



## Yadkin County 4-H Holiday Food Show

Saturday, November 18th, 2023

Setup at 10:00 AM and Judging at 10:30 AM  
Yadkin County Cooperative Extension Office  
2051 Agricultural Way, Yadkinville, NC 27018



### 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, 2023).
- Youth must be accompanied by a parent/guardian and/or adult volunteer.

#### ***Divisions:***

- 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

#### ***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 or very neatly written document of your recipe should include: your name and category/age and should be displayed with table setting.
- 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.
- Must bring things deposable serving items to serve food one for participants/judges to try such as napkins for cookies or small cups and spoons for soup.

**Deadline to enter this competition is November 10th via this Google Form**

<https://forms.gle/jZd95m7isyvPBf7Q9>



## 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?
- How much did it cost to make your recipe?





# Food Show -Score Sheet



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

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

Participation Categories: Junior: \_\_\_\_\_ Senior: \_\_\_\_\_

Categories	Score Between 1-5 for each category (1 being the lowest and 5 being the highest)	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?		

Other Comments:

Judge's Initials: \_\_\_\_\_






# Food Show-Score Sheet



Name of Participant: \_\_\_\_\_

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

Participation Categories: Cloverbud: \_\_\_\_\_

<b>What you are judged on.</b>	<b>You are not quite there yet.</b> 	<b>You are almost there!</b> 	<b>You got it!</b> 
<b>Table Setting:</b> Did you include a table setting?			
<b>Recipe:</b> Did you include the recipe and did you give all the ingredients/instructions?			
<b>Taste:</b> Does your dish taste good?			
<b>Nutrition Knowledge:</b> Do you know if your dish is healthy or how to make it healthier?			

Other Comments:

Judge's Initials: \_\_\_\_\_