

2017 Connecticut 4-H Food and Nutrition Show

Information Guide

For Connecticut 4-H Members

THEME: Foods from Books and Movies
DATE: Saturday, January 28
TIME: 8:45am – 12:30pm
LOCATION: UConn
Greater Hartford Campus
Zach's Community Room, School of Social Work Building
1800 Asylum Avenue, West Hartford, CT 06117

REGISTER: By midnight on Wednesday, January 18

You can register by contacting Jen Cushman at

jennifer.cushman@uconn.edu

Or mail your entry form to 1800 Asylum Avenue West Hartford, CT 06117

In this packet you will find information about the Food Show including:

- How to enter
- Ways to participate
- Forms to use
- Directions to the event
- Cupcake Decorating Challenge

If you would like the materials mailed to you, contact Jen Cushman. Any part of this document can be reproduced to distribute to additional youth or adults.

PURPOSE OF THE 4-H FOOD SHOW

The 4-H food show has two purposes.

- This event provides participants with an opportunity to present, display, and explain the nutritional food they have prepared as well as use some of the additional skills they have learned in the food and nutrition project. Youth participants will also display the knowledge and skills they have learned about food and nutrition during the interview process with the judges.
- The food show provides an educational opportunity for participants to increase their food and nutrition knowledge by participating in workshops and through interactions with the professional chefs, food writers, and others who are judges at the event.

WHO CAN PARTICIPATE IN THE 4-H FOOD SHOW?

Any registered Connecticut 4-H member. It is not required to be enrolled in a food and nutrition project in order to participate in the 4-H Food Show.

RULES FOR THE FOOD SHOW

- All foods are to be made from scratch, not mixes. (There is an exception for the cupcakes in the Cupcake Challenge. Only cupcakes for the Cupcake Challenge may be made from a mix.)

- There are no ovens or microwave ovens to warm or cook your food items.
- Bring coolers or other appropriate items to keep food warm or cold until it is judged. Proper food safety is important.
- Foods should be cooked which reflect the show's theme. This year all food brought to the show will reflect the theme of Foods from Books and Movies.
- Participants need to bring all items needed to display their food, including tablecloths, place settings, napkins, image of book or movie and other items. You may bring centerpieces or other décor to highlight your setting, but remember that your decorations are only 5% of your total score. Costumes are welcome.
- Most of the evaluation is based on the food that is prepared (taste, texture, etc.) and the participant's knowledge about the preparation. The participants will also be asked general questions about food and nutrition.
- Youth members can enter as individuals or as a group. Groups can be up to 4 people. Each group member is expected to prepare their own food based on the book or movie the group chooses.
- Participation in the Cupcake Decorating Challenge portion of the food show is optional.
- All participants must take part in workshops.
- The Connecticut 4-H Code of Conduct applies to this event, as for all 4-H events and programs.

LOCATION AND DATE OF THE 4-H FOOD SHOW

- Saturday, January 28
- University of Connecticut Greater Hartford campus; Zach's Community Room, School of Social Work Building
- Visit <http://about.hartford.uconn.edu/campus-map/> to obtain directions to campus and a map of the buildings. Once on campus, look for the 4-H Clover signs to direct you to the School of Social Work building.

ARRIVAL AND DEPARTURE TIMES

- Plan to arrive no earlier than 8:45am; check in and set up is from 8:45-9:00 for those entering the cupcake design competition and 9:00am – 9:30am for those not participating in the design competition.
- The show is scheduled to end at 12:30pm, but may end earlier depending on the number of participants.
- Parents and leaders may assist with bringing items into the Food Show. However, only youth members are allowed to set up their space, the food, and to prepare for judging. Parents and leaders will be invited to see the workshops or to attend other events occurring on campus, but cannot stay in the evaluation room.

