

**2022 Open 4-H Nutrition and Food Show  
Information Packet  
For UConn 4-H Members**

**THEME:** What's for Dinner (foods consumed at dinner)  
**DATE:** Sunday, March 13, 2022  
**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 25, 2022**

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](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

**Please note this event, the schedule, judging criteria and/or components of the contest are subject to change due to COVID-19. All UConn 4-H guidelines will apply.**

**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 and others in the culinary field 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.

UConn Extension is committed to providing equal access and full participation for individuals with disabilities within all our programs and activities. Visit [s.uconn.edu/accessibility](http://s.uconn.edu/accessibility) for more resources.

- Foods should be cooked which reflect the show's theme. This year all food brought to the show will reflect **What's for Dinner**.
- 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 Cookie Decorating Challenge and Recipe Challenge 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 **What's for Dinner**.

- Each dish **must** be associated with the dinner 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. Cookie Decorating Challenge

You may choose to participate in the Cookie Decorating Challenge.

- The theme of the challenge will be announced at the food show event.
- You will bring the desired tools to create the designs, frostings/icing, edible decorative and up to 4- 3"-4" sized cookies of a round shape.
- The challenge will focus on decorating two cookies in a 30-minute period of time. One using a mystery theme (announced at start of contest) and one free choice theme.
- The Cookie Challenge details are found on page 8 of this packet.

### 4. Recipe Challenge

You may choose to participate in the Food Art Challenge.

- Individuals will be asked to prepare Pretzel Knot Rolls using the below recipe.

#### **Soft Pretzel Knots** Yield 14-15 knots

Approximate Prep Time: 35 minutes, Cook Time: 22 minutes

#### Ingredients

1 & 1/2 cups warm water - no need to take temperature but around 100°F

2 & 1/4 teaspoons instant or active dry yeast (1 standard packet)

1 Tablespoon brown sugar or granulated sugar

1 teaspoon salt

1 Tablespoon unsalted butter, melted and slightly cool

3 & 3/4 – 4 cups all-purpose flour, plus more for hands and work surface

Toppings: coarse salt/coarse sea salt

#### Baking Soda Bath:

1/2 cup baking soda

9 cups water

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#### Instructions

Make the dough: Whisk warm water, yeast, and sugar together in the bowl of your stand mixer fitted with a paddle or dough hook attachment. (If you do not have a stand mixer, use a regular large mixing bowl.) Cover yeast mixture and allow to sit for 5 minutes or until foamy on top. Add salt, melted butter, and 3 cups of flour. Beat on low speed for 1 minute, scrape down the sides of the bowl with a rubber spatula if needed, then add 3/4 cup of flour. Beat on low speed until the dough comes together and pulls away from the sides of the bowl, about 2 minutes. If dough is extremely sticky after 1 minute of mixing, add remaining 1/4 cup of flour and continue to beat for 1 more minute.

Knead the dough: Keep the dough in the mixer and beat on low speed for an additional 2 minutes OR knead by hand on a lightly floured surface for 2 minutes. Cover lightly with a towel and allow to rest for 10-30 minutes. (Meanwhile, get the water + baking soda boiling as instructed below \*\*.)

Preheat oven to 400°. Line 2 baking sheets with parchment paper or silicone baking mats. Silicone baking mats are highly recommended over parchment paper. If using parchment paper, lightly spray with nonstick spray or grease with butter. Set aside.

Shape: With a sharp knife, pizza cutter, or bench scraper, cut dough into 14-15 pieces, which is about 1/4 cup (2 ounces) of dough each. Sprinkle work surface very lightly with flour. (Tip: The heavier you flour the work surface, the harder it is to roll the dough. Roll each piece of dough into a 14-inch rope. Tie the ropes into a knot, and then tuck the ends underneath. The ends are quite long so rather than tucking the ends straight underneath, I curve them around the pretzel before tucking under.

**\*\*Baking Soda Bath:** Mix water and baking soda together in a large pot. Bring to a boil. Place 2-3 pretzels into the boiling water for 20-30 seconds, flipping halfway through. (Any longer than 30 seconds and your pretzels could take on a metallic taste.) The knot shape makes the dough heavy, so if the pretzel knots are sinking, use a spatula to get them off the bottom of the pot. Using a slotted spatula or spoon, lift the pretzel knots out of the water and allow as much of the excess water to drip off. Place pretzel knots onto prepared baking sheets. Sprinkle each with coarse sea salt while still wet. Repeat baking soda bath with remaining pretzel knots. If needed, you can cover and refrigerate the boiled/unbaked pretzels for up to 24 hours before baking.

