

# FOOD SHOW ENTRY FORM

April 24, 2020 - (Entries Due 6:30 p.m.) Rogers County Building

**NOTE:** All Posters due in the Extension Office Wednesday, April 22, 2020 by 5:00 pm (No Exceptions)

(Return this form to the OSU Extension Office by April 9, 2020)

Name \_\_\_\_\_

Club \_\_\_\_\_ Phone \_\_\_\_\_

Please mark class(es) you are entering with an X. You must stay within your correct grade division and skill level division.

## **CLOVERBUD (5-8 and not in 3<sup>rd</sup> grade)**

- \_\_\_ CB1 Miscellaneous Food Poster (Title of your choice.) (DO NOT Duplicate in CB2)
- \_\_\_ CB2 Poster using these topics: "Foods From The Basic Food Pyramid", or "My Favorite Foods"
- \_\_\_ CB3 Table Setting
- \_\_\_ CB4 Food or Snack - A No-bake or refrigerated food item.

## **LEVEL TWO (Grades 3 (and 8 years old), 4 & 5)**

- \_\_\_ 1. Three (3) Muffins
- \_\_\_ 2. Three (3) Rolled Biscuits
- \_\_\_ 3. Three (3) Baked Drop Cookies (no shaped cookies such as snickerdoodles or peanut butter)
- \_\_\_ 4. Educational Poster based on breads OR cheeses of another country or countries.)
- \_\_\_ 5. Educational Poster based on recipe modification for healthful eating.
- \_\_\_ 6. Educational Poster based on food or kitchen safety.
- \_\_\_ 7. Educational Poster illustrating a place setting for a specific occasion or menu.

## **LEVEL THREE (Grades 6, 7 & 8)**

- \_\_\_ 8. One-half loaf of any yeast bread (not a sweet dough; made by hand or in bread machine)
- \_\_\_ 9. Three (3) yeast cinnamon rolls (no icing)
- \_\_\_ 10. Three (3) rolled sugar-type cookies (no gingerbread recipes)
- \_\_\_ 11. Educational Poster based on the foods from another culture. (Can be based on a cultural celebration.)
- \_\_\_ 12. Educational Poster based on the nutritional contributions of fruits and vegetables.
- \_\_\_ 13. Educational Poster based on protein food safety.
- \_\_\_ 14. Educational Display based on a breakfast bread buffet theme. Should include menu, buffet layout, decorations, invitations, and any additional information.

## **LEVEL FOUR (Grades 9, 10, 11 & 12)**

- \_\_\_ 15. One-half loaf or portion of bread from another culture. Include a one page story on how this bread fits into that culture and its nutritional contribution.
- \_\_\_ 16. One-half of one 8" layer un-iced shortening type cake (no angel food or chiffon)
- \_\_\_ 17. Educational Poster based on the foods from another culture. (Can be based on a cultural celebration.)
- \_\_\_ 18. Educational Display based on a recipe modification to include:
  - Original recipe and what modifications were made
  - Benefits of the modifications
  - How did the modifications impact the above factors
  - What were other people's responses to the modifications)
- \_\_\_ 19. Educational poster based on outdoor cookery or grilling.
- \_\_\_ 20. Educational poster based on careers in the food industry.

**FUN CLASSES (For Rogers County Only - Blue And Red Ribbons Will Be Awarded)**

- \_\_\_ 21. Candy – 3 pieces (any type) Grades 3 (and 8 years old), 4, 5
- \_\_\_ 22. Candy – 3 pieces (any type) Grades 6, 7, 8
- \_\_\_ 23. Candy – 3 pieces (any type) Grades 9, 10, 11, 12
- \_\_\_ 24. Three Brownies or Bar Cookies – Grades 3 (and 8 years old), 4, 5
- \_\_\_ 25. Three Brownies or Bar Cookies – Grades 6, 7, 8
- \_\_\_ 26. Three Brownies or Bar Cookies – Grades 9, 10, 11, 12
  
- \_\_\_ CB5 A Cloverbud may enter one uncooked item .

