

2015 4-H COUNTY FOOD SHOW Guidelines



COUNTY FOOD SHOW

Thursday, October 15, 2015

DEADLINE TO ENTER:

Noon, Friday, October 9, 2015

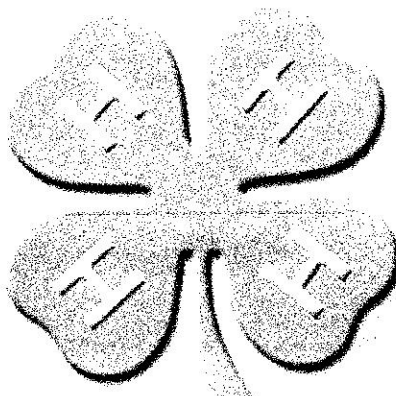
District 4-H Contest:

Saturday, November 7, 2015

Vernon, Texas

No entry fee for either contest.

Call the Extension office: 940/538-5042



Clay County Food Show Guidelines October 15, 2015

We will follow the State Food Show Guidelines, with some changes for the District 3 Food Show. The District 3 4-H Food Show will be held Saturday, **November 7, 2015** at the Wilbarger Auditorium in Vernon.

- (1) State rules indicate **“Contestant must be enrolled and actively participating as a 4-H member”**. The 4-H member must also be actively participating in a food and nutrition educational project.
- (2) Seniors must be in the 9th, 10th, 11th or 12th grade for the 2015-2016 school year.
Intermediates must be in the 6th, 7th or 8th grade for the 2015 – 2016 school year.
Juniors must be least 8 and in the 3rd, 4th or 5th grade for the 2015-2016 school year.

SENIORS:

1. The 4 categories that a **SENIOR** 4-H'er may enter are:
 - *Protein
 - *Fruit and Vegetable
 - *Grains
 - *Dairy
2. There will be no recipes accepted that require baking in the oven longer than 75 minutes in the Protein, Fruit and Vegetable, Grains, & Dairy categories.

INTERMEDIATES AND JUNIORS

The 4 categories that **INTERMEDIATES AND JUNIORS** may enter are:

- *Protein
- *Fruit and Vegetable
- *Grains
- *Dairy

- (3) **Participants will only display a single serving of their entry instead of the entire recipe.** It should be displayed on an appropriate serving dish and may be garnished with an edible garnish. **Total dish serving size MUST be included at the bottom of your recipe.**

Study Resources:

- **Dietary Guidelines for Americans 2010** <http://www.cnpp.usda.gov/dgas2010-policydocument.htm>
- **Texas A&M AgriLife Extension Service: Nutrient Needs at a Glance**
<http://fcs.tamu.edu/files/2015/02/nutrient-needs-at-a-glance-E-589.pdf>

Study Aids for this theme:

- <http://www.fda.gov/Food/ResourcesForYou/Consumers/ucm109899.htm>
- <http://www.foodsafety.gov/blog/2015/06/picnic.html>
- <http://www.extension.iastate.edu/foodsafety/content/picnic-safety>

There will be no preparation at the District Food Show. Please be aware that 4-H'ers will not have access to electrical outlets, microwaves, ovens, refrigerators, freezers, sinks, etc. at the District Food Show.

The decision as to whether a dish qualifies in a category will be left entirely to the discretion of the agent.

All 4-H'ers **MUST** complete the District 4-H Participant Form.

Participants will serve the judges the single serving of their recipe during their interview. Participants will be serving the judges from their serving dish to the judge's plate.

Participants are still encouraged to have an appealing "presentation" of their food for the judges which should include: the serving dish, one serving of the recipe, an edible garnish and a serving utensil.

Those participants eligible for the beef awards will need to bring an additional single serving of their recipe for the Beef Award judging. If needed, they may reuse their serving dish for the beef judging but will need an extra single serving of their food to put on it.

