

GUIDELINES FOR RECIPES FOR
DISTRICT 9 4-H FOOD SHOW

- * Type recipes using Times New Roman font, 12 point and 1" margins on your computer. Type in plain formatting--no italics, bold, underline, etcetera..
- * Do not use column mode when typing ingredients.
- * If diskette is being sent from the county office, please label your floppy disk with your county name. You can also send your files via e-mail to Kevin Chilek at the District 9 Office due **Monday, November 19, 2007.**
- * Please use spell check.
- * Do not use fraction key in ingredients.
- * Do not abbreviate measurements; must be spelled out (EX: tablespoon, teaspoon, cup, ounce, can, etcetera.)
- * When typing recipes, follow format of example attached.
- * Type all recipes in one file in this order:

Junior

- Main Dish
- Fruits & Vegetables
- Breads & Cereals
- Nutritious Snacks

Intermediate

- Main Dish
- Fruits & Vegetables
- Breads & Cereals
- Nutritious Snacks

Senior

- Main Dish
- Fruits & Vegetables
- Breads & Cereals
- Nutritious Snacks

CHECK SHEET FOR RECIPE WRITTEN IN STANDARD FORM
 (Also see example recipe following.)

If the contestant, agent or leader has any questions concerning correct recipe writing, please have them call Sharon Robinson at 979-845-6379 before submitting.

	Yes	No
I. Does Your Recipe Have All of These Parts?		
a. Name of Recipe	_____	_____
b. Complete list of ingredients Size cans, packages, cans, etc. given EX: 10 oz box chopped frozen spinach NOT spinach, box of spinach or frozen spinach.	_____	_____
c. Description for combining <u>all</u> ingredients	_____	_____
II. List of Ingredients		
a. Ingredients are listed in order in which they are used	_____	_____
b. Ingredients listed as they are measured, i.e. the word describing is in the correct place. EX: 1/4 cup chopped onion, not 1/4 cup onion chopped. EX: 1 green pepper, chopped, not 1 chopped green pepper	_____	_____
c. Measurements given in common fractions i.e. 1/4 cup, 2 tablespoons, 1 teaspoon	_____	_____
d. All measurements are spelled out, not abbreviated. EX: cup, teaspoon, tablespoon, size can, etc. (i.e. 4-ounce can)	_____	_____
e. Avoid brand names. Include complete description of ingredients, i.e. low-fat, packed in syrup, reduced fat, etc	_____	_____
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/ what amount of the package)
2 cups boiling water
1 cup lemon-lime soda
8-ounce package low-fat cream cheese, softened (not just 1 package/ what kind? – low-fat, fat free, 2% fat, etc.)
½ teaspoon vanilla
11-ounce can mandarin oranges, drained (not just 1 can - always include size)
8-ounce can pineapple tidbits, drained
2 cups red 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 in refrigerator
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 and vanilla 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 Clover gelatin jigglers, dissolve the 3-ounce package lime gelatin in the 1 ½ cups boiling water. Pour into shallow pan, 24x16x1 inches. Chill until set. Cookie cut the jiggle gelatin into 4-H Clover shapes. Serve salad squares on lettuce-lined plate. Top with 4-H Clovers. Garnish with remaining whipped topping. Chill until serving time. May add other garnishes to serving tray for color variety. Yield: 8 servings. **(Note number of servings is listed)**

Name, County, District

FORM GUIDELINES, INSTRUCTIONS, AND EXAMPLES

Texas 4-H Food Show Record Form Guidelines

The following guidelines are designed to help 4-H'ers better understand and utilize the State Food Show Record Form. Please read and consider each one carefully as 5 points will be deducted from total score for incorrect submissions.

1. Type size and font must be legible and easily read.
2. No additional lines or pages may be added.
3. No menu is required.
4. The project form is worth 25% of your overall score.
5. Do not leave any blanks, this information is necessary for participation.
6. Age of a 2007 Food Show participant is determined by age as of August 31, 2007
7. For "years in 4-H" and "years in project", include the current year.
8. The state foods & nutrition project year for the State Food Show runs from State Food Show to State Food Show.
9. **Project Goals** may be listed or in paragraph form, but must fit within the allotted space. Goals are things that you had hoped to learn or accomplish at the beginning of the project year. A goal may also be ongoing for one or more years. **There is no set number of goals required.**
10. **Recipe:** include the complete recipe for your dish, including any substitutions or variations, as well as preparation procedures and the number of servings. Please refer to the sample recipe and check sheet for detailed instructions on how to submit recipes.
11. **Leadership** is worth 5 points of your total score. List volunteer, elected/appointed, and promotional leadership experiences in Foods & Nutrition in the current project year.
12. **Community Service** is worth 5 points of your total score. List your community service experience in Foods & Nutrition for the current project year. ***Note:** this section should not contain activities already listed under leadership.
13. **Knowledge and Skills Learned** is worth 5 points of your total score. Summarize what you have learned in Foods & Nutrition in the current project year. Points for overall look of the project record, including recipe, will be accounted for in this category.
14. **Project Activities** is worth 5 points of your total score. List Foods and Nutrition activities for the current project year, such as contests, workshops, project meetings, etc. Do not include activities already reported under community service or leadership.
15. **Project Summary** is worth 5 points of your total score. Compose a brief and concise summary of your Foods & Nutrition project within the current year. Numbers may be helpful, and you might want to include how you met your goals. This summary is limited to the space provided.
16. Sign and date your form. This is a contract and your signature certifies that the information shown is true, and completed in the current project year.