food Show. Youth 5-7 can enter the place setting category and the Food Art Category.

### **Cloverbuds & Parents Are Welcome!**

Cloverbuds are welcome to participate in the Food Art and Place Setting categories. Cloverbuds will receive participation ribbons.

### **"Go", "Slow", & "Whoa" Foods:**

The National Institute for Health has a great kid-friendly chart for determining

Simple ways to recognize foods that are the smartest choices.

<https://www.nhlbi.nih.gov/health/educational/wecan/downloads/urwhateat.pdf>

### **Recipe Choices:**

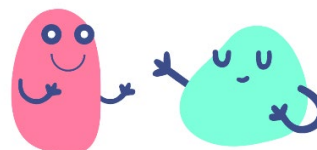
This is a Healthy Living event where we are trying to promote good eating choices and healthy recipes. When working with members, please have them pick appropriate recipes for their age. Choosing nutritious recipes is important. Recipes that use whole grains, reduced fat, salt, and sugar should be encouraged.

### **No Peanuts or Tree Nuts in Recipes:**

There is no use of nuts in recipes due to serious nut allergies. Avoid recipes with mayonnaise or 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.

### **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 container to keep it hot. We have limited electrical outlets to keep it at proper temperatures. Be sure all food is thoroughly cooked. Bring cold packs for items that need to remain cold.



What type of bean cannot grow in a garden? .... A jelly bean!

## A. FOCUS ON FOOD:

### **THE PEOPLE'S CHOICE AWARD!**

*Those attending the event will vote for their favorite dish.* Bring in a homemade food item containing **BEANS/LEGUMES**. Yup beans! Any kind you wish: Black beans, Black-eyed peas, Cannellini beans, Chickpeas, Fava beans, Kidney beans, Pinto beans, Navy Beans, Lima beans, peas, & lentils... we'll even take string beans if that's your pleasure. Your entry can be either sweet or savory. Beans are a great source of protein and fiber. They're inexpensive and with the right spices, they're delicious!

### **Recipe Card:**

Your dish must contain a Recipe Card. We have created a Recipe Card for this purpose for you to use! Please fill out the Recipe Card we have provided in this packet and bring it to Food Show to set up with your Focus on Food Entry.

### **Focus on Food Instructions:**

- Make a food item using beans/legumes as an ingredient and bring it to the event.
- A copy of the recipe must be included with your entry, your name should be on the backside. **Use the Recipe Card provided in this packet.**
- Food must be made by the exhibitor and brought to the event ready to serve.
- Each participant should make enough food samples to be tasted by everyone in attendance (approximately 40 tastings).
- There will be one "tasting" of each item per person. Soufflé cup size would be great, we will provide some at the event to use as well.
- Bring serving utensils for food item(s).
- Adults and youth in attendance will be given the opportunity to vote for their one favorite food entry.
- This category does not have a scoresheet and the entry will be judged on taste alone.
- The 3 entries that receive the largest number of votes will earn the People's Choice during the awards ceremony.

### **Consider making a Healthy Living Poster**

this year on the benefits of BEANS/LEGUMES. We will showcase all bean/legume themed posters along the wall in the People's Choice Award area for all to see as they sample the selections. You'll also receive a special participation gift for using the bean/legume theme.

## B. PLACE SETTING DISPLAY:

Every participant may have ONE informal place setting display.

- This is an individual effort.
- Place Settings is based on a theme.
- Select and organize a place setting for one person. You must use a placemat, napkin, utensils, dishes, glassware or cups, a simple centerpiece or focal point and another components you deem appropriate for your theme.
- Entries will be judged by the people on theme, cleanliness, organization, color and creativity.
- No menu needed.
- **Your Place Setting Entry must contain a Place Setting Card.** We have created a Place Setting Card for this purpose for you to use! Please fill out the Place Setting Card we have provided in this packet and bring it to Food Show to set up with your Place Setting Entry.
- All participants will receive judging feedback and a ribbon. Plus three best of show ribbons will be awarded.

## C. CREATIVE FOOD ART:

Work as an individual or team to create food art using ingredients and tools provided the day of the event.

**No pre-plating the art must be made by the youth at the event.**



- 4-Hers will enter as individuals or teams of two (within the same age division).
- Use a variety of ingredients to create your artwork.
- This is a timed event and all participants will be given 30 minutes to slice, prepare and display their art. All work must be done at the event.
- 4-Hers will be scored on creativity, originality, food safety, and construction. See scoresheet for further criteria.
- All participants will receive judging feedback and a ribbon. Plus three best of show ribbons will be awarded.
- Entries *must include* a **Creative Food Art Name Card** with your entry that includes name, club, age, and title of your food art. We have provided a name card template in this packet for you to bring to Food show and set up with your design.