2020 Open 4-H Nutrition and Food Show
Information Packet
For UConn 4-H Members

THEME: Breakfast (foods consumed at breakfast)
DATE: Sunday, March 1, 2020 (snow date March 8th)
TIME: 12:30pm – 4:30pm
LOCATION: 4-H Education Center at Auerfarm
158 Auer Farm Road, Bloomfield, CT 06002

REGISTER: By midnight on Friday, February 21, 2020
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.

You can register by sending your registration to Jen Cushman at jennifer.cushman@uconn.edu, office phone: (860) 409-9074, fax: (860) 409-9080 or mail to Hartford County 4-H, 270 Farmington Ave. Suite 262, Building 4 Farmington, CT 06032

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
• Food Art Challenge
• Recipe Challenge

WHO CAN PARTICIPATE IN THE 4-H FOOD SHOW?
Any registered UConn 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.

PURPOSE OF THE 4-H NUTRITION & FOOD SHOW
The 4-H food show has two purposes.
• This event provides participants with an opportunity to present and exhibit the nutritional food they have prepared as well as use additional skills they have learned in the food and nutrition project. Youth participants will also demonstrate 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.

RULES FOR THE FOOD SHOW
• All foods are to be made from scratch, not mixes.
• Recipes must be prepared independently by the 4-H’er.
• You may not use 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 breakfast.
• Participants need to bring all items needed to display their food, including tablecloths, place settings, napkins and decorations. You may bring centerpieces or other décor to highlight your setting, but remember that your decorations are only 15 points of your total score. Costumes are welcome.
• 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 menu the group chooses.
• Participation in the Food Art Challenge and Recipe contest portion of the food show is optional.
• All participants in the team or individual food show contest must participate in workshops.
• The UConn 4-H Code of Conduct applies to this event, as for all 4-H events and programs.

4-H FOOD SHOW THEME
This year’s theme is Breakfast.

• Each dish must be associated with the breakfast meal.
• 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 Nutrition Planner” form, complete a menu for the entire day. If you are age 7 or 8, complete the menu for one meal only.

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 Nutrition 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 Nutrition Planner form and MyPlate form.
• Each member completes the food safety and handling worksheet and bring completed on the day of the event.

3. Food Art Challenge
You may choose to participate in the Food Art Challenge.
The theme of the challenge will be announced at the food show event.
You will bring the desired tools to create food art out of fruit.
No additional food products may be brought.
The challenge will focus on the creation of food art in a 30-minute period of time and using a mystery decoration that you will receive at the show.
The Food Art Challenge details are found on page 6 of this packet.
Fruit will be provided.

4. Recipe Challenge
You may choose to participate in the Food Art Challenge.
Individually will be asked to prepare Pumpkin Apple Crumb Muffins using the below recipe.

**Muffin Ingredients**
- 1 ½ cups King Arthur Flour all-purpose flour
- 1 1/8 cups white sugar
- 2 teaspoons pumpkin spice
- ¾ teaspoon baking soda
- ¼ teaspoon salt
- 1 cup 100% pure pumpkin
- 2 eggs
- 2 tablespoons canola oil
- 1 small apple (Macintosh) peeled, cored and finely chopped

**Crumb Top Ingredients**
- 1/8 cup white sugar
- ¼ teaspoon ground cinnamon
- 1 tablespoon butter

**Directions**
Preheat oven to 350 degrees
Place 12 paper baking cups in a muffin tin. Combine flour, sugar, pumpkin pie spice, baking soda and salt in large mixing bowl.
Combine pumpkin, eggs, oil and apple in medium bowl and mix well. Stir into flour mixture just until moistened. Fill baking/muffin cups ¾ full.
Crumb Top- Combine sugar, flour and cinnamon in medium bowl. Cut in butter with pastry blender or fork until crumbly. Sprinkle over top of muffins.
Bake for 30 minutes or until tested with toothpick and it comes out clean.
Cool in pan for 5 minutes, remove to wire racks to cool.

- Each contestant must provide 4 muffins on a white paper plate for judging.
- Muffins not picked up at the end of the contest judging will be disposed of.
- Muffins must be in place for judging by 1pm.
- Contestants entering the Recipe Challenge are not required to be present on the day of the contest, however entries must be dropped off between 12:30 and 1pm.

**ARRIVAL AND DEPARTURE TIMES**
*Bring your cooked and chilled item in a thermal cover or cooler to keep it hot or cold; you will not be allowed to use ovens or refrigerators to keep items heated or cold at the show.*

- Plan to arrive no earlier than 12:30pm; check in and set up is from 12:30-1:00.
- The show is scheduled to end at 4:30pm, 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, but cannot stay in the evaluation room during judging.

- Participants who choose not to participate in the Food Art Contest will have the opportunity to participate in a community service project during the competition.

WHEN YOU ARRIVE:

- 4-Her checks in at the registration table where you will be assigned to a particular table. Tables may be long or round. Be prepared to set up and possibly share 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.
- Please have additional place settings (available, but not set on the table) to accommodate 4 judges.
- 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.
- 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 are reminded to minimize the disruption of judging by taking photos before or after the judging.
- Eating of the foods that are judged will occur once the show is complete.
- We will have light snacks and juice for all participants.

WHEN THE EVENT CONCLUDES:

- After all of the judging has occurred, everyone will be allowed to visit each other’s exhibits and taste the food.

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 Nutrition Planner.” Each youth over the age of 9 should their own nutrition planner to reflect the menu they individually or as a group have planned along with the rest of the days meals and snacks.

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.

