

**2016 Connecticut 4-H Food Show  
Information Guide  
For Connecticut 4-H Members**

**THEME:** Slow Cooker Creations  
**DATE:** Saturday, January 30, 2016

**TIME:** 9:30am- 12:30pm  
**LOCATION:** University of Connecticut  
Greater Hartford Campus  
Zach's Community Room, School of Social Work Building  
1800 Asylum Avenue, West Hartford CT

**REGISTER:** By midnight on Wednesday, January 13, 2016  
You can register by contacting Jen Cushman at [jennifer.cushman@uconn.edu](mailto: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 about the nutritional food they have prepared and cooked as well as use some of the additional skills they may have learned in the food and nutrition project. Youth participants will also display the knowledge and skills they have learned about foods and nutrition during the interview process with judges.

In addition, the food show provides an educational opportunity for participants to increase their foods 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 the 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 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.
- Foods should be cooked which reflect the show's theme. This year all foods brought to the show will reflect the theme of Slow Cooker Creations.
- Participants need to bring all items needed to display their food, including tablecloths, place settings, napkins, 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.
- 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 & nutrition.
- Youth members can enter as individuals or as a group. Groups can be up to 4 people.
- 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 30, 2016
- ❑ 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 9:30AM; check in and set up is from 9:30AM-9:50AM.
- ❑ 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 Slow Cooker Creations. 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 in 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 completed MyPlate form, and a completed "4-H Food Show Menu Planner" with you on the day of the event.
- 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.
- 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.
- Bring your completed, cooked, food item, a printed or written recipe for the food item, your completed MyPlate form, and a completed "4-H Food Show Menu Planner" with you on the day of the event.
- Bring your challenge item or items (individually) if you choose to participate in this option. 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 45-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 to 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.

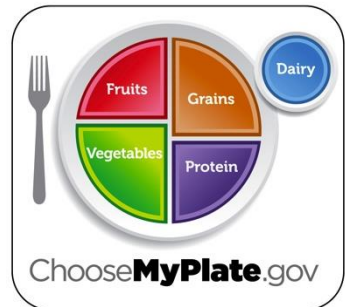
### **FORMS TO COMPLETE:**

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:

- A “4-H Food Show Menu Planner.” Group members contributing to the same menu should fill out that part of the form identically.

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/](http://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 foods 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](mailto:jennifer.cushman@uconn.edu). Registration must occur by midnight, January 13, 2016. 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 or after the judging is over.
- Adults may also 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 are also available on the Connecticut 4-H website at [www.4-h.uconn.edu](http://www.4-h.uconn.edu)

### **HEALTH FORMS:**

All participants must bring a completed health form to the food show. Hold on to your health form during the show or turn it in at the registration table. The health form must be signed by your parent or guardian; be sure to have this done if a parent will not be with you at the food show. You can find health forms to download at <http://www.cag.uconn.edu/ces/4H/forms.php>. Scroll down the page to “Health Forms.” If you need one mailed to you, contact the 4-H office.

### **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
- 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.
- Cupcake Challenge items (optional)
- A completed health form

**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 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 45-minute contest period. Your final cupcakes for judging can have no more than five frostings and five decorative add-ons.

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](mailto:jennifer.cushman@uconn.edu)  
or mail to Jen Cushman 1800 Asylum Avenue West Hartford, CT 06117

