

## D8 4-H FOOD SHOW

### Recipe Submission Checklist

Recipes for 4-H Food Show should adhere to the guidelines below. Please use this checklist to ensure recipes are correctly written. This form does not need to be submitted at the Food Show. This form is for guidance only.

**DOES YOUR RECIPE HAVE ALL OF THESE PARTS?**

**YES**

**NO**

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	_____	_____