4-H FOOD SHOW THEME

This year's theme is Foods from Books and Movies. Do some research ahead of time to plan your menu and choose the item you will prepare for the food show event. You might look into a variety of cookbooks or check different food sites on the internet. Some suggested sites are <http://www.foodnetwork.com/>; <http://www.epicurious.com/>; or <http://allrecipes.com/>

PLEASE avoid foods with nuts in order to accommodate 4-H members who may have allergies to any nuts. Be creative in your choices; perhaps adapt a traditional recipe to make it gluten free, low salt, or lower in calories. If you adapt a recipe, be sure to note it on your recipe card and tell the judges about it.

4-H volunteer leaders or parents can assist by helping members select a recipe, organize their materials, practice cooking if desired, and making a copy of their recipe to bring to the show.

WAYS TO PARTICIPATE

1. INDIVIDUAL EXHIBITS

- Decide what food you would like to create that matches the food show theme.
- On the “4-H Food Show Menu Planner” form, complete a menu for the entire day. If you are age 7 or 8, complete the menu for one meal only.
- Bring your completed, cooked, food item, a printed or written recipe for the food item, your complete MyPlate form, your complete Food Safety form, and a completed “4-H Food Show Menu Planner” with you on the day of the event.
- Complete the food safety and handling worksheet and bring completed on the day of the event.
- Bring a copy of the book or movie that your food item is featured in. An image of the book or movie's front cover is also acceptable.
 - Bring your Cupcake Challenge items if you choose to participate in this option.

2. Group Exhibits

- Groups of up to 4 people can participate. Each person in the group should have an equal role creating their own food in the group exhibit.
- On the “4-H Food Show Menu Planner” form, each person completes a menu for the entire day. If you are ages 7 or 8, complete the menu for one meal only.
- Groups should bring more than one cooked item to the food show. Each member can make one of the foods listed on the menu for the meal.
- Each member of a group completes his/her own Menu Planner form and MyPlate form.
 - Each member completes the food safety and handling worksheet and bring completed on the day of the event.
 - Bring your completed, cooked food item, a printed or written recipe for the food item, your completed MyPlate form, your completed Food Safety form, and a completed “4-H Food Show Menu Planner” with you on the day of the event.
 - Bring a copy of the book or movie that your food item is featured in. An image of the book/movie's front cover is also acceptable.
 - Bring you Cupcake Challenge item or items (individually) if you choose to participate in this option. Cupcake Challenge recipe entries are made by individuals, not groups.

3. Cupcake Decorating Challenge

You may choose to participate in the Cupcake Decorating Challenge. The theme of the challenge will be announced at the food show event. You will bring cupcakes, icing, and items to decorate the cupcakes to the food show. The challenge will focus on decorating the cupcakes in a 30-minute period of time and using a mystery decoration that you will receive at the show. The Cupcake Challenge details are found later in the packet. Remember – the frostings **MUST** be made by the 4-H members; no purchased items! Also, the items must be made prior to arriving at the food show.

WHAT HAPPENS AT THE FOOD SHOW?

Bring your cooked item in a thermal cover or cooler to keep it hot or cold; there will be no ovens or other way to keep items heated at the show.

WHEN YOU ARRIVE:

- Check in at the registration table where you will be assigned to a particular table. Each table is either 60” diameter (round) or 8’ long. Be prepared to set up at either size table.
- Participants will arrange their own individual area or group table. Individuals will be assigned a space equivalent to one table setting. Put your food show paperwork, including your recipe card, on your table. *Parents or leaders are not allowed to set up food or the place setting.*
- Do not serve or take out your food item until the judges are ready to begin. Keeping your food in your cooler or warming container will help keep it safe until it is judged.

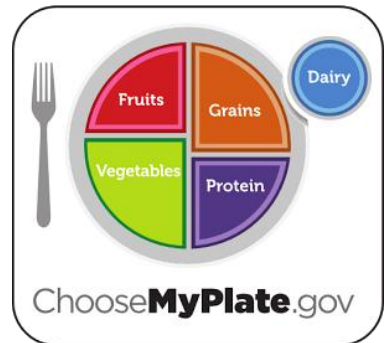
WHEN THE EVENT BEGINS:

- When the event begins, some 4-H members will have their food items judged while others go to workshops. During the day, participants will be involved in all activities. Everyone will have the chance to go to all workshops and be judged.
- Judges will come to each individual participant or group to evaluate the individual or group.
- After all of the judging has occurred, everyone will be allowed to visit each other’s exhibits and taste the food.
- We will have some snacks and juice for all participants.
- We will not be eating the foods that are judged until the show is complete.

