



Yadkin County 4-H Holiday Food Show

Saturday-November 22nd, 2025
Setup at 10:00 AM and Judging at 10:30 AM
Yadkin County Cooperative Extension Office
2051 Agricultural Way, Yadkinville, NC 27018



Information and Regulation Sheet

Why should I be in a Food Show?

Food Shows give participants a chance to learn about nutrition and exhibiting food. This event also helps youth develop creative skills, understand how food is made, and enhance their public speaking skills.

Learning Objectives

- A. Youth will increase knowledge and skills in nutrition and healthy lifestyle education.
- B. Youth will increase communication/presentation skills

To Be Eligible:

- Youth must be between the ages of 5 and 18 (age as of January 1, 2025).
- Youth must be accompanied by a parent/guardian and/or adult volunteer.

Divisions:

- Cloverbuds (ages 5-7)
- Junior (ages 8-13) (This age group will be broken up if 5 or more children can be in each age group)
- Senior (ages 14-18)

Dish Categories:

- Dessert
- Main Dishes
- Vegetable/Salad/Soup
- Snack/Appetizer

General Rules:

- Participants may enter only one dish in this competition (the dish can have different components such as biscuits and gravy).
- Participants must have a place setting including a plate, utensils, and napkin set correctly. Silverware, plastic, or other types of these items are acceptable.
- The food dish should be completely prepared at home and ready for show upon arrival.
- Participants must include a serving dish containing all of the food made from the recipe submitted. The exception of this would be a quantity recipe, such as a cookie recipe of which an attractive arrangement should be made. Individual portions will be served to the judges in containers (paper plates, cups, etc.) and furnished by the participants.
- Appropriate table appointments: serving dish, napkin, tablecloth, table decoration, and utensils. This is to be furnished by the participant. Keep it simple.
- A printed or very neatly written document of your recipe should include: your name and category/age and should be displayed with table setting. Frames are nice, but not required.
- Questions about nutrition, preparation, ingredients, ideas for serving, etc. will be asked by the judges. Sample questions are listed on the next page.
- **Bring hand sanitizer or gloves.** Please use them while serving the judges.
- Must bring things disposable serving items to serve food one for participants/judges to try such as napkins for cookies or small cups and spoons for soup.

Deadline to enter this competition is November 14th via this Google Form Code:

<https://forms.gle/VYaBvN2e1EUhac9D9>



Sample Food Show Questions

- What is the first thing that you did before you started cooking?
- Why did you choose this recipe?
- What did you like best about making this recipe?
- What was the hardest part of making this dish?
- Have you made this dish before? Would you make it again?
- Would you do anything different if you decide to make this again?
- Did you have any help making your dish?
- How long did it take you to make it?
- What is something new that you learned while you were making this dish?
- Did it turn out the way that you thought it would?
- Did you help with the shopping to get the ingredients for your recipe?
- What food group does this dish fit into?
- What other food or beverage would you serve with this?
- **Is your dish a healthy choice? Why? If it is not healthy, how can you make it healthy? (This one will be asked)**
- Did you learn something new while making this dish?
- Why did you pick this table setting and decorations?
- How much did it cost to make your recipe?





Food Show -Score Sheet



Name of Participant: _____

Name of Recipe: _____

Participation Categories: Junior: _____ Senior: _____

Categories	Score Between 1-5 for each category (1 being the lowest and 5 being the highest)	Comments and Suggestions
The Exhibitor Understands: -Setting of table -Preparation of food -Appropriate grooming		
Included on Recipe: -Ingredients -Directions/Instructions -Neatness		
The Food is: -Pleasing in flavor -Attractive in appearance -Suitably prepared		
The Table Setting is: -Attractive -Suitably arranged -Appropriate for occasion		
Nutrition Knowledge: Is this a healthy recipe? If not, how can it be made healthier? What food group or groups are used?		
Interview/Time with Judges: -Answers questions clearly -Good volume of voice -Eye contact		

Other Comments (use back if needed):

Judge's Initials: _____



Food Show-Score Sheet



Name of Participant: _____

Name of Recipe: _____

Participation Categories: Cloverbud: _____

What you are judged on.	You are not quite there yet. 	You are almost there! 	You got it! 
Table Setting: Did you include a table setting?			
Recipe: Did you include the recipe and did you give all the ingredients/instructions?			
Taste: Does your dish taste good?			
Nutrition Knowledge: Do you know if your dish is healthy or how to make it healthier?			
Interview/Time with Judges: Did you answer your questions well? Have good eye contact and speak up?			

Other Comments:

Judge's Initials: _____