4. All forms and packets are also available on the UConn 4-H website at www.4-h.uconn.edu

**WHAT DO I BRING ON THE DAY OF THE FOOD SHOW**

- Completed 4-H Food Show Nutrition Planner form
- Completed MyPlate form
- Completed Food Safety form
- Table settings or place setting (dish, glass, silverware, etc. These can be china or plastic ware) (Expect up to 4 judges when planning your settings and food portions.)
- 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.
- A completed health form (given to adult chaperone if parent/guardian is not attending)
- Copies of your recipe for distribution to attendees
- Food Art Challenge items (optional)
- Recipe Challenge Entry (optional)
- Costume (optional)

**OTHER INFORMATION**

- 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 UConn 4-H health form. Forms are available at http://s.uconn.edu/4hhealthform
- In the event of inclement weather, you will receive an email if you are registered. The snow date of the show is the following Sunday, March 8, 2020. Watch WFSB, FOX 61 and NBC CT for cancellations.

**Food Waste**

In preparation of your entry please be mindful of your food waste and look to minimize food waste by the most preferred method possible.
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/contestants entered in the 4-H Food Show are judged based on the following criteria:

- Has good nutritional knowledge in relationship to balanced menu planning for self and family needs, as shown on completed Nutrition Planner and My Plate
- Demonstrates knowledge of the nutritional value of the food
- Understands preparation technique and proper storage of food items (food safety)
- Clearly articulates responses to questions and demonstrates poise
- Proper presentation
- Demonstrates proper food handling
- Flavor and texture
- Color: Attractive selection and variations
- Table setting is attractive and appropriate for the food show theme
- Table setting is suitably arranged

Each evaluation criteria is worth up to 15 points.
The Food Art Challenge

You will have 30 minutes to create (2) food art designs in response to the fruit and mystery ingredient. The mystery ingredient will be announced at the beginning of the 30-minute contest period.

1. At the conclusion of the 30 minutes, you are to submit (2) food art designs plain white paper plate for judging. All contestants will be provided with the same fruit, toothpicks, mystery ingredient, and paper plate.
2. You may bring and use as many tools as you would like including cutting board.
3. You may share equipment and tools with other contestants.
4. Contestants are limited to two food art design entry per person.

Judging criteria:
- 55 points for design/appearance
- 20 points for mechanics of design
- 15 points for interview
- 10 points for use of mystery ingredient

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

What is your favorite tool and why?
What experience do you have with food art?
Why did you use the fruit in this way?
Where did you get the idea to…….

Recipe Challenge

Each registered 4-H member may enter one plate of 4 muffins for judging. Entries must follow the guidelines on page 3. Entries must come to the event ready for judging.

Judging criteria:
- 30 points appearance
- 30 points texture
- 25 points flavor
- 15 points following directions

Prizes will be awarded by division Juniors (7-12) and Seniors (13-19).
Open 4-H Nutrition & Food Show

REGISTRATION FORM

Return to Jen Cushman at jennifer.cushman@uconn.edu
or mail to Hartford County 4-H, 270 Farmington Avenue Suite 262, Farmington, CT 06032

Please Print Neatly:
Your Name ____________________________________________________________

Your Age (on January 1, 2020) ____________________________________________

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: __________________________

Challenges Registration: I am entering the Food Art Challenge Yes  No

I am entering the Recipe Challenge Yes  No

Requests for reasonable accommodations to participate in this event should be send to Jen Cushman at jennifer.cushman@uconn.edu or (860) 409-9074 by February 15th.
Open 4-H Nutrition & 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: ________________________________________________________________
**Nutrition Planner: An example for you to use**

Complete this form to indicate the items you prepared for the 4-H Nutrition and Food Show. Each item should be written in the appropriate category across the top as well as along the side. For example, for a breakfast of spinach quiche and oatmeal, your menu planner might look like this.

<table>
<thead>
<tr>
<th>Menu Planner</th>
<th>Grains</th>
<th>Vegetables</th>
<th>Fruit</th>
<th>Dairy</th>
<th>Protein</th>
</tr>
</thead>
<tbody>
<tr>
<td>Breakfast</td>
<td>Oatmeal</td>
<td>Spinach</td>
<td>Berries</td>
<td>Cheese</td>
<td>Egg</td>
</tr>
<tr>
<td>Lunch</td>
<td>Bread</td>
<td>Salad</td>
<td>Orange</td>
<td>Cheese</td>
<td>Turkey</td>
</tr>
<tr>
<td>Dinner</td>
<td>Lasagna noodles</td>
<td>Tomato sauce</td>
<td>Apple Crisp</td>
<td>Mozzarella cheese; parmesan cheese; ricotta cheese</td>
<td>Chopped meat used to make the meatballs</td>
</tr>
<tr>
<td></td>
<td>Garlic bread</td>
<td>Salad</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Oatmeal</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Snacks</td>
<td>Crackers</td>
<td>Apple</td>
<td>Cheese</td>
<td>Peanut Butter</td>
<td></td>
</tr>
</tbody>
</table>

All members age 9 and above must complete the entire Nutrition 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 Nutrition & Food Show.**
Open 4-H Nutrition & Food Show
NUTRITION PLANNER

Each 4-H’er over the age of 9 should have a complete nutritional planner. Including their individual or group competition entry.

Name __________________________________

Menu for ___________________________________

Circle one: Individual project Part of a group project

<table>
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<tr>
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<tr>
<td>Dinner</td>
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<tr>
<td>Snacks</td>
<td></td>
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</tr>
</tbody>
</table>

My food for this project was ___________________________
Open 4-H Nutrition & Food 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?
   
   Hot food temperature:

   Cold food temperature:

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?