FOOD SHOW

MY PLATE
Focus on the 5 Food Groups!

March 9, 2019
Merrimack Valley High School
Registration begins at 8:30 AM

EVENT REGISTRATIONS DUE:
February 15, 2019 to the 4-H Office

THERE ARE 4 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: Grilled Cheese Cook-off (youth 12 years & older)
• D: Food Art (youth 5 years & older)

Program Format:
• 8:30 - 9:00 AM: Registration/Set Up
• 9:00 - 11:00 AM: Stations - Progressive Meal, Judging Of Grilled Cheese Cook-Off & Place Settings.
• 11:00 AM: Awards Ceremony
• 11:15 AM: Clean-up

The Purpose of This Event is to Have Members Demonstrate:
• Develop a poster or display that exhibits their food item appropriately and attractively and has 4-H identification
• 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. Although, you are required to be 12 years or older to participate in the Grilled Cheese Cook-off. 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.

Judging Process:
All other Food Show entries will be judged in the Danish Style with the best of show given in each category within each age group (Novice, Intermediate, and Advanced).

“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.
Members should know the MyPlate concept. Information can be found at https://www.choosemyplate.gov.

A. Focus on Food:
(youth 8 years & older)
This is a progressive meal, guest and exhibitors will sample food from all participants. Please come prepared with small soufflé cups or dixie cups for people to sample your food. A supply of cups will be at the event if needed as well.

Prepare a display on one food item from the 5 Food Groups.
- Vegetable
- Fruit
- Grains
- Dairy
- Protein

Example: Carrot (vegetable) - Start to finish with a display. Use pictures and props. Educate your audience. Items below are brief examples, go further with your entry.
- Carrot seed
- Bring a plant
- Bring varieties for people to touch and look at – red, yellow, white
- Description, root vegetable, orange...
- History of, native to what country, origin, varieties
- How does it grow
- Nutritional value of a Carrot, calories/vitamins...
- What are the health benefits of eating a carrot...high in vitamin A
- What part of the body does vitamin A fuel...? A protects the skin
- Create a dish made from the carrot for guest to sample – be creative and healthy
- Include a recipe card

Exhibitors should know their food inside and out and WOW us with your knowledge from origin to nutrition, to ways to prepare it. Create an awesome display that you could hopefully use again at Presentation Day. Think about a demonstration, or action exhibit. Know where your food falls on My Plate. We can’t wait to see what you come up with!

Individual or Joint Exhibits, it’s your CHOICE!
Not more than four food members may work as a team. Each member must demonstrate knowledge of the display and contribute to the conversation when guest stop to sample. Impress them, they are your judge.

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. (NOTE: 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.

B. Place Setting Display:
(youth 5 years & older)
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.
- Include a place setting card with your entry which includes a title (theme),
your name, 4-H age, and club name. Top scoring place setting will be recognized.

C. Grilled Cheese Cook-Off:
    (Youth 12 & older)
Grilled Cheese Cook Off can be a fantastic way to promote teamwork among 4-H participants and provide a fun, interactive learning experience.

✓ Team must include 2 or 3 youth members per team.
✓ One adult supervisor per team should be present for safety precautions ONLY!

Youth must present their sandwich as a group. There should be a ½ sandwich per judge (2 sandwich total). The group must give explanation of their dish and be prepared to answer any questions.

NOTE: County selection processes may limit to ½ sandwich, but the ESE rules state one sandwich per judge and this will be followed at the State Selection event.

The panel of judges will score teams by the following breakdown:
   • Creativity = 10 points
   • Cleanliness = 10 points
   • Understanding of MyPlate = 10 points
   • Food Handling / Safety = 10 points
   • Presentation by group to judges = 20 points
   • Teamwork = 20 points
   • Taste = 20 points

Time Limits: All grilling will be done in separate 15 minute heats and each team will have only 15 minutes to complete their grilling. Spatulas down means spatulas down.

Judging Process: There are two categories judged as part of the Grilled Cheese Cook-off, teams may compete in one or both divisions.
1. Bread, butter and cheese (anything from those categories)
2. Bread, butter, cheese and... (with 60% of sandwich filling being cheese). This category includes other food groups – protein, fruits & veggies. Just keep in mind, 60% dairy/cheese!

Grilled Cheese Cook-Off Awards:
Participants will be judged as teams. Ribbons will be distributed in the Danish Style to all Grilled Cheese participants. Best flavor award will go to 1 team.

D. Creative Food Art:
    (Youth 5 & older)
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-Her's will be scored on creativity, originality, food safety, and construction. (see attached scoresheet for further criteria)
   • All participants will receive judging feedback and a ribbon placing at the end of the day.
   • No Peanuts or Nuts allowed at this event!