Bake for 20-24 minutes or until golden brown.

Remove from the oven and serve warm or cover and store leftover pretzels at room temperature for up to 3 days. They lose a little softness over time. To reheat, microwave for a few seconds or bake in a 350°F for 5 minutes.



Recipe credit: Sally's Baking Addiction

- 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.
- Each contestant must provide 4 rolls on a white paper plate for judging.
- Rolls not picked up at the end of the contest judging will be disposed of.
- Rolls must be in place for judging by 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.**

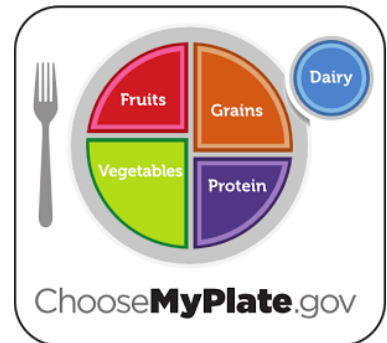
- Participants who choose not to participate in the Cookie Decorating Contest will have the opportunity to participate in a community service project during the competition.

**WHEN YOU ARRIVE:**

- 4-H'er 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 a 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 asked to take photos before or after the judging to minimize the disruption of judging.
- **No eating of the foods** that are judged will occur once the show is complete.



**WHEN THE EVENT CONCLUDES:**

- We ask that everyone assist with cleaning up your competition area.

**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 day's 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/](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 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](https://s.uconn.edu/4-H)

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

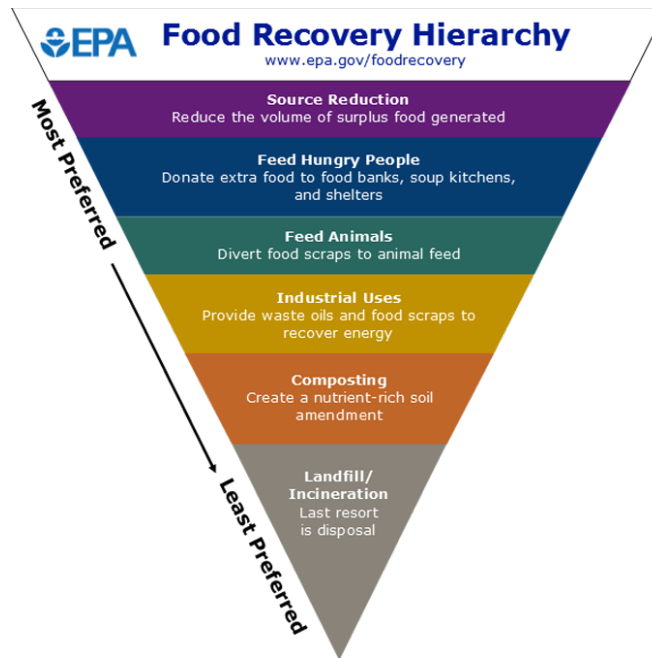
- Completed 4-H Food Show Nutrition Planner form
- Completed MyPlate form
- Completed Food Safety form
- Table settings or place setting (dish, glass, silverware, etc. These can be china or plastic ware) (Expect up to 4 judges when planning your settings and food portions.)
- Food entry, kept well insulated 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
- Cookie 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 13, 2022. Watch WFSB, FOX 61 and NBC CT websites 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 on the food recovery hierarchy.



## 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 of the evaluation criteria is worth up to 15 points.

### **Cookie Decorating Challenge**

You will have 30 minutes to create (2) cookie art designs in response to the free choice theme and mystery theme. The mystery theme 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) cookie designs. One design free choice and one design tied to the theme.
2. Contestants are limited to entering one cookie per category.
3. You may bring and use as many tools as you would like including cutting board.
4. You may share equipment and tools with other contestants within your family.

#### **Judging criteria:**

55 points for design/appearance  
20 points for mechanics of design

15 points for interview

10 points for use of creativity in the category

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

What is your favorite tool and why?

What experience do you have with food art?

Why did you use the decorations in this way?