**NOTE:** Poster Size is 14” x 22” Educational display size is 3’ x 3’ x 3’.

**\*\*\*\*\*Note levels II, III & IV are no longer classified by age. Grades will be the determining factor for activities/events/contests/awards.\*\*\*\*\***

**IMPORTANT:**

Text of posters and displays should be readable from at least 10 feet away.

**Posters and Educational Displays must be**

**permanently signed and dated on the back before lamination.**

**Posters must be turned in to the Extension Office April 22, 2020**

**by 5:00 p.m. NO EXCEPTIONS**

# **FOOD SHOW**

## **(Keep this page for your information.)**

The Rogers County Food Show provides 4-H'ers the opportunity to:

- Learn how to read and follow instructions in recipe preparation.
- Learn the importance of the basic food groups in the daily diet.
- Understand the principles of nutrition as they relate to health, physical fitness and appearance.
- Acquire and demonstrate skills in planning, purchasing, preparing and serving tasty, attractive and nutritious meals and snacks.

The Food Show gives the 4-H'er the opportunity to practice skills and recipes and to research different aspects of food preparation, consumer buying, and nutrition.

Grades will be the determining factor for activities/events/contests/awards.

Cloverbud: (5-8 years and not in 3<sup>rd</sup> grade)  
Level Two: (3 (and 8 years old), 4, 5 grades)

Level Three (6, 7, 8 grades)  
Level Four (9, 10, 11, 12 grades)

### **CLOVERBUD (Participation Ribbons Awarded)**

- CB1 Miscellaneous Food Poster (Title of your choice.) (Do not duplicate in CB2)
- CB2 Poster using these topics: "Foods From The Basic Food Pyramid", or "My Favorite Foods"  
*Posters need to be 11 x 14 or 11 x 15, on typing paper, poster board, or construction paper. May free hand draw, use pictures from magazine or other printed materials. Be sure to sign and date the back of your poster.*
- CB3 Table Setting - *Member will learn how to correctly set a place setting and demonstrate to judge. Table setting should include: Place mat or table cloth, napkin, silverware, plate, and glass. Decorations or flower arrangement is optional.*
- CB4 Food or Snack - A No-bake or refrigerated food item. *Examples: Trail or snack mix, seasoned popcorn, cookies, etc. Some recipes are available at the OSU Extension Center, or you may use your own.*

(\*Note: Cloverbuds will not be ranked as these activities are designed to discourage competition and encourage the fun learning process. Cloverbuds will receive participation ribbons.)

*Regular 4-H members' exhibits will receive blue, red, and white awards. Champions and reserve champions will be picked from the blue award groups.*

*Blue Ribbons – products are uniform, participant has followed the guidelines, items have a pleasing taste and smell.*

*Red Ribbons – products are not as uniform, may be overdone or underdone.*

*White Ribbons – participant does not follow directions. Products are not pleasing.*

*In each age level a champion and reserve champion will be selected from the food products categories and educational poster or display categories.*

### **LEVEL TWO (3, 4, 5 grades)**

1. Three (3) Muffins
2. Three (3) Rolled Biscuits
3. Three (3) Baked Drop Cookies (no shaped cookies such as snickerdoodles or peanut butter)
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5. Educational Poster based on recipe modification for healthful eating.
6. Educational Poster based on food or kitchen safety.
7. Educational Poster illustrating a place setting for a specific occasion or menu.

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**Remember to sign and date the back of your poster or display before lamination.**

### LEVEL THREE (6, 7, 8 grades)

8. One-half loaf of any yeast bread (not a sweet dough; made by hand or in bread machine)
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12. Educational Poster based on the nutritional contributions of fruits and vegetables.
13. Educational Poster based on protein food safety.
14. Educational Display based on a breakfast bread buffet theme. Should include menu, buffet layout, decorations, invitations, and any additional information.

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Display must be free standing with sides attached.

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  22. Candy – 3 pieces (any type) Grades 6, 7, 8
  23. Candy – 3 pieces (any type) Grades 9, 10, 11, 12
  24. Three Brownies or Bar Cookies – Grades 3 (and 8 years old), 4, 5
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**NO EXCEPTIONS**