

2008

Cherokee County

4-H Food Show

Information & Registration Packet

Entry Deadline

5 PM – January 4

Competition

10 AM – January 12



To be held at ...

**The Cherokee County Electric Co-Op.
(Community Room)**



2008 County 4-H Food Show Memo:

What:

2008 Cherokee County Food Show & Nutrition Quiz Bowl

When:

January 12, 2008.

Where:

Cherokee County Electric Co-Op. (Community Room)

Time:

Food Show 10:00 AM ~ Food & Nutrition Quiz Bowl 1:00 PM

Registration Deadline:

5:00 PM, January 4, 2008 – NO LATE ENTRIES WILL BE ACCEPTED

Completed entries consist of the following items:

- 2008 Cherokee County Food Show Entry Form
- 2008 District 5 Personal Information Page & Certification Form
- Copy of Participant's Recipe (Approved Format)

***Age Divisions:**

- Pee Wee (Pre-K & Under)
- Clover Kids (Kinder – 2nd)
- Junior 4-H (8 years and in the 3rd Grade – 10 years)
- Intermediate 4-H (11-13 years)
- Senior 4-H (14-18 years)

*Years of age are determined as of August 31, 2007.

Definition of Competition Classes

1. Main Dish

Foods classified as main dishes usually contain a meat or meat alternative such as cheese, eggs, dry beans or peas, or peanut butter. They may also contain other foods. Dishes to enter in this class may include: beef, veal, pork, variety meats, poultry, eggs fish and shellfish, dry beans, casseroles, meat loaves, meat, poultry, fish pies, soufflés, omelets, meat salads, sandwiches, dry peas, soybeans, soups and chowders.

2. Fruits and Vegetables

Side dishes are goods that are served along with a main dish or as accompaniments to the main course. These are usually fruit or vegetable dishes. Suggested dishes to enter in this class might include: Salads, cooked vegetables, cooked fruits, relish tray, vegetable casseroles, fruit platters and combination vegetable dishes.

3. Breads and Cereals

These types of items are generally served as accompaniments to a meal but can be served as side dishes as well. Suggested items to enter in this class are: quick breads, yeast breads, hot rolls or bread mixes, rice and pasta dishes.

4. Nutritious Snack (Non Baked)

These are items that are commonly served to be eaten between meals and should be healthfully designed to meet the needs of those who have higher energy requirements, such as growing children or anyone who is participating in a physically demanding activity. Snacks should provide energy and enhance diet quality. Suggested items to enter in this class are: milk drinks, fruit drinks, dips/dippers, fondues, custards, sandwiches, party foods and refreshments, appetizers and nutritious no-bake cookies.

5. Place Setting

The participant will have a place setting for his/her dish. Place settings should take up a space of no more than 24 inches by 24 inches. Contestants will remove only his/her prepared food entry from the place setting and take only that item to the judging table.

6. Poster - "Sport Nutrition: Health Habits for the Big Game"

The object of this class is for the 4-H member to create a poster encouraging youth, adults or families to eat well-balanced meals before, during & after participating and/or watching sporting events. Be creative when designing the poster. **Poster boards should measure 28" x 22" – NO FOAM BOARDS.** The posters will be judged on creativity and the nutrition message that the poster conveys. This contest is open to all ages.

For ideas & examples visit: www.mypyramid.gov

The following information must be marked legibly on the back of each poster:

- Contestant's Name
- Contestant's County
- Contestant's Age

2008

**Cherokee County 4-H
Food Show Entry Form**

Name:

Address:

City: _____ **Zip:** _____ **Phone:** _____ (Home)

_____ (Work)

Club Name:

Age: _____ **Date of Birth:** ____/____/____ **Grade:** _____

School Name: _____ **Principal:** _____

Recipe

Title:

Competition Division: (check only one)

Note – age division is determined by age as of August 31, 2007.

_____ Pee Wee (Pre-K & Under)

_____ Clover Kids (Kinder -2nd Grade)

_____ Junior 4-H (8 years & in 3rd Grade – 10 years)

_____ Intermediate 4-H (11 – 13 years)

_____ Senior 4-H (14 – 18 years)

Competition Classes: (one entry per class)

_____ Place Settings

_____ Poster Contest

_____ Breads & Cereals**

_____ Main Dish**

_____ Nutritious Snacks (No Bake)

_____ Fruits & Vegetables**

**** Contestants should choose recipes that are relatively simple (i.e. less than 7 ingredients, 1 main dish, etc.). Baking time for all recipes must not exceed 1 hour and 15 minutes in these categories.**

Sample Recipe (Approved Format)

Chicken-to-Go Biscuits

2 tablespoons margarine, melted	½ cup milk
2 tablespoons flour	2 cups cooked chicken, chopped
¼ teaspoon salt	1 ¼ cups cheddar cheese, shredded
Dash of pepper	1 can (10 count) biscuits

Blend margarine, flour, salt and pepper in a saucepan. Add milk and blend well. Cook until thickened, stirring constantly. Stir in chicken and cheese, and then set aside. Press biscuits into 5 inch circles. Top each biscuit with ¼ cup of the chicken mixture. Fold over biscuit to enclose the chicken filing and pinch the edges to seal. Place on a baking sheet and bake at 400 degrees for 20 to 25 minutes or until golden brown.

Yields: 10 servings. Each serving contains approximately 257 calories.

Joan Evans

Cherokee County

Senior – Main Dish

Additional instruction:

Measurements – Do NOT Abbreviate

Ingredients – List in the order of use in the recipe

Font – Times New Roman, 12 point

Format – 1 inch margin, all around (top, bottom & sides)

**2007 District 5 4-H Food Show
Personal Information Page and Certification Form**

Participant Name: _____

County: _____

Age Division: _____ Junior _____ Intermediate _____ Senior

Date of Birth: _____

Category: _____ Main Dish _____ Fruit and Vegetable
 _____ Bread and Cereal _____ Nutritious Snacks

Entry meets the eligibility requirements to enter the 2008 District Food Show as the top-scoring individual in one of the entry categories of our county 4-H food show. I also certify that the 4-H'er has not previously won a category at State Food Show.

Signature of County Extension Agent: _____

Date: _____

Statement by 4-H Member

I give permission to have my recipe and name released by the District 5 4-H office.

Date _____ / _____ / _____

Signed: _____
(4-H Participant)