

## DISTRICT 5 4-H FOOD SHOW PRESENTATION SUGGESTIONS



1. Hello, my name is \_\_\_\_\_ . Today I have prepared \_\_\_\_\_.
2. While preparing this dish, I learned (this section coordinates A & B on the Scorecard - Example: "I learned about the importance of calcium in the diet. ")
3. The (name of ingredient) in this dish provides (list the nutrient provided). Without (name of nutrient), you will get (name of a deficiency). Example: 'The milk in this dish provides calcium and Vitamin D. Calcium and Vitamin D help to keep your bones strong and healthy. Without calcium, you can develop osteoporosis, which is 'brittle bone' disease. Without Vitamin D, you can develop 'rickets', which is bowing of the legs.'
4. You can substitute (list what ingredients can be substituted) for (list ingredient). Example: "You can substitute skim milk for whole milk in this recipe and reduce the fat by 60 calories per serving."
5. (Relate the dietary guidelines to your recipe here). For example, one of the dietary guidelines says to cut down on fat. You might say: "By substituting skim milk, I can cut down on the fat in my diet."
6. My dish provides (list how many calories per serving and how many servings the dish provides).
7. (List food safety concerns). For example: "My dish must be refrigerated so the milk does not spoil. Until it is served, I must keep it cold and serve it last."
8. (Discuss MyPlate). For example: "My dish is in the milk group. You need 2-3 servings of milk each day in order to get enough calcium and Vitamin D in your diet." (If you are in the "Senior" category, you will need to list all of the food groups and # of servings.)
9. Do you have any questions? Thank you.