



## 2017 DISTRICT 9 4-H FOOD SHOW RULES & GUIDELINES

### DATES

#### Sunday, April 16, 2017

- Deadline to Register for District 9 4-H Food Show on 4-H Connect

#### Monday, April 17, 2017

- Deadline to submit District 9 4-H Food Show Entry Form to County Extension Office

#### Tuesday, April 18, 2017

- Deadline for County Extension Office to submit District 9 4-H Food Show Entry Form to [district94hfoodshow@gmail.com](mailto:district94hfoodshow@gmail.com)

#### Friday, April 28, 2017

- District 9 4-H Food Show Judging Schedule Posted  
<http://d94-h.tamu.edu/eventsandcontests/bigtime/food-show/>

### SCHEDULE

- Each participant will be assigned a Judging Time before arrival to the contest.
- Please check the District 9 4-H Website after April 28, 2017 for judging schedule.
- Please do not arrive **more than 20 minutes** prior to your judging time due to space limitations.

### THEME – Family Favorites

This theme will allow participants the opportunity to explore many aspects of food preparation, food safety, creative recipes and more! Concentrate on foods that are family favorites, with the emphasis of the importance of family mealtime. Research consistently shows that regular family meals are linked to: higher grades for children, higher self-esteem, healthier eating habits and healthier weights.

### OBJECTIVES

- Practice and know recommended food preparation skills including food safety.
- Understand connection of recipe to MyPlate food category.
- Learn the nutrients in your dish and food category and the health benefits they provide to your body.

### ENTRY DIVISIONS

Counties may send unlimited number of participants per age and category division.

- Juniors - Grades 3rd (and at least 8 years old), 4th and 5th as of August 31, 2016
- Intermediate - Grades 6th, 7th, and 8th as of August 31, 2016
- Seniors - Grades 9th, 10th, 11th, 12th as of August 31, 2016

## 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 alternative such as eggs, dry beans, peas or peanut butter.
- **Fruit and 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 soy milk (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.)

## PREPARATION

- Microwave ovens will be available to reheat foods. You will not have time to cook your dish, only reheat.
- Please plan a way to keep cold foods cold.
- Participants will need to bring things such as hot pads, dishtowels, and whatever else they might need.
- Participants will also need to bring a serving utensil(s) to serve their dish to the judges.
- **Judges will not taste the dishes.**

# RECIPE SUBMISSION CHECKLIST

## Tips for Success

### I. Does Your Recipe Have All of These Parts?

- a. Name of Recipe
- b. Complete list of ingredients (Size cans, packages, cans, etc. given) EX: 10 oz. box chopped frozen spinach NOT Spinach, box of spinach or frozen spinach.
- c. Description for combining all 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: 1/4 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. 1/4 cup, 2 tablespoons, 1 teaspoon
- d. All measurements are spelled out, not abbreviated.  
EX: cup, teaspoon, tablespoon, size can, etc. (i.e. 4-ounce can)
- e. Avoid brand names. Include complete description of ingredients,  
i.e. low-fat, packed in syrup, reduced fat, etc.

### 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. Given the temperature and cooking time
- f. Included the number of servings or how much the recipe would make

## Example of Recipe

### 4-H Shamrock Salad

- 6-ounce package lime gelatin **(not just 1 package lime gelatin)**
- 2 cups boiling water
- 1 cup lemon-lime soda
- 8-ounce package low-fat cream cheese, softened **(not just 1 package/ what kind? Low Fat, Fat free, etc.)**
- ½ teaspoon vanilla
- 11-ounce can mandarin oranges, drained **(always include size)**
- 8-ounce can pineapple tidbits, drained
- 2 cups red grapes, halved, seeded **(not just grapes, also color/kind? Red, Concord, Green)**
- 2 cups chopped celery **(not 2 cups celery chopped - you must chop the celery to measure it, so chopped must be written first)**
- ½ cup chopped pecans **(are you measuring the pecans before or after chopping? The way it is written here indicates chopping first)**
- 8-ounce carton frozen low-fat whipped topping, thawed **(indicate low-fat, fat-free, etc.)**
- 3-ounce package lime gelatin
- 1 ½ cups boiling water

Dissolve the 6-ounce package lime gelatin in 2 cups boiling water. Stir in 1 cup lemon- lime soda. Combine this with cream cheese, vanilla, and lime juice in blender, and process until smooth. Pour blended mixture into bowl. Stir in all fruit, celery and pecans. Fold in three-fourths carton whipped topping. Pour into 13x9x2-inch pan. (Note size of pan is listed) Chill until firm; then cut whole pan into 8 equal sized portions.

