

CHECK SHEET FOR RECIPE WRITTEN IN STANDARD FORM

(Also see example recipe following.)

| | Yes | No |
|--|-------|-------|
| I. Does Your Recipe Have All of These Parts? | | |
| a. Name of Recipe | _____ | _____ |
| b. Complete list of ingredients <i>Size cans, packages, cans, etc. given</i> <i>EX: 10 oz box chopped frozen spinach</i> <i>NOT spinach, box of spinach or frozen spinach.</i> | _____ | _____ |
| c. Description for combining all ingredients | _____ | _____ |
| II. List of Ingredients | | |
| a. Ingredients are listed in order in which they are used | _____ | _____ |
| b. Ingredients listed as they are measured, <i>i.e. the word describing is in the correct place.</i> <i>EX: 1/4 cup chopped onion, not ¼ cup onion chopped. EX: 1 green pepper, chopped, not 1 chopped green pepper</i> | _____ | _____ |
| c. Measurements given in common fractions <i>i.e. 1/4 cup, 2 tablespoons, 1 teaspoon</i> | _____ | _____ |
| d. All measurements are spelled out, not abbreviated. <i>EX: cup, teaspoon, tablespoon, size can, etc. (i.e. 4-ounce can)</i> | _____ | _____ |
| e. Avoid brand names. Include complete description of ingredients, <i>i.e. low-fat, packed in syrup, reduced fat, etc</i> | _____ | _____ |
| III. Directions | | |
| I have. | | |
| a. Used clear instructions for every step of combining and cooking the ingredients | _____ | _____ |
| b. Used short, clear sentences | | |
| c. Used the correct word to describe combining and cooking processes | _____ | _____ |
| d. Stated the size of pan | _____ | _____ |
| e. Given the temperature and cooking time | _____ | _____ |
| f. Included the number of servings or how much the recipe would make | _____ | _____ |

Example of Recipe

4-H Shamrock Salad

- 6-ounce package lime gelatin *(not just 1 package lime gelatin)*
- 2 cups boiling water
- 1 cup lemon-lime soda
- 8-ounce package cream cheese, softened *(not just 1 package/ what kind? Low fat, Fat free, etc.)*
- ½ teaspoon vanilla
- 1 tablespoon lime juice
- 1-ounce can mandarin oranges, drained *(always include size)*
- 8-ounce can pineapple tidbits, drained
- 2 cups grapes, halved, seeded *(not just grapes, also- color/kind? Red, concord, green)*
- 2 cups chopped celery *(not 2 cups celery chopped - you must chop the celery to measure it, so chopped must be written first)*
- ½ cup chopped pecans *(are you measuring the pecans before or after chopping? The way it is written here indicates chopping first)*
- 8-ounce carton frozen whipped topping, thawed
- 3-ounce package lime gelatin
- 1 ½ cups boiling water

Dissolve the 6-ounce package lime gelatin in 2 cups boiling water. Stir in 1 cup lemon-lime soda. Combine this with cream cheese, vanilla, and lime juice in blender, and process until smooth. Pour blended mixture into bowl. Stir in all fruit, celery and pecans. Fold in three-fourths carton whipped topping. Pour into 13x9x2-inch pan. ***(Note size of pan is listed)*** Chill until firm; then cut whole pan into 8 equal-sized portions.

To make the 4-H Shamrock gelatin jigglers, dissolve the 3-ounce package lime gelatin in 1 12 cups boiling water. Pour into shallow pan, 24x16x1 inches. Chill until set. Cookie cut the jiggle gelatin into 4-H Shamrock shapes. Serve salad squares on lettuce-lined plate. Top with 4-H Shamrocks. Garnish with remaining whipped topping. Chill until serving time. May add other garnishes to serving tray for color variety. Yield: 8 ½ cup servings. ***(Note number of servings is listed)***

DISTRICT IV 4-H FOOD SHOW JUDGES' QUESTIONS

Note: These questions are to be used simply as a guideline for all age groups. The judges are not required to stick to this set of question nor will participants necessarily be asked any of the listed questions. It is best for the 4-Hers to know the steps necessary to prepare their dishes, the nutrient content of their dish and possible recipe substitutions. Participants will also be expected to know all information listed on their Food Show paperwork.

Junior Questions:

1. What are the food groups included in "MyPlate"? How many servings do you need from each food group in MyPlate?
2. What are the key nutrients you would get from your recipe? Why do you need these nutrients?
3. What are the preparation steps in your recipe and why are they important?
4. What changes have you made in your diet as a result of what you have learned in your foods and nutrition project?
5. What are some of the things you learned (or did) in your foods and nutrition project?

Intermediate Questions:

Questions 1 – 5 above plus:

6. Give one example of a food from each MyPlate group and a key nutrient found in that food group.
7. Other than MyPlate, what should you consider when planning a meal?
8. What was the one thing you learned in your foods and nutrition project that you thought was most important?

Suggestions for Senior Participants:

Questions 1-8 above plus:

9. What preparation principle(s) did you use or what critical step(s) did you take in preparing your dish?
10. What are the functions of the various ingredients in your dish?
11. What ingredient substitutions did you make, if any? What substitutions could you have made?
12. Explain the nutrients and nutrient functions as they relate to the food groups and your dish.
13. What is the relationship of your dish to the Dietary Guidelines?
14. What is the approximate calorie content for a serving of your dish?
15. Explain your food safety concerns during the purchasing, preparing, serving and storing of the entry dish.
16. What menu ideas would complement your dish?