FORMS TO COMPLETE

Each person must complete his or her own forms. This means that each individual in a group must complete individual forms. Each person must complete:

1. A “4-H” Food Show Menu Planner.” Group members contributing to the same menu should fill out that part of the form identically.
2. Food Safety form. Each group member should submit a completed Food Safety form.
3. MyPlate Form. MyPlate is used to show portions and foods in the various food groups. Participants will use the MyPlate form in this packet or download one from www.choosemyplate.gov/



MyPlate illustrates the food groups using a place setting as a visual guide. All participants will complete a MyPlate form to illustrate their cooked food item in relation to other food that would be included in their meal if all were being cooked.

Write the names of ingredients that are in your food in the correct sections of MyPlate. For example, if you made a Broccoli Quiche, you would write “broccoli” in the Vegetable Section of the plate, “cream” in the Dairy section, and other items in appropriate sections of the plate. If you have no item to list in a particular section, that is fine. You are recording what is contained in the food you cooked.

REGISTRATION INFORMATION

You can register with Jen Cushman at jennifer.cushman@uconn.edu. Registration must occur

by midnight on Wednesday, January 18. Complete the Registration Form in this packet; you can choose to mail, fax (860-570-9008), or email your form. The mailing address is on the registration form.

OTHER INFORMATION

- Parents or leaders are not allowed to assist with club or individual displays, nor help set up their child's or club's exhibit.
- No parents or leaders should be talking to judges during the show or sitting with their child while judging is occurring.
- Parents or volunteer leaders may take photos before the judging begins and after the judging is over.
- Adults may choose to leave during the event and return at 12pm. However, a cell phone number must be left at the registration desk before you leave in case of emergency.
- All forms and packets, aside from the Food Safety form are also available on the Connecticut 4-H website at www.4-h.uconn.edu

HEALTH FORMS

All participants must have an adult chaperone with them throughout the day. If the youth's parent/guardian will not be attending the parent/guardian is responsible for providing the youth's chaperone with a completed CT 4-H health form. Forms are available at http://www.4-h.uconn.edu/resource/form_5_3331407421.pdf

HOW ARE FOOD SHOW ENTRIES JUDGED?

The Danish System is used to judge all regular food entries and the Challenge Recipes. The Danish System allows for each exhibit or entry to be judged on its own individual merit. Ribbons and awards are given out for first (blue), second (red) and third place (white) awards.

All foods entered in the 4-H Food Show are judged on the food's quality, presentation, nutritional value, and the 4-H member's understanding of food safety, menu planning, and nutrition concepts.

WHAT DO I BRING ON THE DAY OF THE FOOD SHOW

- Completed 4-H Food Show Menu Planner form
- Completed MyPlate form
- Completed Food Safety form
- Food safety worksheet
- Table settings or place setting (dish, glass, silverware, etc. These can be china or plastic ware)
- Food entry, kept well insulated or chilled (to avoid spoilage)
- A recipe card or sheet with your food show entry – don't forget your name! You can hand write this or use a computer to create your recipe card or sheet.
- Copy of the book or movie
- A completed health form (given to adult chaperone if parent/guardian is not attending)
- Cupcake Challenge items (optional)
- Costume, to dress up as a character from the book your food item is found in (optional)

HOW WILL I KNOW IF THE SHOW IS CANCELLED?

In the event of inclement weather, you will receive an email if you are registered. The snow date of the show is the following Saturday, February 4. Watch WFSB and NBC CT for Hartford County 4-H cancellations.

