

# 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
<b>DOES YOUR RECIPE HAVE ALL OF THESE PARTS?</b>		
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	_____	_____
<b>LIST OF INGREDIENTS</b>		
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.	_____	_____
<b>DIRECTIONS</b>		
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

## JUNIOR/INTERMEDIATE RECIPE SUBMISSION

### PAPERWORK

<b>CONTESTANT NAME:</b>				
<b>CATEGORY</b> <i>Please check one</i>	<input type="checkbox"/> Appetizer	<input type="checkbox"/> Main Dish	<input type="checkbox"/> Side Dishes	<input type="checkbox"/> Healthy Desserts
<b>COUNTY</b>				
<b>AGE DIVISION</b>	Junior _____		Intermediate _____	

<b>Name of Recipe:</b>		
<b>Prep Time:</b>	<b>Cook Time:</b>	<b>Cost:</b>

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.

Revised July 2020