

“PRIDE OF IOWA” TEAM COOKING DEMONSTRATION

Presenters will be expected to follow the general human sciences and communication rules.

Purpose: To promote the use of Iowa food products in food preparation and to develop the communication skills of explaining and demonstrating a recipe as a team.

**Class Team Cooking Demonstration
32101**

GENERAL RULES

Time Limit: 5 - 10 minutes using a stopwatch

- 1 In the “Pride of Iowa” Team Demonstration the 4-Hers will demonstrate a recipe as a team. One 4-Her explains the recipe process while another demonstrates the process at the same time.
- 2 A team demonstration provides the opportunity for two 4-Hers to share the responsibility of explaining and demonstrating a recipe. A mentoring relationship could also develop as a result of this partnership. Such a presentation will be judged as a whole, but each participant will receive an individual award.
- 3 The time limit for product preparation is not to exceed 10 minutes determined by a stopwatch. Demonstrations exceeding the time limit will receive a lower ribbon placing.
- 4 The speech could include such information as a) What is happening during the demonstration? b) What are the “Iowa” products that you are using? c) What is the source of your recipe? d) Why did you select this recipe for the contest? e) Did you change or alter anything in the recipe? If so, why? f) Did you use any special equipment or appliances to make this recipe? g) Other 4-H project area interests h) Hobbies and special interests.
- 5 The poster rules include: a) the complete recipe in font large enough to be read from the back row of the auditorium b) the recipe source (Please be specific – name of cookbook and page #, website and specific information, or name of person and relationship) c) The names and clubs of the 4-Hers. **d) The ingredient which is to be the outstanding Iowa product is to be featured on the poster.**
- 6 Audio devices are permitted in order to enhance, but not to replace the presentation.
- 7 Presenters may select any recipe using at least one ingredient which is an outstanding product of Iowa. No mixes can be the featured product, but a mix may be used as an ingredient.
- 8 Presenters must provide their own ingredients, equipment and small appliances. Proper food preparation is expected, and food should be pre-cut and pre-cooked in preparation for the demonstration.
- 9 If recipes require baking, contestants are to bring a completed product if needed for demonstration purposes.
- 10 Hair should be pulled back or secured. Appearance is considered in the evaluation and participants are encouraged to wear a 4-H t-shirt.
- 11 No food items will be presented to the judge as judging criteria is not on the food itself but on the presentation skills and on the demonstration speech.**
- 12 For food safety reasons, food products will NOT be shared with the audience.
- 13 The presenters will be evaluated on communications skills, poster criteria and engaging the audience and **not** on food preparation skills although proper food preparation skills are expected. See the Greene County Extension website at www.extension.iastate.edu/greene for the Greene County Pride of Iowa County evaluation criteria and www.extension.iastate.edu/clay for Clay County District evaluation criteria.

GREENE COUNTY (Achievement Fair):

Selections for the Clay County Fair District Event will be made at Achievement Fair. Up to four District presentations will be selected to advance to the Clay County Fair.

DISTRICT (Clay County Fair):

Each county may enter up to a total of 4 Jr and/or Int/Sr participants.

See the Clay County Extension website for the Clay County Pride of Iowa County and District evaluation criteria.