Where did you get the idea to.....?

### **Recipe Challenge**

Each registered 4-H member may enter one plate of 4 Pretzel Knot Rolls for judging. Entries must follow the guidelines on page 3-4. 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](mailto: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, 2022) \_\_\_\_\_

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

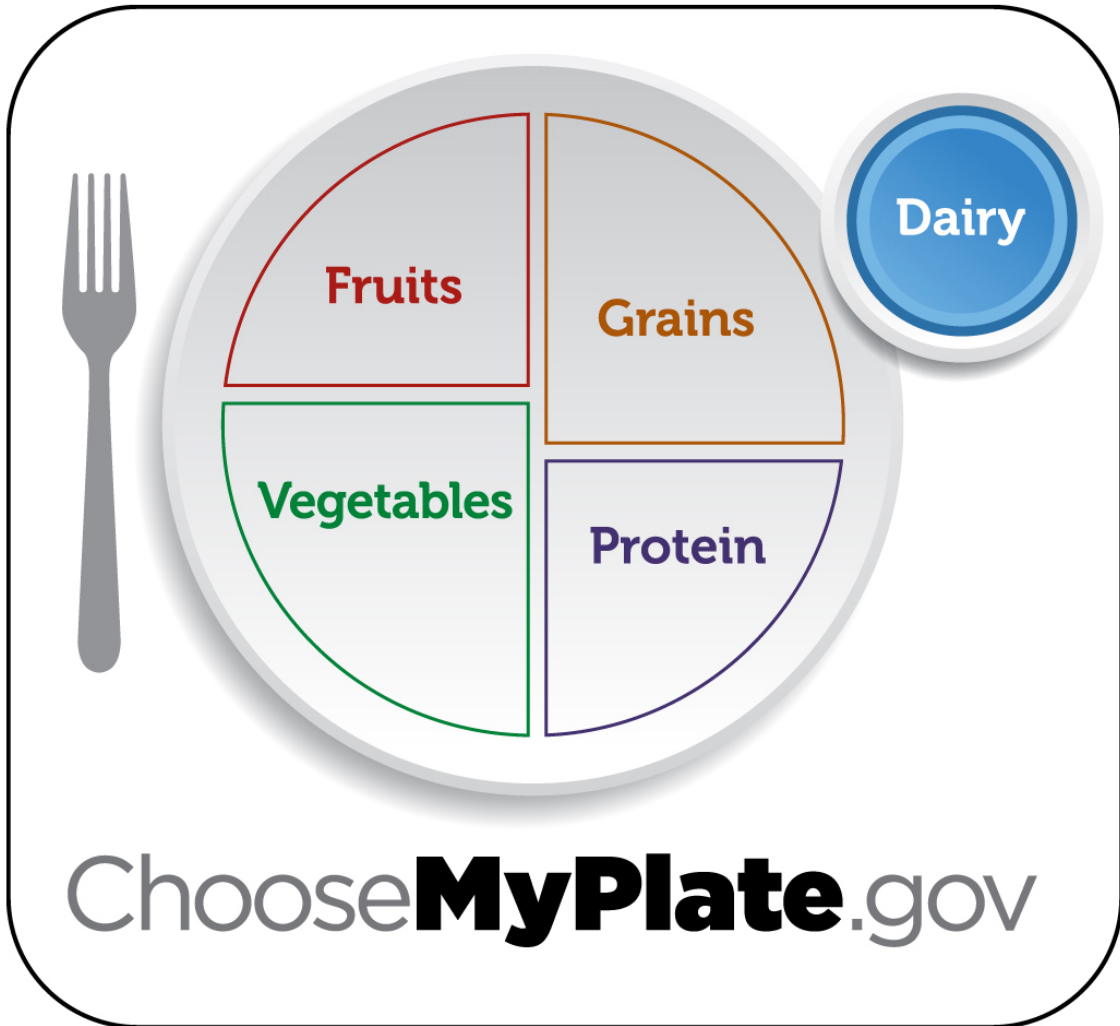
**Challenges Registration:** I am entering the Cookie Challenge      Yes              No

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](mailto:jennifer.cushman@uconn.edu) or (860) 409-9074 by February 25<sup>th</sup>.

**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 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.

<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 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**

EXTENSION

**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**

<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** \_\_\_\_\_