There will be a separate judging for the beef awards. Members of the Cattle Women's organization will serve as judges. 4-H'ers entering the beef award will be judged twice— once in their division and again for the beef award. During the beef award judging questions should be centered around beef, its importance in the diet, cooking methods, different ways to serve, etc.

It will be the responsibility of the County Extension Agent to be sure that the guidelines are followed.

The Beef Awards will be given by the Wichita Falls Area Cattle Women and the Santa Rosa CattleWomen. Awards will be cash awards in the **Protein Category Only** (Junior, Intermediate, and Senior). Prizes will be 1st place - \$50.00, 2nd place \$20.00

Those participants eligible for the beef awards will need to bring an additional single serving of their recipe for the Beef Award judging.

There will be two special opportunities offered again this year to provide District participation for 4-H'ers in addition to the District Food Show. The opportunities are Exhibit and News Writing. These opportunities are described in detail on separate pages included with this packet.

Adults may assist contestants to carry all necessary items to the door of the appropriate judging room. Leaders, parents, and family members will not be allowed inside the judging areas. Assistance will be provided for 4-H'ers. Parents and leaders are encouraged to wait for their child in the foyer or auditorium or leave the premises until their child has interviewed. Contestants are asked to return to their respective judging rooms by 12:15 p.m. to line up for the awards program.

Prior to judging, if participants will be transferring their single serving from a hot dish to their serving dish they should bring either a thick place mat, a trivet, or some other type liner to place between their hot dish and the table cover. The table cover is plastic and melts when hot dishes are placed on it. A contestant will be allowed a width of approximately 24 inches. A 4-H'er needs to bring only a single serving of their recipe.

*****Serving dishes and garnishes have been left "open ended" to allow for creativity, however, only the serving dish, single serving of the recipe, edible garnish and serving utensil will be allowed in judging area. *****

No recipe cards will be required at tables. A name card will mark each contestant's assigned space.

Contestants must remain at their assigned place until he/she interviews. A tie breaker procedure will be used in the tally room; therefore it will not be necessary for 4-H'ers to stay after they are judged or report back to the judging area until 12:15 p.m. **All 4-H'ers should return to the judging rooms by 12:15 pm to be in place for the awards program.**

Due to the "single serving" entry there will not be food available for a public viewing. Therefore, we will not have public viewing and will begin the awards program earlier. This will also eliminate the need for participants to decorate their table area.

Paper products and disposable silverware will be available for judges to check food quality and texture of food products. Food handler's gloves will be available from agents in each of the categories if 4-H members need them in serving the judges a sample.

REMEMBER - There will be **NO** tasting by judges, agents, 4-H'ers or parents at the County, District, or State Food Shows. This will be for all age divisions and food categories including beef judging. No one will be given the option or opportunity to taste **before, during, or after** the Food Show due to food safety and liability issues being addressed.

Contestants will serve their dish to judges.

Contestants must clean up their assigned area after they have been judged.

Contestants may leave the premises with appropriate adult after they have been judged and their assigned space has been cleaned up and items put away.

Awards will be presented in the main auditorium at 12:30 pm.

Personal appearance is part of the score. Participants are asked not to change prior to the Awards program. Clothes do not have to fit a theme or be special for the show.

Ribbons will be awarded to the first five places in each category of each age division. All other entries will receive a participant ribbon.

RECIPE SELECTION

Four entry categories allow for presentation of a variety of foods in the Food Show. The categories also provide an opportunity for contestants to exhibit a variety of food presentation principles.

Many recipes can be entered in more than one category. Participants should consult with the website <http://www.choosemyplate.gov/> when selecting a recipe category. All four food categories may use ovens during food preparation. However, oven time is limited to 75 minutes in all categories.

