**4-H Food Show Presentation Outline**

* **Introduce Yourself- Name and Club, Optional (age, county, how many years you have competed in a nutrition project, how many years you have been in 4-H).**

*Hi, my name is Jane Doe, I am 10 years old and this is my second year completing a food and nutrition project in 4-H.*

* **Introduce the Recipe- Recipe name and how it fits into the theme of the current food show year.**

*Today I made for you Texas Coleslaw. My family loves to invite our friends and family over to enjoy a backyard BBQ. My Texas Coleslaw is a great addition to any Backyard BBQ -tasty and nutritious.*

* **Briefly describe to the judges why your dish is nutritious (2 to 3 reasons), how much your dish cost per serving, how much a serving contains, and the calorie count of each serving.**

*My Texas Coleslaw is a great BBQ side dish because:*

*It is budget-friendly at $0.53 cents per serving, has a colorful variety of nutrient-rich vegetables, uses yogurt as a healthy substitute for oil, and a ½ cup serving has only 85 calories.*

* **Highlight your knowledge of MY PLATE, how your dish fits into MY PLATE, and how much exercise and amounts of MY PLATE you need per your age/gender.**

*My Texas Cole Slaw is an important part of My Plate. My Plate consists of 5 parts: Protein, Fruits, Vegetables, Grains, and Dairy. My Cole slaw contains Protein with the almonds, fruit because of the mango, healthy vegetables, and yogurt dressing is a great low-fat dairy. A growing girl like myself needs \_\_\_\_cups of fruit, \_\_\_\_cups of vegetables, \_\_\_\_cups of dairy, \_\_\_\_ oz of protein and \_\_\_\_oz of grains per day. To make my day complete I also need at least 60 minutes of exercise per day.*

* **You can also add additional MY PLATE information like:**

*To eat healthy, I need to make at least half of my grains whole grains, eat a colorful variety of fruits and vegetables, go lean with protein, and choose low-fat dairy products.*

* **List the Main Nutrients in your dish, why your body needs them, and what happens if you do not have them. Depending on your division you might need to list 3-5 of them.**

*My dish contains several key nutrients; the main two are Iron and Vitamin C.*

*Iron (broccoli) helps your blood & energy metabolism- without it we would become anemic.*

*Vitamin C (Mango) helps heal wounds, promotes iron absorption, and helps promote a healthy immune system- without vitamin C you would suffer from poor wound healing and painful joints.*

* **Briefly describe how you made your dish and what skills you learned and what safety techniques you maintained in the kitchen.**

*I made my tasty Texas Cole Slaw by first washing all my fruits and vegetables. I then diced and slice my vegetables. After I had everything prepared, I cooked my dressing on medium heat until all the sugar was dissolved. I then combined all my ingredients and refrigerated the slaw for 1 hour before serving.*

*In this recipe, I learned to dice my vegetables using proper knife skills. I also learned how to use the cooktop on my stove without burning myself. Lastly, I learned the difference between measuring containers.*

*While making my dish, I also learned important safety skills.*

*(There are numerous safety skills to mention- Google 4H Food Show Safety Tips and pick 1-2 things that are related to your recipe) Examples: Fight BAC, Hand & Surface Washing, Food Storage, Cooking Temperatures, Grocery/Food Shopping.*

* **Lastly, summarize your Food Project/Recipe in two to three sentences.**

*Overall, I learned this year that I can contribute a great-tasting dish to any backyard BBQ by making my Texas Cole Slaw. I also learned how to incorporate nutritious substitutions into my dish to make it healthier. Thank you.*