The Cupcake Decorating Challenge

You will have 30 minutes to decorate four (4) regular sized cupcakes in response to the mystery theme and with a mystery ingredient. The mystery theme and ingredient will be announced at the beginning of the 30-minute contest period.

1. You are to submit four (4) regular sized cupcakes on a plain white paper plate for judging. You may start with six (6) cupcakes.
2. You may use any color cupcakes for your cupcakes.
3. You may bring with you any flavor or type of frosting for your cupcake design that you have made at home (for example, sour cream, buttercream, whipped cream, fondant, cream cheese, etc.).
4. You may use as many tools, frosting bags, and tips as you like.
5. You may use as many edible decorative items such as sprinkles, sparkles, herb leaves, candies, and cookies as you like.
6. You may share equipment and tools with other contestants.
7. You may share frostings or edible decorative items.
8. You must provide the frosting recipes either handwritten or typed.
9. Contestants are limited to one entry per person.

Judging criteria:

60% for design/appearance

20% for execution of theme

15% for interview

5% for frosting recipe

Sample questions you might be asked by the judges during the 4-H Cupcake Decorating Challenge:

Why did you choose this frosting?

What is your favorite decorating tool and why?

Describe the best decorating job you have ever done.



Connecticut 4-H Food Show

REGISTRATION FORM

Return to Jen Cushman at Jennifer.cushman@uconn.edu
or mail to Jen Cushman 1800 Asylum Avenue West Hartford, CT 06117

EXTENSION

Please Print Neatly:

Your Name _____

Your Age (on January 1, 2017) _____

Your Home Address (include house number, street, town and zip code):

Your Email Address _____

Your Parent/Guardian's Email Address _____

Your Club Leader's Name and Email Address (if known)

Your Club Name _____

Home County _____

Name of chaperone (if parent/guardian is not attending): _____

Type of Entry: Circle One

Individual

Group

If you are part of a group, list all the names of your group members (up to 4 people per group):

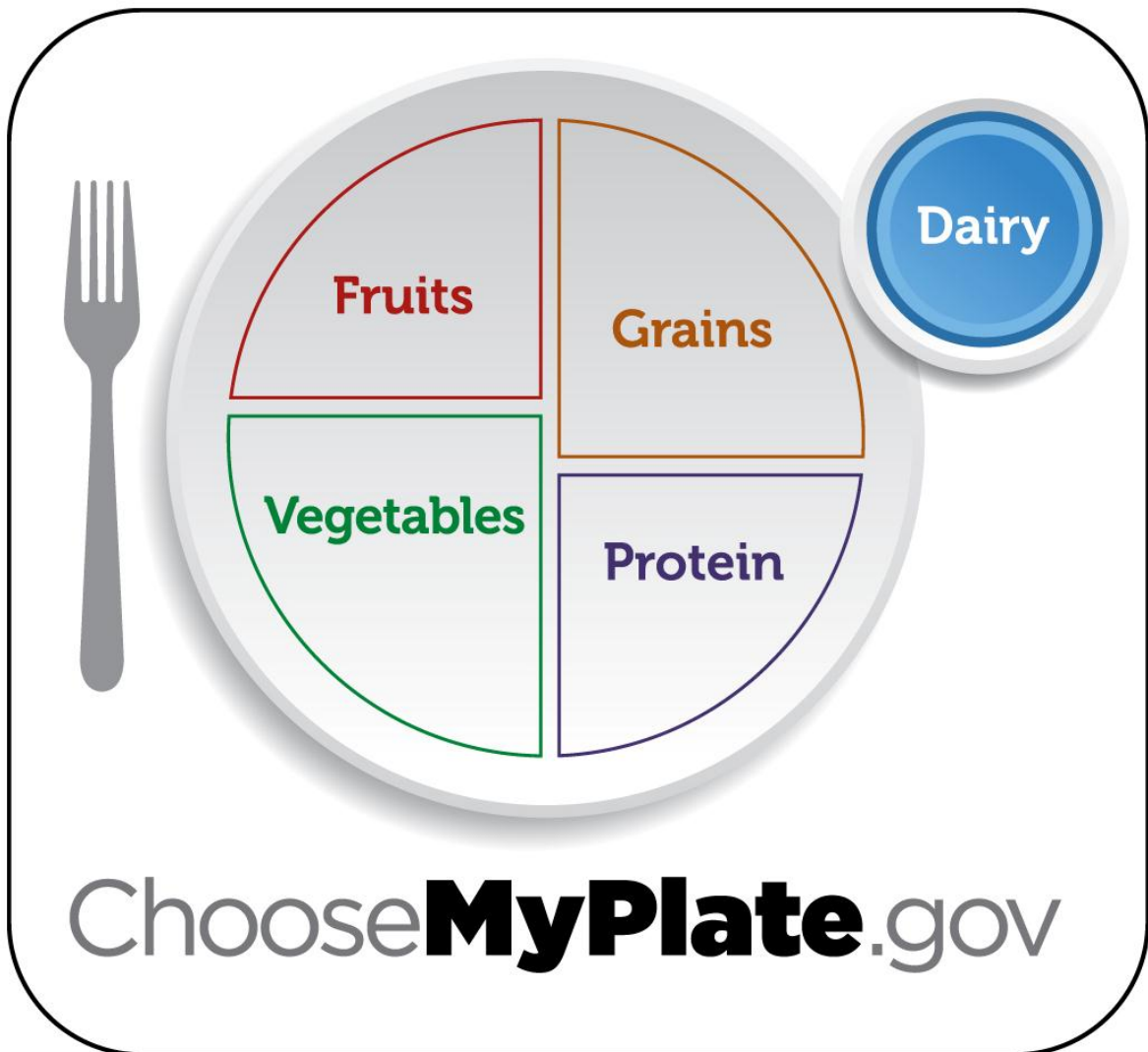
Give the name of the adult leader or parent who will be attending the Food Show with you:

