



2023 Open 4-H Nutrition and Food Show – Theme Fire & Ice  
Information Packet  
For UConn 4-H Members  
Registration is due February 24<sup>th</sup>.



**DATE:** Sunday, March 5, 2023

**TIME:** 12:30pm – 4:30pm

**THEME:** Fire & Ice

**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
- Recipe Challenge

**How to Enter**

**REGISTER:** By midnight on Friday, February 24, 2023

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 due to COVID-19. 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 the 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.
- Participation in the Grilled Cheese Contest and Recipe Challenge portion of the food show is optional.

**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.

**There are two ways to participate in this event:**

- 1) In person participants must enter a food show entry and attend workshops as a group member (up to 4) or individual. Participants may also enter optional contests if desired. (Challenge recipe and/or grilled cheese contest)
- 2) Participants who do not attend in-person may drop off or send challenge recipe entry with a fellow club member or volunteer to be judged at the show. These participants are not permitted to participate in the grilled cheese contest or food entry.

## **4-H FOOD SHOW ENTRY Theme: Fire and Ice**

- Individuals or groups (up to 4) will prepare and present the food show entry.
- Each dish **must** be associated with the theme Fire and Ice, 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/>

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

### **1. Individual Exhibits**

- 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 Exhibits**

- 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 food show theme. Groups should bring more than 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**

Participation is optional. Pre-register on the registration form.

- The challenge will focus on preparing a grilled cheese sandwich in a 30-minute period of time.
- You will bring all the items needed to create 1 or 2 grilled cheese sandwiches. You may choose to participate in the bread, butter, cheese division and/or the bread, butter, cheese and something else challenge.
- The Grilled Cheese Challenge details are found on page 5 of this packet.

### **4. Recipe Challenge**

Participation is optional. Pre-register on the registration form.

- Individuals will prepare Scones prior to arrival, using the recipe in this packet on page 6.

## **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.
- Ovens and microwaves are not available on site and may not 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.  
(Continued on next page)

Rules for the Food Show, continued

- 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 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>

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

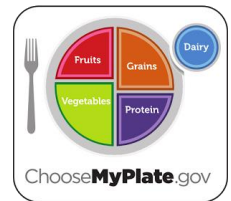
Each person must complete their own forms. Each member in a group must complete individual forms.

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**

- 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 hand write this or use a computer to create your recipe card or sheet.
- 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 completed health form (given to adult chaperone if parent/guardian is not attending)
- Grilled Cheese Challenge items (optional)
- Recipe Challenge Entry (optional)
- 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:
- 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
- Each of the evaluation criteria is worth up to 15 points.

## **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 12:30pm; check in and set up is from 12:30-1:00.
- The show is scheduled to end at 4:30pm. 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.**

### ***WHEN YOU ARRIVE:***

- 4-H member must check in at the registration table to receive their assigned table. *Tables may be long or round. Be prepared to set up and possibly share a table.*
- Participants will arrange their individual area or group table.
- Individuals will be assigned a space equivalent to one table setting. Please have additional place settings available, but not set on the table, to accommodate 4 judges.
- Participants will need to have their food show paperwork, including your recipe card, on your table.
- **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:***

- Participants will rotate through judging, challenges, and workshops in pre-assigned groups.
- Judges will come to each individual participant or group to be served and 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.
- **Participants are not to consume food until all judging is complete.**

### ***WHEN THE EVENT CONCLUDES:***

- Everyone is required to clean up your competition area.

