



**2024 Open 4-H Nutrition and Food Show – Theme: International  
Information Packet  
For UConn 4-H Members  
Registration is due February 16<sup>th</sup>.**



**DATE: February 24, 2024 SNOW DATE 2/25**

**TIME: 9:00am – 1:30pm**

**THEME: International**

**LOCATION: 4-H Education Center at Auerfarm**

**158 Auer Farm Road, Bloomfield, CT 06002**

In the event of inclement weather, registered participants will receive an email notification. Some virtual components will take place if weather prohibits an in-person event.

**In this packet:**

- How to enter
- Ways to participate
- Forms to use
- Grilled Cheese Challenge
- Milk Shake Contest

**How to Enter**

**REGISTER: By midnight on Friday, February 16, 2024**

**Send registration by email to Jen Cushman at [jennifer.cushman@uconn.edu](mailto: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**

If you would like the materials to be mailed to you, contact Jen Cushman.

Any part of this document can be reproduced to distribute to additional youth or adults.

**Please note this event, the schedule, judging criteria and/or components of the contest are subject to change. All UConn 4-H guidelines will apply.**

**PURPOSE OF THE 4-H NUTRITION & FOOD SHOW**

This event provides participants with an opportunity to present and exhibit the nutritious food they have prepared and to use additional skills they have learned in the food and nutrition project.

- The food show provides an educational opportunity for participants to increase their food and nutrition knowledge by participating in workshops and through interactions with professional chefs and others in the culinary field who are judges at the event. Youth participants will demonstrate the knowledge and skills they have learned during the interview process with the judges.

**WHO CAN PARTICIPATE?**

Any registered UConn 4-H member aged 7 and up. It is not required to be enrolled in a food and nutrition project to participate in the 4-H Food Show.

**Participate in one or more of the following:**

- 1) International Food show entry and attend workshops as a group member (up to 4) or individual.
- 2) Participate in the milkshake and/or grilled cheese contest.
- 3) Attend the hands-on food workshops.

## **RULES FOR THE FOOD SHOW**

- All foods are to be made from scratch, not mixes.
- Recipes must be prepared independently by the 4-H member/4-H team.
- Ovens and microwaves are not available on site and may not be brought to the event.
- Proper food safety is important! Bring coolers, crock pots or other appropriate items to keep food warm or cold until it is judged. Don't forget your extension cords.
- Participants must bring all items needed to display their food, including tablecloths, place settings, napkins, centerpieces, and decorations. Costumes are welcome.
- Members participating in the food entry should bring 4 table settings to serve up to 4 judges.
- Each item prepared for the show must be accompanied by a recipe card which will be collected (see checklist in this packet).
- **PLEASE** avoid foods with nuts 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.
- The UConn 4-H Code of Conduct applies to this event, as for all 4-H events and programs.
- 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. They may not coach, help prepare the items or set up tables or entries at the show.
- 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>
- Designated 4-H volunteers will be present for safety precautions but cannot assist or provide direction to the team unless it relates to safety. Parents and leaders may not assist.

## **4-H FOOD SHOW ENTRY** Theme: **International**

- Individuals or groups (up to 4) will prepare and present the food show entry.
- Each dish **must** be associated with the theme International, based on your interpretation, be creative.
- Do some research to plan your menu and choose what you will prepare for the food show. You may use cookbooks or websites. Some suggested sites are <http://www.foodnetwork.com/>; <http://www.epicurious.com/>; or <http://allrecipes.com/>

## **HOW TO PARTICIPATE IN FOOD SHOW ENTRY**

### **1. Individual Food Entry**

- Decide what food you would like to create that represents the food show theme.
- Complete a menu for the entire day on the 4-H Food Show Nutrition Planner form. Bring to the event. (If you are age 7 or 8, complete the menu for one meal only.)
- Prepare a minimum of one cooked item listed on your menu nutrition planner.
- Bring a printed copy of the recipe prepared, to hand in. Include your name.
- Complete a MyPlate form, bring to the event.
- Complete the Food Safety Form, bring to the event.

### **2. Group Food Entry**

- Establish your group of up to 4 people. Each person in the group should have an equal role and prepare their own item in the group exhibit that represents the group's theme within the food show theme. Each member of the group should bring one cooked item to the food show. Each member can make one of the foods listed on their menu nutrition planner for the meal.
- Each person completes a menu for the entire day on the "4-H Food Show Nutrition Planner" form. (If you are ages 7 or 8, complete the menu for one meal only.)
- Bring a printed copy of the recipe prepared, to hand in. Include your name.
- Each member completes their own MyPlate form, bring to the event.
- Each member completes the Food Safety form, bring to the event.