Challenge Registration:

I am entering the Cupcake Decorating Challenge Yes No

**Connecticut 4-H Food Show
Choose MyPlate Template**

Use the illustration of the plate on this page to show the item you have made for the food show. Print this page out and then write the names of the ingredients of your prepared food into the appropriate portions of the plate. Need help? Go to www.choosemyplate.gov/



Name: _____

Menu Planner: An example for you to use

Complete this form to indicate the items you prepared for the 4-H Food Show. Each item should be written in the appropriate category across the top as well as along the side. For example, for lasagna with meatballs, your chart might look like this example.

Menu Planner	Grains	Vegetables	Fruit	Dairy	Protein
Breakfast					
Lunch					
Dinner	Lasagna noodles Garlic bread Oatmeal	Tomato sauce Salad	Apple Crisp	Mozzarella cheese; parmesan cheese; ricotta cheese	Chopped meat used to make the meatballs
Snacks					

All members age 9 and above must complete the entire menu planner for the entire day. This is a “planner” and should indicate what you would “plan” to eat for a full day of nutritious meals and snacks.

- Group projects will have the same dinner menu

A blank chart is on the next page for you to complete and bring to the 4-H Food Show.



**Connecticut 4-H Food Show
MENU PLANNER**

Name _____

Menu for _____

Circle one: **Individual project** **Part of a group project**

Menu Planner	Grains	Vegetables	Fruit	Dairy	Protein
Breakfast					
Lunch					
Dinner					
Snacks					



My food for this project was

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EXTENSION

Connecticut 4-H Food & Nutrition Show

Food Safety Form

Please answer the following questions about your food item:

1. How did you prepare your food to ensure it was safe to eat? List all examples.
(ex. avoiding cross contamination, sanitizing workspace, handling raw meat, etc.)

2. To what temperature was your hot food item cooked to ensure it was safe to eat?
Or What temperature must your cold food item be kept at to ensure it is safe to eat?

3. What precautions will you take when serving your food item to ensure that it is handled safely?

4. What foodborne illnesses are commonly found in the food that you prepared?