## Grilled Cheese Challenge

Two divisions:

Bread, butter and cheese (anything from those categories)

Bread, butter, cheese and... (With 60% of sandwich filling being cheese)

1. You will have 30 minutes to create one or two grilled cheese sandwiches.
2. At the conclusion of the 30 minutes, you are to submit your grilled cheese sandwich(s) for judging.
3. Contestants are limited to entering two sandwiches, one per division.
4. Each individual must supply the following: Mandatory cookware: Skillet and hot plate OR an electric frying plan or electric griddle, including extension cord, spatulas, knives, other utensils needed to prepare the sandwiches, hat, apron, cutting boards, hand sanitizer, disposable gloves, table cloths, 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 Forman type grills, panini press, or toaster oven**
5. You may share equipment and tools with other contestants within your family.
6. All individuals must wear gloves and maintain a safe food environment.
7. 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.

### **Judging criteria:**

25 points for appearance

25 points for taste

10 points for creativity

20 points for adherence to food safety

20 points for interview

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

NOTE: Any perishable items MUST be kept in a cooler with ice and be stored at safe temperatures (below 45F), and all foodstuffs must be stored off of the ground. Please be sure to label your bags/coolers with your name. Judges may verify temperatures.

Designated 4-H volunteers will be present for safety precautions but cannot assist or provide direction to the team unless it relates to safety or assistance is needed in the grilling process. Parents and leaders may not assist.

## Recipe Challenge – Chocolate Chip Cream Scones

Each registered 4-H member may enter one plate of 4 Scones for judging. Entries must follow the guidelines on page 2. 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).

- 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. Scones must be in place for judging by 1pm.
- Each contestant must provide 4 scones on a white paper plate for judging.
- Scones not picked up at the end of the contest judging will be disposed of.
- Must use the recipe found on next page

## Chocolate Chip Cream Scones makes 24 scones

3 1/4 cups all-purpose flour  
1/2 cup granulated sugar  
1 tablespoon plus 1 teaspoon baking powder  
1/4 teaspoon salt  
2 cups dark chocolate chips  
2 cups cold whipping cream  
2 tablespoons butter melted  
Extra sugar for sprinkling

Pre-heat oven to 375 degrees. Lightly grease two cookie sheets or line with parchment paper.

Mix together first five ingredients. Pour in cream and stir until the flour mixture is moistened. Turn mixture out onto a floured surface and knead gently until a soft dough forms; about 2 minutes. Use plenty of flour on surface, dough is sticky. Divide dough into three equal sized balls.

Flatten dough into a seven inch circle (use your hands to flatten the dough out) and cut each dough circle into eight triangles.

Place your scones on a cookie sheet two inches apart from each other and two inches from any edge. This will allow them to spread a bit and keep the heat moving around them. Brush tops with melted butter and sprinkle with sugar.

Bake for 15-20 minutes, or until lightly browned.

Serve fresh out of the oven, when possible.

Calories: 236kcal (12%)| Carbohydrates: 26g (9%)| Protein: 3g (6%)| Fat: 13g (20%)| Saturated Fat: 9g (56%)| Cholesterol: 29mg (10%)| Sodium: 56mg (2%)| Potassium: 178mg (5%)| Fiber: 1g (4%)| Sugar: 9g (10%)| Vitamin A: 320IU (6%)| Vitamin C: 0.2mg| Calcium: 83mg (8%)| Iron: 1mg (6%)

FAQ about scones:

1. Can scone dough be frozen?

Prepare the dough and place on the baking sheet. Prior to adding the butter or sugar, place the baking sheet in the freezer for an hour. Then remove the scones and place them in a freezer-safe bag. They will need to cook about 5 extra minutes if you are baking them from frozen.

2. Can I make scones the night before?

Sure! Prep your scones and get them on the baking sheet. Pop the sheet in the fridge overnight. They may require a couple extra minutes of baking, but otherwise just proceed as directed.