### 3. Grilled Cheese Challenge (Group of 3)

- You will bring all the items needed to create a grilled cheese sandwich.
  1. You will have 15 minutes to create each grilled cheese sandwich.
  2. At the conclusion of the 15 minutes, you are to submit your grilled cheese sandwich for judging.
  3. Each group must supply the following, mandatory cookware: Skillet and hot plate OR an electric frying pan or electric griddle, including extension cord, spatulas, knives, other utensils needed to prepare the sandwiches, hat, apron, cutting boards, hand sanitizer, disposable gloves, tablecloths, plates, and food products. All preparation including cutting of garnishes may NOT be done prior to the start of the competition. **No device that cooks 2 sides at once can be used – this includes George Foreman type grills, panini presses, or toaster ovens.**
  4. Participants will be judged while they are preparing the food, including food handling and food safety. Judges may ask questions during preparation and during tasting. Participants will be responsible for describing ingredients and their recipe to the judges.

#### Criteria:

**20 Points:** Taste/Appearance may include golden color on both sides, cheese pull/melt, sandwich sogginess, fillings identifiable, well-balanced flavor

**20 Points:** Teamwork may include working together, positive atmosphere, success at task, open communication

**10 points:** Creativity may include has texture, choice of fillings, locally grown products, use of plating or garnishes

**30 points:** Cleanliness/Food Safety may include monitored thermometer, use of gloves, cleanliness of surfaces, hats/hair tied back

**20 Points:** Presentation which may include everyone participates, knowledge of products, explain choice of ingredients, knowledge of food safety

Best in Show – the best items from each division will be judged for Best in Show Junior & Senior

**The top Grilled Cheese Team made up of three youth 12-18 years of age as of January 1 will qualify to represent UConn 4-H at the New England 4-H Program at The Big E.**

### 4. Extreme Milkshake Challenge (Group of 2)

#### What is an extreme milkshake?

It is a giant, drippy milkshake stacked with everything from whole slices of cake and brownies to cookies, chocolate and other sweets.

We challenge each 4-H Team to develop a delicious, extreme milkshake recipe and promotion plan that might encourage young people to purchase their product at a 4-H fair.

Top scores will go for good flavor combinations, creative use of ingredients and presentation as well as clever, kid-appropriate ways the milkshake will be promoted. Is the recipe appealing to kids? Will the promotion plan appeal to youth and their parents? (Does it have a fun name? Will there be sampling, or fun events built around the start of it?) The more creative, the better!

#### Rules:

1. The milkshake must be made from cow's milk, NO non-dairy milk is allowed such as Almond milk, Soy milk, etc. A2 milk is allowed.
2. You will have 12 minutes to create one extreme milkshake.
3. Time allocated – 12 minutes to prepare the milkshake and 3 minutes for presentation and promotion plan for how they would bring people to their milkshake booth. Presentations greater than 3 minutes will lose one point.
4. 16oz Mason Jar Mug is to be used to display the milkshake. Only one milkshake creation per team. An 8oz paper cup provided by the team is to be used for judges to sample milkshakes after they have judged appearance in the mason jar. Each team will provide small paper plates/napkins for judges as they examine the milkshake.
5. Teams will supply their recipe with all the ingredients listed.
6. Team will supply their own blender, ingredients, mug and other supplies needed to produce the milkshake.
7. You can create a milkshake with embellishments such as cookies, candies, whip cream, sprinkles, etc.

**Judging criteria:**  
10 points for taste  
10 points for creativity  
10 points for promotion plan

Best in Show – the best items from each division will be judged for Best in Show Junior & Senior

**The top Milkshake Team made up of three youth 12-18 years of age as of January 1 will qualify to represent UConn 4-H at the New England 4-H Program at The Big E.**

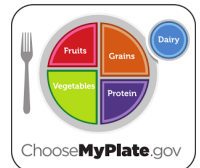
### **FORMS TO COMPLETE PRIOR TO THE EVENT**

Each person must complete their own forms. Each member in a group must complete individual forms.