In order to make the 4-H Shamrock gelatin jigglers, dissolve the 3-ounce package lime gelatin in 1 ½ cups boiling water. Pour into shallow pan, 24x16x1 inches. Chill until set. Cookie cut the jiggle gelatin into 4-H Shamrock shapes. Serve salad squares on lettuce-lined plate. Top with 4-H Shamrocks. Garnish with remaining whipped topping. Chill until serving time. May add other garnishes to serving tray for color variety. Yield: 8 servings. (Note number of servings is listed)

## RECIPE PRESENTATION AND JUDGING

Contestants will be interviewed in separate judging rooms if space is allowed. The order in which each county will be judged will be randomly selected and will be posted on the District 9 4-H website <http://d94-h.tamu.edu/eventsandcontests/bigtime/food-show/> by April 28, 2017.

Please do not arrive more than 20 minutes prior to your judging time due to space limitations.

### 1. *Introduction/Presentation*

Each contestant will start with a maximum **four-minute presentation** to introduce themselves and their dish. You should describe your inspiration in choosing your recipe and how it relates to the theme, **Family Favorites**.

### 2. *Question and Answer*

Judges will have the opportunity for a **four-minute interview** asking questions applicable to the attached scorecard. It includes but is not limited to basic nutrition, food safety, and preparation as well as project experiences. Being familiar with the information from the recommended resources in the Guidelines will improve your interview success.

### 3. *Serving*

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

The food should be presented in a serving dish with a serving utensil. The dish should be presented to the judges as if it were about to be placed on a table for a family dinner. In some instances, it is not necessary to present to the judges the entire recipe. For example, if a recipe makes two loaves of bread, only one loaf needs to be presented for judging. Serve judges only a small portion of food using the paper products provided by the judging supervisor.

Fancy or elaborate placemats, linens, centerpieces, candles, etc., are not to be included with the dish as it is presented for judging interviews. Contestants should use only serving dishes and utensils appropriate and necessary to present and serve the dish to be judged. Agents and leaders are encouraged to use discretion regarding this manner when counseling 4-H participants, members or contestants for the district food show.

At the conclusion of 4-H Food Show, ranking, judges' comments and other correspondence will be forwarded to the 4-H County Agent. Please allow up to two weeks for processing.

### **Judges will interview contestants in 15 minute intervals**

- **4 minutes for oral presentation**
- **4 minutes for interview by judges**
- **1 minute for serving of dish**
- **6 minute between contestants for judges to complete scorecard**

## STUDY RESOURCES

- Altering Recipes for Good Health  
<http://fcs.tamu.edu/files/2015/02/altering-recipes-for-good-health.pdf>
- MyPlate <http://www.choosemyplate.gov/>
- Food Safety <http://www.fightbac.org/>
- Dietary Guidelines for Americans <http://health.gov/DietaryGuidelines/>
- Texas A&M AgriLife Extension Service: Nutrient Needs at a Glance  
[http://fcs.tamu.edu/food\\_and\\_nutrition/pdf/nutrient-needs-at-a-glance-E-589.pdf](http://fcs.tamu.edu/food_and_nutrition/pdf/nutrient-needs-at-a-glance-E-589.pdf)

## THEME RESOURCES

- Make Easy & Healthy Meals <https://choosemyplate-prod.azureedge.net/sites/default/files/printablematerials/MyPlateForMyFamily-ParticipantHandouts.pdf>
- The Importance of Family Mealtime <http://food.unl.edu/documents/The%20Importance%20of%20Family%20Mealtime.02.01.10.pdf>
- Family Mealtime [http://store.msuextension.org/publications/HomeHealthandFamily/MT20\\_0403HR.pdf](http://store.msuextension.org/publications/HomeHealthandFamily/MT20_0403HR.pdf)

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## FORM REQUIRED FOR 2017 DISTRICT 9 4-H FOOD SHOW

1. **Send District 9 4-H Food Show Form to County Extension Office by April 17, 2017.**
2. The Food & Nutrition Project Experiences should cover one year's 4-H work for Food Show to next year's Food Show.
3. Entry and payment should be made through 4-H Connect by **April 16, 2017.**

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## COUNTY EXTENSION OFFICE

**Email all District 9 4-H Food Show Entry Form(s) to [district94hfoodshow@gmail.com](mailto:district94hfoodshow@gmail.com) by April 18, 2017.**

orientation or gender identity and will strive to achieve full and equal employment opportunity throughout Texas A&M AgriLife.