Recipe from, and used with permission of Karly of Bunsinmyoven.com



[https://www.bunsinmyoven.com/chocolate-chip-scones/?fbclid=IwAR0Zt9iQ7Bccy06B5h-SbA2\\_gxby8yy0i7o4ojckTKmEzF85ck-IviDA1B8](https://www.bunsinmyoven.com/chocolate-chip-scones/?fbclid=IwAR0Zt9iQ7Bccy06B5h-SbA2_gxby8yy0i7o4ojckTKmEzF85ck-IviDA1B8)



## 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, 2023) \_\_\_\_\_

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

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

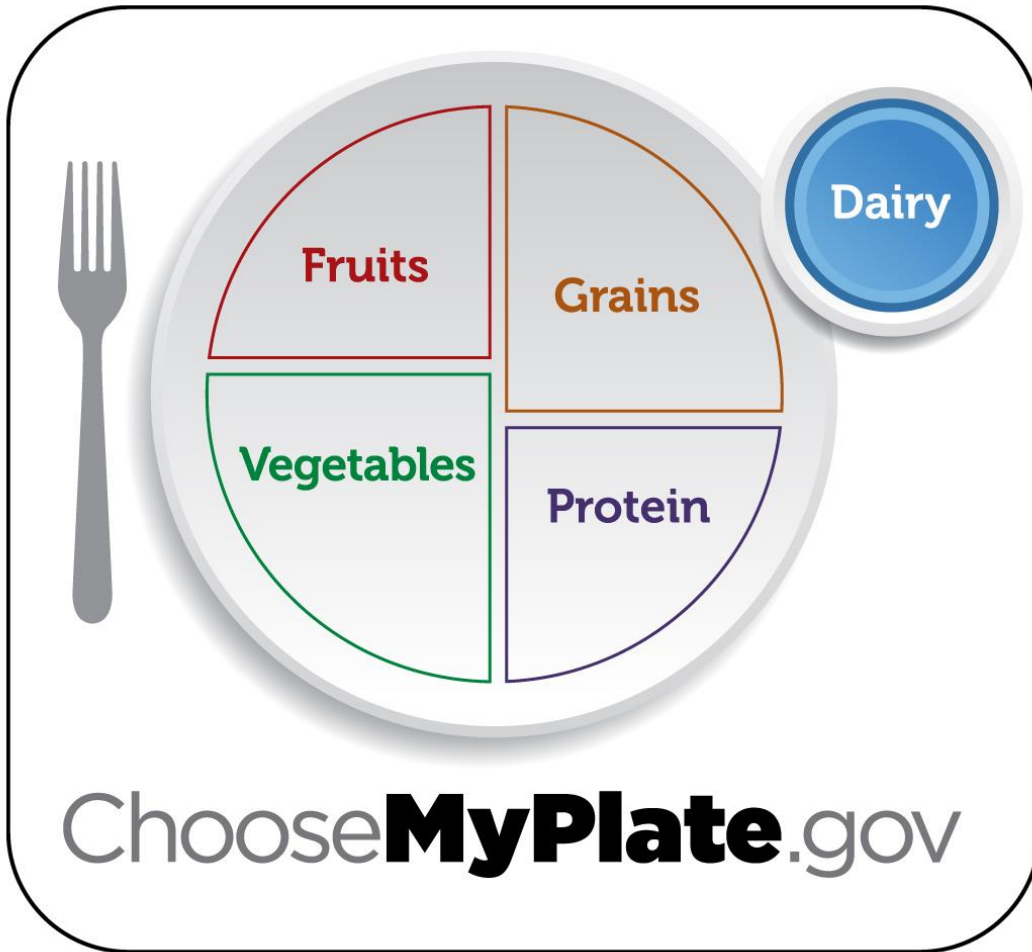
**Give the name of the adult leader or parent who will be attending the Food Show with you:**  
\_\_\_\_\_

**Challenges Registration:** I am entering the Grilled Cheese Challenge    Yes    No

I am entering the Recipe Challenge      Yes    No

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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.**

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 CHECK LIST

Food safety is a crucial part of preparing a meal that everyone will be able to enjoy. Follow this check list to insure 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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[equity@uconn.edu](mailto:equity@uconn.edu); <http://www.equity.uconn.edu>.



## 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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