

2012 State Food Show 4H Study Guide

Following a 3 minute presentation by the 4 H participant, they have 8 minutes to complete an interview which asks 9 questions. Because of this time allotment some questions are asked as open ended questions and some are short answer. The questions are not designed to be hard or tricky. We are looking for the ease and poise with which participants can answer questions. Judges are looking for poise. Unrehearsed replies work best.

Sample Food Show Interview Questions

A	Experience	<p><i>This is an open ended question to help relax the participant. Judges are looking for poise. Unrehearsed replies work best.</i></p> <p>How did you, as a 4H member, give back to the community in which you live?</p>
B	Knowledge gained	<p><i>This is an open ended question to help relax the participant. Judges are looking for poise. Unrehearsed replies work best.</i></p> <p>Name one thing (knowledge or skill in foods and nutrition) that you learned this year as a result of participating in the food show.</p>
C	Preparation principles	<p><i>We are looking for an understanding of basic common cooking principles. A review of Cooking for Dummies, 3rd edition will help.</i></p> <p>What equipment did you use to prepare your recipe and what safety considerations did you make in using that equipment?</p>
D	Ingredient function	<p><i>The function of common ingredients used in a kitchen will be asked. Some participants confuse ingredient function with nutrient function.</i></p> <p>What is the purpose of shortening, lard or butter in a piecrust?</p>
E	Nutrients & Functions	<p><i>An understanding of the six classes of nutrients (carbohydrate, fat, protein, vitamins, fats and water) and their functions and contributions to health are asked.</i></p> <p>What kind of fat is butter? Does it have cholesterol?</p>
F	Dietary Guidelines	<p><i>This too seeks to measure if participants have a basic understanding of nutrition.</i></p> <p>Name a source of dietary fat that is not animal in origin?</p>
G	Calorie Content	<p><i>It is important that participants understand basic information regarding calories.</i></p> <p>What three factors influence the number of calories someone needs each day?</p>
H	Food Safety	<p><i>Basic concepts to avoid obtaining to causing a foodborne illness are asked.</i></p> <p>If you were to take your recipe to a picnic, what steps would you take</p>

		to make sure your dish does not cause a foodborne illness?
I	Diet & lifestyle	<p><i>How their recipe can be modified or be made part of a complete meal are asked.</i></p> <p>How would you modify your recipe to make it more appropriate for a toddler?</p>

Study guides have been identified. They are:

Cooking Basics for Dummies, 3rd edition

<http://www.choosemyplate.gov/> and <http://www.choosemyplate.gov/foodgroups/index.html>

<http://www.cnpp.usda.gov/dietaryguidelines.htm>

<http://www.fightbac.org/>