

DISTRICT 5 4-H FOOD SHOW RECIPE SUBMISSION CHECKLIST

Recipes for Texas 4-H Food Show should adhere to the guidelines below. Please use this checklist to ensure recipes are correctly written.

	YES	NO
DOES YOUR RECIPE HAVE ALL OF THESE PARTS?		
Name of recipe	_____	_____
Complete list of ingredients	_____	_____
Size cans, number of packages, cans, etc. given *EX: 10 oz box chopped frozen spinach NOT Spinach, box of spinach or frozen spinach	_____	_____
Description for combining all ingredients	_____	_____
LIST OF INGREDIENTS		
Ingredients are listed in order in which they are used in directions	_____	_____
Ingredients listed as they are measured. *EX: ¼ cup chopped onion, not ¼ cup onion chopped. *EX: 1 green pepper, chopped, not 1 chopped green pepper	_____	_____
Measurements given in common fractions *Ex: 1/4 cup, 2 tablespoons, 1 teaspoon	_____	_____
All measurements are spelled out, not abbreviated. *Ex: cup, teaspoon, tablespoon, size can, etc. *Ex: 4-ounce can	_____	_____
No brand names are used.	_____	_____
Complete description of ingredients is included *EX: low-fat; packed in syrup; reduced fat; etc.	_____	_____
DIRECTIONS		
Clear instructions used for every step of combining and cooking the ingredients	_____	_____
Short, clear sentences used	_____	_____
Correct wording used to describe combining and cooking processes	_____	_____
Size and type of pan stated	_____	_____
Oven temperature and cooking times given	_____	_____
Number of servings or how much the recipe would make included	_____	_____
Total Cost of Ingredients	_____	_____



DISTRICT 5 4-H FOOD SHOW SENIOR RECIPE SUBMISSION PAPERWORK

CONTESTANT NAME:				
CATEGORY <i>Please check one</i>	<input type="checkbox"/> Appetizer	<input type="checkbox"/> Main Dish	<input type="checkbox"/> Side Dishes	<input type="checkbox"/> Healthy Desserts
COUNTY				
Name of Recipe:				
Prep Time:		Cook Time:		Cost:
Equipment needed: <input type="checkbox"/> Hot Plate/Burner/Stovetop <input type="checkbox"/> Toaster/Electric Oven <input type="checkbox"/> Refrigerator <input type="checkbox"/> Freezer <input type="checkbox"/> Microwave				
Note: Special equipment to be provided by contestant				

Type Recipe Here:

By submitting the recipe, the contestant releases the recipe for use by Texas 4-H Youth Development and Texas A&M AgriLife Extension.