- **Protein** – All foods made from meat, poultry, seafood, beans and peas, eggs, processed soy products, nuts, and seeds are considered part of the Protein Foods Group. Beans and peas are also part of the Vegetable Group.
 - EX: Dishes that contain meat or meat alternatives such as eggs, dry beans, peas or peanut butter.
- **Fruit & Vegetable** – Any fruit or 100% fruit juice counts as part of the Fruit Group. Fruits may be fresh, canned, frozen, or dried, and may be whole, cut-up, or pureed. Any vegetable or 100% vegetable juice counts as a member of the Vegetable Group. Vegetables may be raw or cooked, fresh, frozen, canned, or dried/dehydrated; and may be whole, cut-up, or mashed. Vegetables are organized into 5 subgroups, based on their nutrient content.
 - EX: Dishes that accompany a main dish (salads, relish trays, cooked fruits and vegetables.)
- **Grains** – Any food made from wheat, rice, oats, cornmeal, barley or another cereal grain is a grain product. Bread, pasta, oatmeal, breakfast cereals, tortillas, and grits are examples of grain products. Grains are divided into 2 subgroups, Whole Grains and Refined Grains. Whole grains contain the entire grain kernel – the bran, germ, and endosperm.
 - EX: Quick, yeast, bread mixes, rice, pasta
- **Dairy** – All fluid milk products and many foods made from milk are considered part of this food group. Most Dairy Group choices should be fat-free or low-fat. Foods made from milk that retain their calcium content are part of the group. Foods made from milk that have little to no calcium, such as cream cheese, cream, and butter, are not. Calcium-fortified soymilk (soy beverage) is also part of the Dairy Group.
 - EX: Dishes selected must contain a minimum of a half serving of dairy (macaroni and cheese, drinks, custards, cheese logs, etc.)

Ingredients

- ❖ When choosing a recipe, please keep in mind what ingredients will be available in College Station.
- ❖ No alcohol or alcohol-containing ingredients can be used.

RECIPE SUBMISSION CHECKLIST

Tips for Success

	Yes	No
I. Does Your Recipe Have All of These Parts?		
a. Name of Recipe	_____	_____
b. Complete list of ingredients Size cans, packages, etc. given EX: 10 oz box chopped frozen spinach NOT Spinach, box of spinach or frozen spinach	_____	_____
c. Description for combining ingredients	_____	_____
II. List of Ingredients		
a. Ingredients are listed in order in which they are used	_____	_____
b. Ingredients listed as they are measured, i.e. the word describing is in the correct place. EX: ¼ cup chopped onion, not ¼ cup onion chopped EX: 1 green pepper, chopped, not 1 chopped green pepper	_____	_____
c. Measurements given in common fractions i.e. ¼ cup, 2 tablespoons, 1 teaspoon	_____	_____
d. All measurements are spelled out, not abbreviated. EX: cup, teaspoon, tablespoon, size can, et. (i.e. 4-ounce can)	_____	_____
III. Directions I have.....		
a. Used clear instructions for every step of combining and cooking the ingredients.	_____	_____
b. Used short, clear sentences	_____	_____
c. Used the correct word to describe combining and cooking processes	_____	_____
d. Stated the size of pan	_____	_____
e. Give temperature and cooking time	_____	_____
f. Included the number of servings or how much the recipe would make	_____	_____

SPECIAL OPPORTUNITIES FOR 4-H'ERS AT DISTRICT FOOD SHOW

There will be two special opportunities offered in 2015 in conjunction with the District 4-H Food Show to give 4-H'ers other than the Food Show participants a chance to be involved in District wide activities related to a Food and Nutrition project.

There will not be a limit on the number of participants from a county. Agents might want to use this opportunity to give second place winners in the County Food Show the opportunity to go to the District Food Show and be recognized on stage.

District Food Show participants may also take part in these special opportunities. These special opportunities will be excellent opportunities for 4-H'ers who do record books to have District level activities and activities for "Promote 4-H".

