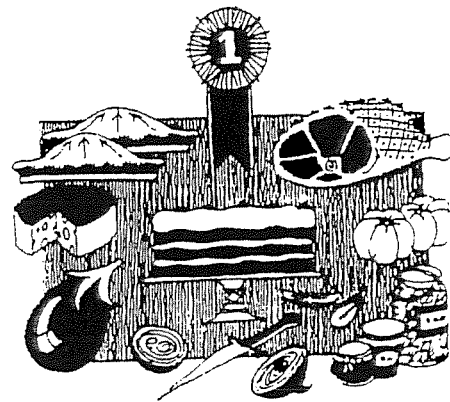


Pride of Iowa Helpful Hints



1. How much time do I have?

Junior and Intermediates – 10 minutes
Seniors – 15 minutes

2. What should I wear?

- Scarf or hair net
- 4-H colors – skirt and blouse or dress is best for girls. Dress pants and shirt is best for boys.
- Apron
- 4-H emblem

3. What goes on my poster?

- Name
- Club Name
- Recipe – highlight or underline Iowa Product
- Remember to keep it neat and readable from a distance

4. What should my recipe include?

The recipe must include an Iowa product; meant dairy product, corn or oatmeal. Be sure to highlight or underline the Iowa Product.

5. What kind of mixing bowl should I use?

A clear glass bowl is recommended because the evaluator wants to see what you are doing.

6. How should I measure my ingredients?

Measure dry ingredients with dry measuring utensils, liquid with liquid measuring utensils. Measure everything in front of the evaluator.

7. How do you measure flour, salt, and soda?

Spoon flour into measuring cup or spoon and level with straight edge of a kitchen utensil instead of dipping measuring cup or spoon into the dry ingredient.

8. Can I use a purchased mix?

Mixes can not be used as the product, but may be used as an ingredient.

9. What equipment do I need?

Provide all your own equipment, including small appliances. Small appliances are strongly encouraged like a mixer, blender, etc.

10. Should I cover the labels on my ingredients?

Any brand names or labels on ingredients should be covered with paper or tape.
Example: Heinz on Ketchup

11. Should I identify the foods in the containers I bring?

Label all food containers if not already in a commercial container, like milk, sugar, flour, etc.

12. How do I properly crack an egg?

Crack eggs with a knife in separate bowl one at a time before adding to the recipe.

13. How do I get my supplies to the table I'm assigned for my presentation?

Bring everything you need to table on tray or cookie sheet.

14. What else do I need?

A dishrag is important to clean up small spills and for wiping up your hands.

15. Do I have to be neat?

Yes, evaluators like organization. Keep your work area neat.

16. What other hints are helpful?

Always keep area between your bowl and evaluator clear so she/he can see what you are doing. Good idea to have all ingredients on one side of bowl and as you use them put them on the other side.

You may wish to bring a serving of your completed recipe for the evaluator to see and taste. This can be on a tray or plate. Remember silverware or whatever is appropriate for the evaluator to taste the food.

Example: Nice place setting, napkin, Drink appropriate for meal you are serving, etc.

17. What nutrition information should I know?

The evaluators do use the need food pyramid. Know where your recipe fits in the food pyramid. Know where your recipe fits in the food pyramid.

Example: Beef would be in the meats and proteins category. Also know what other food would be good to serve with beef, like lettuce salad, fruit salad, bread, milk, etc.

18. What recognition is given for participating in Pride of Iowa?

Premiums are as follows: Participation - \$10.00. Additional gifts will be awarded by the following organizations or individuals for use of their product in the recipe: Iowa County CattleMen, Iowa County Corn Growers, Iowa County Pork Producers, Iowa Turkey Federation, Daryl Newberry – Dairy, V&W Lamb Company – Wayne and Vickie Kirby.