

# FOOD PREPARATION

## (Class #63)

### Project Competition



#### RULES & REGULATIONS (4-H NOVA SCOTIA PROVINCIAL SHOW CLASS LIST)

Members will create an item based on the recipe they receive. For additional details, scoresheets, rules and guidelines, please contact your Regional Program Coordinator (RPC).

#### Rules & Regulations

1. Members are required to register to receive a recipe.
2. A number of members will work simultaneously, and the event will continue until all contestants have participated.
3. Members should be neat in appearance because they will be handling food. Clean hands are a must and long hair should be tied back.
4. Please bring the following:
  - a. two (2) mixing bowls
  - b. measuring spoons
  - c. spatula
  - d. measuring cups (dry)
  - e. measuring cup (wet)
  - f. hair net
  - g. one (1) butter knife
  - h. two (2) mixing spoons
  - i. paring knife.
5. Members are responsible for their own measurements, preparations, combining ingredients, baking, timing and cleaning up.
6. The proficiency of the member and the quality of the finished product will be judged.
7. The Junior Food Preparation Competition will be forty-five (45) minutes long.
8. The senior Food Preparation Competition will be one (1) hour or sixty (60) minutes long.
9. It is suggested that there be two (2) judges - one (1) for the Junior Food Preparation Competition and one (1) for the Senior Food Competition.
1. EACH COUNTY IS ELIGIBLE TO SEND ONE JUNIOR MEMBER AND ONE SENIOR MEMBER TO THE FOOD PREPARATION COMPETITION AT THE 4-H NOVA SCOTIA PROVINCIAL SHOW.