The opportunities are:

Exhibit - Exhibits may be entered by an individual or a group (such as a 4-H Food & Nutrition Group). Exhibits should be related to some area of the Food and Nutrition Project. The exhibits must be card table size. Nothing can be attached to walls. An easel may be used behind the table to hold a sign, poster, etc. Contestants must provide their own easel. There will be 8' tables set up in the foyer of the auditorium. There will be no access to electricity. The exhibits may or may not be manned by the participants. All 4-H'ers setting up an exhibit will receive a certificate. 4-H'ers should set their exhibit up in the foyer of Wilbarger Auditorium by **10:00 a.m.** Exhibits should remain in place until after the Awards Program. Each exhibit should include a sign that lists the County name and name(s) of 4-H'ers who developed the exhibit. 4-H'ers with exhibits **DO NOT** have to attend the Food Show, however, they must make arrangements to get their exhibits to and from the show.

Agents are asked to please contact the District Office as soon as they know of any changes in the listing of 4-H'ers names for a particular exhibit or if the exhibit they listed on the List of County Food Show winners will not be set up at the District Food Show.

News Writing - A 4-H'er in any age division may write a news article promoting the food and nutrition project, the food show, food safety, health or any other subject matter area of the Food and Nutrition Project. These articles will be due in the District Office **November 1, 2015** with the rest of your county's food show materials. The articles should contain the 4-H'ers name, county and age in the top right hand corner. They should be typed double-spaced on standard 8½ x 11 inch white paper. All 4-H'ers will receive a certificate.

Interview and Contestant Presentation Guidelines

ENTRY DISPLAY

4-H members will carry a single serving of their recipe to the judging table. 4-H'ers will display their food at the judging table. Entry display may only consist of serving dish and the serving utensils. Only edible garnishes are allowed for seniors.

INTERVIEW

1. *Introduction/Presentation*

Each contestant will start with a presentation to introduce themselves and their dish, and may describe briefly their inspiration in choosing that dish, food safety and preparation practices, basic nutrition information and/or their experience in 4-H and the Food and Nutrition Project. Juniors and Intermediates will have a maximum of two-minutes for their presentation; Seniors will have a maximum of 3 minutes.

2. *Question and Answer*

Judges will have the opportunity to spend up to five additional minutes asking questions applicable to the attached scorecard. It includes but is not limited to basic nutrition, food safety, and preparation.

3. *Serving*

At the conclusion of the question and answer period you will have one minute to serve the judges. This will allow them to visually evaluate the dish you have prepared. Contestants are encouraged to practice proper food handling techniques when presenting food to judges.

The judges **WILL NOT** taste the food. They will be judging the texture and the appearance of the entry.

**2015 District 3 4-H Food Show
PARTICIPATION FORM**

Name: _____

Division: ☐ Junior (Grades 3-5) ☐ Intermediate (Grades 6-8) ☐ Senior (Grades 9-12)

County: _____ Food Category: _____

Years in 4-H: _____ Years in Project: _____

RECIPE

2015 DISTRICT 3 4-H FOOD
SHOW SCORECARD
Junior Division

Entry Class
(Check One)

☐ Protein ☐ Fruit/Vegetable
☐ Grains ☐ Dairy

County _____

Name _____

Judges Initials: _____

Name of Dish _____

Years in Food Show: _____

FACTORS TO CONSIDER	Comments	Excellent	Fair	Needs Improvement
(5%) Introduction/Presentation Each contestant will start with a maximum <u>two minute presentation</u> to introduce themselves and their dish, and may describe briefly their inspiration in choosing that dish, or their experience in 4-H and the Food and Nutrition Project.		_____	_____	_____
(45%) Score for the food – nutrition, texture, appearance of food only, etc. Preparation – How the dish was made? (This includes food safety concerns)		_____	_____	_____
Recipe – Can you make substitution(s) For any ingredient(s)		_____	_____	_____
(45%) MyPlate – Describe MyPlate		_____	_____	_____
(5%) Effectiveness of Communication – Voice, eye Contact, poise in answering questions What did you learn in your food project? Did You participate in any other food & nutrition Activities in addition to the food show?		_____	_____	_____

ADDITIONAL COMMENTS

2015 DISTRICT 3 4-H FOOD
SHOW SCORECARD
Intermediate Division

Entry Class
(Check One)

