

FOOD SHOW

The Kay County Food Show provides 4-H'ers the opportunity to:

- Learn how to read and follow instructions in recipe preparation.
- Learn the importance of the basic food groups in the daily diet.
- Understand the principles of nutrition as they relate to health, physical fitness and appearance.
- Acquire and demonstrate skills in planning, purchasing, preparing and serving tasty, attractive and nutritious meals and snacks.



The Food Show gives the 4-H'er the opportunity to practice skills and recipes and to research different aspects of food preparation, consumer buying and nutrition.

Food Show Rules:

1. Show is open to all enrolled 4-H members, both, boys and girls.
2. Exhibitors must enter at least one year of work exhibit to be eligible to enter classes, A, B, C, D, E.
(Subject to change, so be sure to check newsletter for class requirements.)
3. Entry time will be determined.
4. Exhibits should be placed on a paper plate or cardboard to fit the exhibit. Label giving name, club and year of work to be securely fastened to the underneath side of the plate or cardboard.
5. We will not be responsible for foods and/or dishes left after release time.
6. Awards will be presented following the judging.

Eye appeal is IMPORTANT!!! Use your imagination to present your food as attractive as possible!

Age categories are based on the age as of January 1st, in the current 4-H year.

Cloverbud (5-8 years)	Level Three (12-14 years)
Level Two (9-11 years)	Level Four (ages 15 and over)

CLOVERBUD

- CB1 Miscellaneous poster (title of your choice).
- CB2 Poster using these topics: "Foods from the Basic Food Pyramid", or "My Favorite Foods"
*Posters need to be 11x14 or 11x15, on typing paper, poster board, or construction paper. May free hand draw, use pictures from magazine or other printed materials. **Be sure to sign and date the back of your poster.***
- CB3 Table Setting: *Member will learn how to correctly set a place setting and demonstrate to judge. Table setting should include: Place mat or tablecloth, napkin, silverware, plate, and glass. Decorations or flower arrangement is optional.*
- CB4 Food or Snack: A No-bake or refrigerated food item. *Examples: Trail or snack mix, seasoned popcorn, cookies, etc. Some recipes are available at the OSU Extension Center, or you may use your own.*

(*Note: Cloverbuds will not be ranked as these activities are designed to discourage competition and encourage the fun learning process. Cloverbuds will receive participation ribbons.)

LEVEL TWO (9-11 years)

1. Three (3) muffins
2. Three (3) Rolled Biscuits
3. Three (3) Drop Cookies (no shaped cookies such as snickerdoodles or peanut butter)
4. Educational Poster
 - a. (Poster based on breads OR cheeses of another country or countries.)
 - b. (Poster based on recipe modification for healthful eating.)
 - c. (Poster based on food or kitchen safety.)
 - d. (Poster illustrating a place setting for a specific occasion or menu.)

OPEN CLASS (9-11 years) (subject to change)

- A. Easy Desert (no more than 5 ingredients – a mix counts as one ingredient)
- B. Easy Main Dish (i.e. taco salad, sandwich) which contains meat
- C. Nutrition Snack – after school finger food
- D. Vegetable or Salad dish

LEVEL THREE (13-14 years)

5. One-half loaf of any yeast bread (not a sweet dough; made by hand or in bread machine)
6. Three (3) yeast cinnamon rolls (no icing)
7. Three (3) rolled sugar-type cookies (no gingerbread recipes)
8. Educational Poster
 - a. (Poster based on the foods from another culture.)
 - b. (Poster based on the nutritional contributions of fruits and vegetables.)
 - c. (Poster based on protein food safety.)
 - d. (Display based on a breakfast bread buffet theme. Should include menu, buffet layout, decorations, invitations, and any additional information.)

OPEN CLASS (ages 13-14) (subject to change)

- A. Vegetable dish
- B. Small main dish casserole which contains meat – bring recipe.
- C. Salad
- D. Dessert

LEVEL FOUR (ages 15-18)

9. One-half or portion of breads from another culture. Include a one-page story on how this bread fits into that culture and its nutritional contribution.
10. One-half or 8” layer un-iced shortening type cake (no angel food or chiffon)
11. Educational Display or Poster:
 - a. (A display based on a “celebration” from another culture including foods used in that celebration.)
 - b. (A display based on a recipe modification to include:
 - original recipe and what modifications were made
 - benefits of the modifications
 - how did the modifications impact the above factors
 - what were other people’s responses to the modifications
 - c. (A poster based on the nutritional contributions of meat to the diet.)
 - d. (A poster based on outdoor cookery or grilling.)
 - e. (A poster based on the fish of Oklahoma, including nutrition, preparation, and food safety considerations.)
 - f. (A poster based on careers in the food industry.)

OPEN CLASS (ages 15-18) (subject to change)

- A. International main dish which contains meat – bring recipe
- B. International dessert
- C. Vegetable dish – bring a recipe
- D. Salad