Each person must complete:

1. A “4-H” Food Show Nutrition Planner. Each participant over the age of 9 should complete their own nutrition planner to reflect the menu they individually or as a group have planned, along with the rest of the day’s meals and snacks. Participants aged 7 & 8 should complete one meal on the planner, not the entire day.
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 <https://www.myplate.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 [s.uconn.edu/4-H](http://s.uconn.edu/4-H)

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

All Participants: A completed health form (given to adult chaperone if parent/guardian is not attending)

If entering a food entry:

- Completed 4-H Food Show Nutrition Planner form
- Completed MyPlate form
- Completed Food Safety form
- A recipe card or sheet with your food show entry – don’t forget your name! You can handwrite this or use a computer to create your recipe card or sheet.
- 4 Table settings or place setting (dish, glass, silverware, etc. These can be china or plastic ware.) Tables may be long or round. Be prepared to set up and possibly share a table.
- Food entry, kept well insulated or chilled (to avoid spoilage)

Contest Items:

- Grilled Cheese Challenge items
- Milkshake Challenge items
- Costume (optional)

## **HOW ARE FOOD SHOW ENTRIES JUDGED?**

The Danish System is used to judge entries. 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 food show entries are judged based on the following criteria (15 points per criteria):
- Member 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 techniques
- Flavor and texture
- Color: Attractive selection and variations
- Table setting is attractive and appropriate for the food show theme
- Table setting is suitably arranged

## **ARRIVAL AND DEPARTURE**

*Bring your cooked and chilled items 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.*

- Do not arrive earlier than 9:00am; check in and set up is for food entry is from 9:00-9:30. Milkshake/Grilled Cheese arrival is 11:15am.
- The show is scheduled to end at 1:30pm. This may change 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.**



## Open 4-H Nutrition & Food Show



### REGISTRATION FORM

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

**Please Print Neatly. EACH PARTICIPANT MUST SUBMIT A REGISTRATION FORM.**

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

**Your Age** (on January 1, 2024) \_\_\_\_\_

**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 4-H leader or parent who will be attending the Food Show with you:** \_\_\_\_\_

**Please check which events you are participating in:**

FOOD ENTRY (INTERNATIONAL)       GRILLED CHEESE CHALLENGE       MILKSHAKE CHALLENGE

WORKSHOPS (You will attend two workshops SUSHI MAKING/TABLE SETTING)

**If Entering Food Entry: (Circle One)**      Individual      Group

**If possible, please list the item you are creating as a food entry:** \_\_\_\_\_

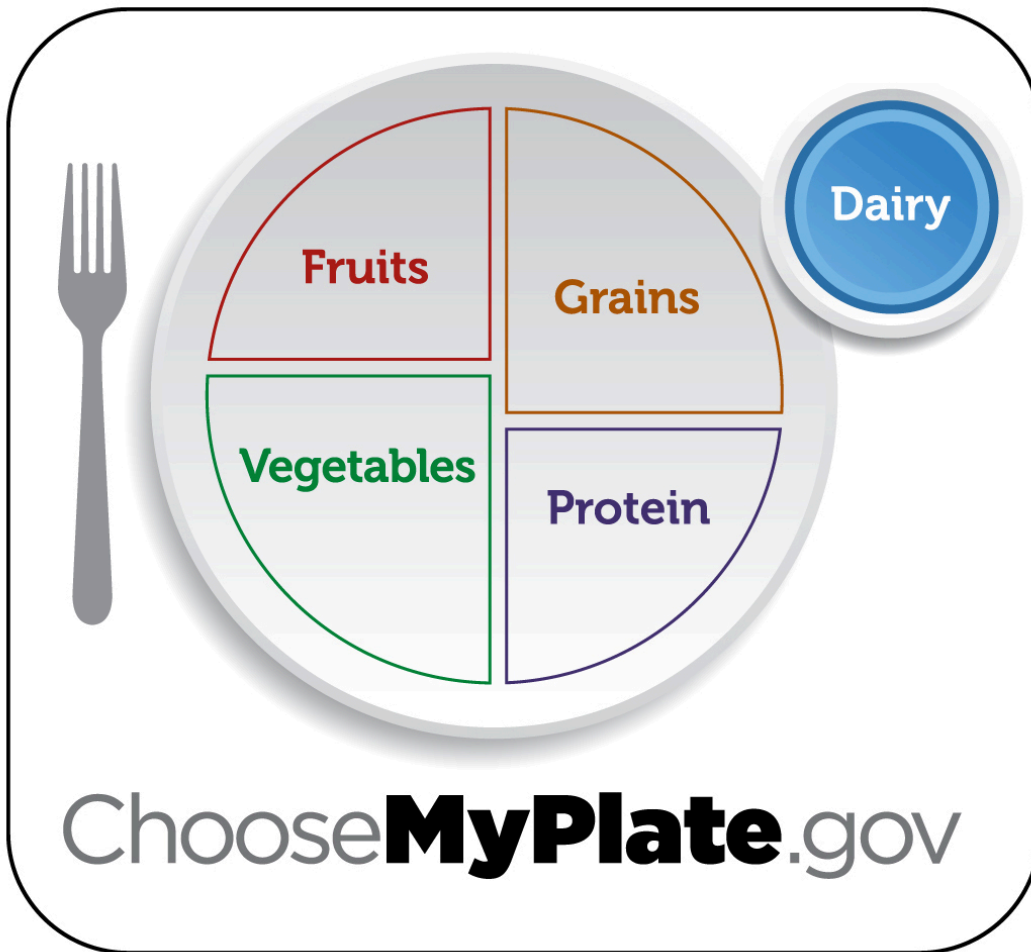
**If you are part of a group for food entry, list all the names of your group members (up to 4 people per group):** \_\_\_\_\_

