

2019 WHARTON COUNTY 4-H FOOD SHOW REGISTRATION

THEME: FOOD AROUND THE WORLD

Embark on a memorable adventure—meeting people, sharing customs and sampling foods from various countries around the world. This year's 4-H Food Show theme, Food Around the World, challenges contestants to explore foods and cultures from countries outside the United States. Let your exploration guide your recipe selection for the food show. Is there a country you dream of traveling to in the future? Consider your family's heritage and/or original place of origin for inspiration. Or simply spin the globe and let your finger choose a country. Remember to keep in mind good nutrition and healthy preparation methods as you select your recipe.

PLEASE FILL OUT AND RETURN FORM AND RECIPE FORM BY OCTOBER 2, 2019.

The Wharton County 4-H Food Show/Food Challenge will be held October 20th at a location to be announced.

NAME: _____

EMAIL: _____

CLUB: _____

DIVISION:

Clover Kid (grades K-2)

Junior (grades 3-5)

Intermediate (grades 6-8)

Senior (grades 9-12)

CATEGORY *(Select one):*

Nutritious Snake

Main Dish

Vegetables

Breads & Cereals



TEXAS 4-H FOOD SHOW RECIPE SUBMISSION PAPERWORK

CONTESTANT NAME:								
CATEGORY <i>Please check one</i>	<input type="checkbox"/>	Breads & Cereal	<input type="checkbox"/>	Fruits & Vegetables	<input type="checkbox"/>	Main Dish	<input type="checkbox"/>	Nutritious Snack
COUNTY								
DISTRICT								

Name of Recipe:	
Prep Time:	Cook Time:

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 2019