**Please Print Neatly:**

**Your Name** \_\_\_\_\_

**Your Age** (on January 1, 2016) \_\_\_\_\_

**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:** \_\_\_\_\_

**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):**

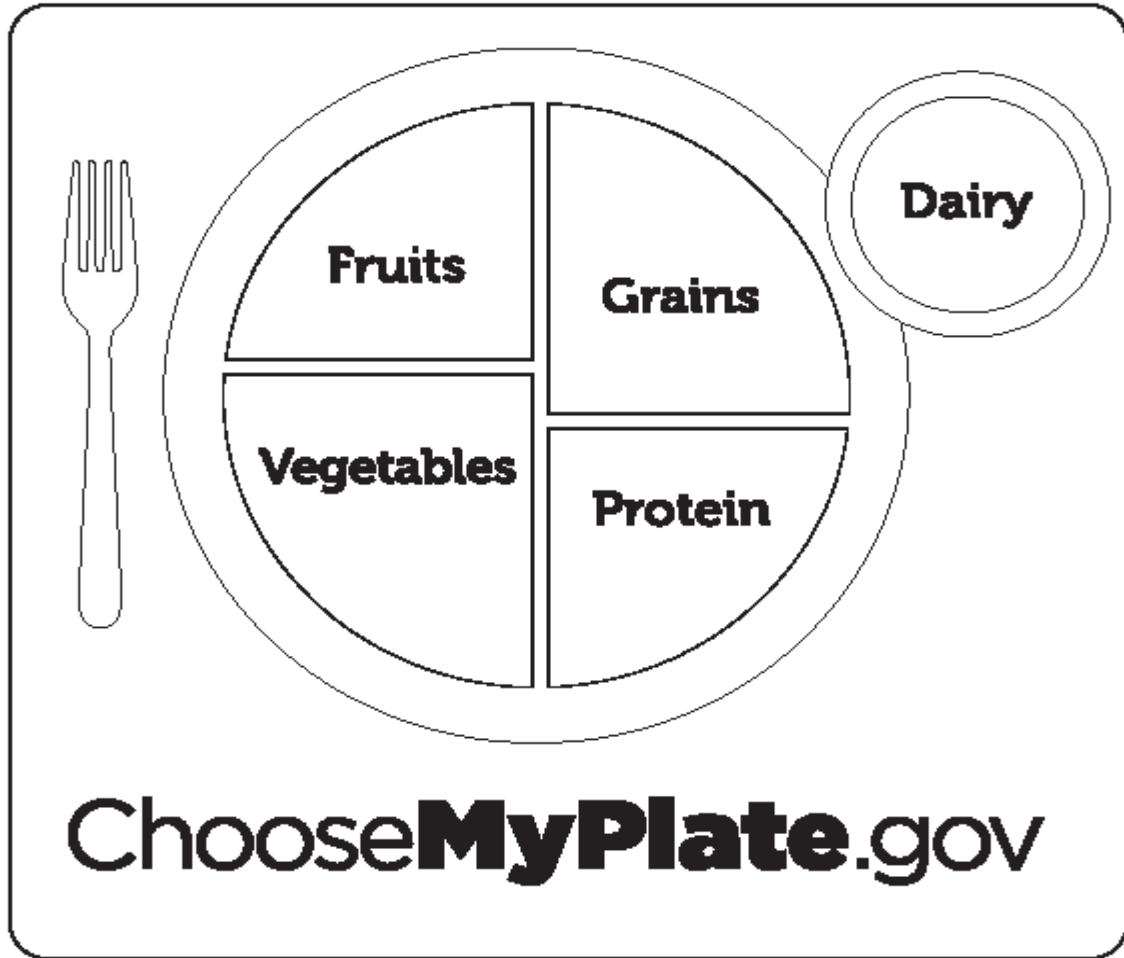
**Give the name of the adult leader or parent who will be attending the Food Show with you:**

**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/](http://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
<b>Breakfast</b>					
<b>Lunch</b>					
<b>Dinner</b>	Lasagna noodles  Garlic bread  oatmeal	tomato sauce  salad	Apple crisp	Mozzarella cheese; parmesan cheese; ricotta cheese	Chopped meat used to make the meatballs
<b>Snacks</b>					

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**

<b>Menu Planner</b>	<b>Grains</b>	<b>Vegetables</b>	<b>Fruit</b>	<b>Dairy</b>	<b>Protein</b>
<b>Breakfast</b>					
<b>Lunch</b>					
<b>Dinner</b>					
<b>Snacks</b>					

My food for this project was \_\_\_\_\_