**Please identify your team for milkshake contest (2 people per group):**  
\_\_\_\_\_

**Please identify your team for grilled cheese contest (3 people per group):**  
\_\_\_\_\_

## 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/](http://www.choosemyplate.gov/)

Name: \_\_\_\_\_



United States Department of Agriculture  
Center for Nutrition Policy and Promotion

### Nutrition Planner: An example

Complete the blank 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.

<b>Menu Planner</b>	<b>Grains</b>	<b>Vegetables</b>	<b>Fruit</b>	<b>Dairy</b>	<b>Protein</b>
<b>Breakfast</b>	Oatmeal	Spinach	Berries	Cheese	Egg
<b>Lunch</b>	Bread	Salad	Orange	Cheese	Turkey
<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>	Crackers		Apple	Cheese	Peanut Butter

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 all have the same menu for the specific course being served.

**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 Member ages 9 and above should have a complete nutritional planner. Including their individual or group competition entry. Participants aged 7 & 8 should complete one meal on the planner, not the entire day.

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 \_\_\_\_\_



## 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?



## OPEN 4-H NUTRITION & FOOD SHOW



### FOOD SAFETY CHECK LIST

Food safety is a crucial part of preparing a meal that everyone will be able to enjoy. Follow this check list to ensure that you are using proper food and kitchen safety while preparing your meal. Check the boxes.

I. Are you using the following kitchen safety skills?

- Wash hands often using warm water and soap.
- Use knives and other utensils properly/safely. (Always cut away from body and towards cutting board.)
- Wear clothing and shoes appropriate for task.
- Lift pan lids away from self to prevent scalds/burns.
- Walk slowly and warn others when carrying something hot.

II. Are you using the following food safety skills?

- Rinse all fresh fruits/vegetables.
- Use separate plates for raw and cooked foods.
- Keep raw meats away from other foods.
- Made sure foods are cooked to proper temperatures.
- Put extra perishable food away after using what is needed.

III. Are you using kitchen appliances/equipment properly?

- Appliances are turned off and unplugged when not in use.
- Burners and ovens are turned off when not in use.
- Pot handles are turned away from edge where they can be knocked over or splashed onto others walking by.

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## OPEN 4-H NUTRITION & FOOD SHOW



### RECIPE CHECK LIST

As part of your meal presentation, you must include recipe cards for the dishes you are serving. This recipe check list will help to ensure that you have included all necessary information on your recipe cards. Check the boxes.

I. Does your recipe have all of the following?

- Name of recipe.
- Complete list of ingredients.
  1. Ingredients listed in order in which they are used in the recipe.
  2. Ingredients listed as they are measured.
  3. Measurements given in common fractions.
  4. Complete description of ingredients included. (*Avoid brand names*)
  5. Have you given clear and complete directions?
- Clearly listed instructions for every step of combining and cooking ingredients.
- Used short, clear sentences.
- Stated the size of the pan(s).
- Listed cooking temperature and time required.
- Included the number of servings and how much the recipe would make.

II. Does your recipe card list where you found the recipe?

- Clearly cited the source of the recipe.

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