



# Area Food Show

Saturday-March 2, 2019  
Setup at 9:30 AM and Judging at 10:00 AM  
Wilkes County Cooperative Extension Office  
416 Executive Dr, Wilkesboro, NC 28697



Name: \_\_\_\_\_ Age: \_\_\_\_\_ (as of January 1, 2019)

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip Code: \_\_\_\_\_

4-H Club: \_\_\_\_\_ Phone: \_\_\_\_\_

Participation Categories (please check only one):

Cloverbud (5-7) \_\_\_\_\_ Junior (8-13) \_\_\_\_\_ Senior (14-18) \_\_\_\_\_

Pre-Cloverbud (3-4) \_\_\_\_\_

Dish Categories (please check only one):

Main Dish \_\_\_\_\_ Vegetable/Salad/Soup \_\_\_\_\_ Dessert \_\_\_\_\_ Snack/Appetizer \_\_\_\_\_

Please fill out below or attach a copy of recipe:

List of Ingredients: \_\_\_\_\_

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Instructions: \_\_\_\_\_

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All recipes should be made from scratch. Make healthy choices for ingredients used (i.e., low-fat milk, less sugar, less sodium), be knowledgeable on how to make your dish healthy, or know the appropriate serving size and be knowledgeable of moderation.

**RETURN FORM TO:**

**To your local Extension Office by Friday-February 22, 2019**



# Area Food Show

## Information and Regulation Sheet



### **Why should I be in a Food Show?**

Food Shows give participants a chance to learn about nutrition and exhibiting food. This event also helps youth develop creative skills, understand how food is made, and enhance their public speaking skills.

### **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:**

- Youth must be between the ages of 5 and 18 (age as of January 1, 2019).
- If they do not meet the age requirement, they must enter as a Pre-Cloverbud (3-4).
- Youth must be accompanied by a parent/guardian and/or adult volunteer.

### **Divisions:**

- Pre-Cloverbud (ages 3-4)
- Cloverbuds (ages 5-7)
- Junior (ages 8-13)
- Senior (ages 14-18)

### **Dish Categories in Each Division:**

- Dessert
- Main Dishes
- Vegetable/Salad/Soup
- Snack/Appetizer



### **When and Where:**

Wilke County Cooperative Extension Office-416 Executive Dr, Wilkesboro, NC 28697  
– Saturday- March 2nd, 2019

### **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.
- A printed document of your recipe should include: your name and category/age and should be displayed with table setting. Please bring a copy of your recipe for the cookbook.
- Questions about nutrition, preparation, ingredients, ideas for serving, etc. will be asked by the judges. Sample questions are listed on next page.
- Bring hand sanitizer or plastic gloves. Please use them while serving the judges.

For more information or to submit recipes, contact your local Extension Office.

**DEADLINE TO REGISTER AND SUBMIT COPY OF RECIPES IS: Friday-February 22, 2019**

# Sample Food Show Questions



- What is the first thing that you did before you started cooking?
- Why did you choose this recipe?
- What did you like best about making this recipe?
- What was the hardest part of making this dish?
- Have you made this dish before? Would you make it again?
- Would you do anything different if you decide to make this again?
- Did you have any help making your dish?
- How long did it take you to make it?
- What is something new that you learned while you were making this dish?
- Did it turn out the way that you thought it would?
- Did you help with the shopping to get the ingredients for your recipe?
- What food group does this dish fit into?
- What other food or beverage would you serve with this?
- Is your dish a healthy choice? Why? If it is not healthy, how can you make it healthy?
- Did you learn something new while making this dish?
- Why did you pick this table setting and decorations?





# Food Show -Score Sheet



Name of Participate: \_\_\_\_\_

Name of Recipe: \_\_\_\_\_

Participation Categories:

Pre-Cloverbud \_\_\_\_\_ (no score, just comments)

Cloverbud \_\_\_\_\_ (no score, just comments)

Junior: \_\_\_\_\_

Senior: \_\_\_\_\_

Categories	Score Between 1-5 for each category	Comments and Suggestions
The Exhibitor Understands: -Setting of table -Preparation of food -Appropriate grooming		
Included on Recipe: -Ingredients -Directions/Instructions -Neatness		
The Food is: -Pleasing in flavor -Attractive in appearance -Suitably prepared		
The Table Setting is: -Attractive -Suitably arranged -Appropriate for occasion		
Nutrition Knowledge: Is this a healthy recipe? If not, how can it be made heathier?  What food group or groups are used?		

Judge's Signature \_\_\_\_\_