



Pride of Iowa Contest



Objectives:

1. Acquaint 4-H'ers and the public with Iowa's products.
2. Encourage county fair participation and serve as a first step in communications exhibits for younger members.
4. Teach organization, preparation techniques and teamwork.

Rules:

1. The 4-H'er chooses one (1) food item or recipe that represents ingredients from Iowa to demonstrate in the contest.
2. We encourage youth to work as a team, with one team member preparing the food while the other comments on preparation techniques and shares information about the Iowa food product that is included in the recipe. Both members should be prepared to answer questions fair goers or judges might ask.
3. The recipe should be easy to prepare and should be appropriate to the age and skill of the member. **Time limit of 5-10 minutes is allowed.**
4. Samples of the finished recipe may be given away to fair goers. It is suggested that you have enough "samples" to serve approximately 30-40 people. Some samples can be prepared ahead of the contest. **Please take all food safety precautions to be sure you are serving a SAFE product to fair-goers!**
5. Members must supply food ingredients and equipment. Ingredients can be partially prepared ahead of the contest, (nuts chopped, meat precooked, mushrooms drained, etc.), but the ingredients of the recipe must be mixed together at the fair during the time of presentation.
6. Each participant should have a poster with complete recipe and the source. The poster should somehow focus on the featured Iowa product. Dress should be 4-H attire or tied in with the food presented.
7. Commentary should include such information as a) What is happening in the preparation process, what is the source of your recipe, why did you select this recipe, did you change or alter anything in the recipe and why? And b) What are the Iowa products in the recipe and information about them – where are they found, nutritional information, economical input on the state. You may also add information about yourself – what 4-H project areas are you involved in and hobbies and interests.
8. Criteria for judging:
 - a. preparation techniques
 - b. originality of the recipe
 - c. healthfulness of ingredients or recipe (Was consideration given to ingredients that keep the recipe low in fat, salt, and sugar? Were substitutions made when appropriate?)
 - e. enthusiasm of 4-H'ers
 - f. public's enthusiasm for the food item
 - g. Communication skills and Information shared by commentator
 - h. Visuals used (poster, tablecloth)

This is not a State Fair Communications Event, but 2 Pride of Iowa presentations may advance on to the District competition at the Clay County Fair.