



# Rowan County 4-H Food Show

## Saturday, December 13, 2014



The 4-H food show will give participants the opportunity to learn about nutrition and exhibiting food. This event is open to all Rowan County youth ages 5-18 (as of January 1, 2014).

### Categories are as follows:

#### Divisions:

- A. Cloverbuds (ages 5-8)
- B. Junior (ages 9-13)
- C. Senior (ages 14-19)

#### Categories:

- A. Snack
- B. Dessert
- C. Main Dish
- D. Side Dish
- E. Beverage
- F. Salad/Soup/Appetizer

### General Rules:

- Participants may set up between 9:00 a.m.—9:30 a.m.
- Judging will begin at 9:30 a.m.
- Participants may enter up to two categories. Entries will be judged separately, but will be displayed on the same table.
- The food dish should be completely prepared at home and ready for show upon arrival.
- **There is a International Recipes theme this year.**
- Participants must include a serving dish containing all of the food made from the recipe submitted. The exception of this would be a quantity recipe, such as a cookie recipe of which an attractive arrangement should be made. Individual portions will be served to the judges in containers (paper plates, cups, etc.) which should be furnished by the participant.
- Appropriate table appointments: serving dish, napkin, tablecloth, table decoration, and utensils are required. This is to be furnished by the participant. Keep it simple.
- You must display your recipe.
- Questions about nutrition, preparation, ingredients, ideas for serving, etc. will be asked by the judges.

### DEADLINE TO REGISTER IS:

Tuesday, December 9 by 4:30 p.m.

The event will be held at the Extension Office, 2727 Old Concord Road, Salisbury, NC.

### 4-H Food Show Entry Form

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

Age: \_\_\_\_\_ (As of Jan. 1, 2014)

4-H Club: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Age Division: \_\_\_\_\_ Cloverbud (5-8) \_\_\_\_\_ Junior (9-13) \_\_\_\_\_ Senior (14-19)

Category:    Snack: \_\_\_\_\_    Dessert: \_\_\_\_\_    Main Dish: \_\_\_\_\_

Side Dish: \_\_\_\_\_    Beverage: \_\_\_\_\_    Salad/Soup/Appetizer: \_\_\_\_\_