☐ Protein ☐ Fruit/Vegetable
☐ Grains ☐ Dairy

County _____

Name _____

Judges Initials: _____

Name of Dish _____

Years in Food Show: _____

FACTORS TO CONSIDER	Comments	Excellent	Fair	Needs Improvement
(5%) <u>Introduction/Presentation</u> Each contestant will start with a maximum two-minute presentation to introduce themselves and their dish, and may describe briefly their inspiration in choosing that dish, or their experience in 4-H and the Food & Nutrition Project.		_____	_____	_____
(45%) <u>Score for the food</u> – nutrition, texture, appearance of food only, etc.		_____	_____	_____
<u>Preparation</u> – How the dish was made? (This includes food safety concerns and science based information.		_____	_____	_____
<u>Recipe</u> – Can you make substitution(s) for any ingredient(s)		_____	_____	_____
(45%) <u>MyPlate</u> Discuss the dietary guidelines		_____	_____	_____
What are the main nutrients in your dish?		_____	_____	_____
How much of your recipe is considered a serving?		_____	_____	_____
(5%) <u>Effectiveness of Communication</u> – Voice, eye contact, poise in answering questions		_____	_____	_____
What did you learn in your food project? Did you participate in any other food & nutrition activities in addition to the food show?		_____	_____	_____

ADDITIONAL COMMENTS

2015 District 3 4-H Food Show
SCORECARD
Senior Division

Name _____

County _____ District _____

Category (Check One) Protein Fruit & Vegetable ☐ Grains ☐ Dairy

	Comments	Excellent	Fair	Needs Improvement
I. Introduction/Presentation				
(10%) Each contestant will start with a maximum <u>two-minute pre-sentation</u> to introduce themselves and their dish, and may describe briefly their inspiration in choosing that dish, or their experience in 4-H and the Food & Nutrition Project.		_____	_____	_____
(10%) Effectiveness of Communication: Voice; poise; personal appearance		_____	_____	_____
II. The Interview				
(20%) Knowledge of MyPlate: Food group of individual ingredients, serving amount needed from each group daily, food group that dish falls into, number of servings provided by an individual serving of the dish, knowledge of personal healthy lifestyle choices based on dietary guidelines.		_____	_____	_____
(15%) Nutrition Knowledge: Knows what this dish contributes to the diet.		_____	_____	_____
(15%) Food Preparation: Knows the key steps in preparation of dish and function of ingredients.		_____	_____	_____
(10%) Food Safety Concerns and Practices: Knows food safety concerns in preparation and storage of dish.		_____	_____	_____
(10%) 4-H Food and Nutrition Project Activities: Community service, leadership, workshops		_____	_____	_____
III. Food Evaluation				
(10%) Food Presentation/Quality: Appearance of food (texture, uniformity) Garnishing		_____	_____	_____

ADDITIONAL COMMENTS

District 4-H Food Show Schedule

**Wilbarger Auditorium
2100 Yamparika Street
Vernon, TX
November 7, 2015**

**Please do not arrive before 9:00 am. Doors to Wilbarger Auditorium
will not be open to 4-H'ers until 9:00 am.**

- 9:00 a.m. Building opens**
- 9:00 a.m. Agents and volunteers working with groups report to assigned area
Participants can begin setting up**
- 9:15 a.m. Judges Arrive**
- 9:30 a.m. Orientation for judges and agents working with groups
Participants report to judging area and check in with agent in charge**
- 10:00 a.m. Special exhibits to be set up by 10:00 a.m. in foyer area
Judging will begin:**
 *4-H'ers who are competing for the Beef Awards will be directed to
 the "Beef Judging" tables at appropriate time
 * After 4-H members are interviewed, they can leave until 12:15 p.m.
- 12:00 p.m. Judges complete all judging and have the top five places ranked**
- 12:15 p.m. Participants report to their judging area for awards line-up**
- 12:30 p.m. Awards Assembly**

Each county will be responsible for taking their pictures.