



THEME: RESTAURANT RE-CREATIONS

Brazos County 4-H Food Show



NOVEMBER 29, 2018
BRAZOS COUNTY EXPO
5:30 PM REGISTRATION
(DOORS OPEN AT 5:00 PM)
5:30-5:45 ORIENTATION
5:50 JUDGING

ENTRY PAPERWORK, ACADEMIC ELIGIBILITY FORM, AND \$7 FEE DUE BY NOVEMBER 15, 2018 BY 5:00 P.M.
FOR MORE INFORMATION, VISIT BRAZOS.AGRILIFE.ORG UNDER THE 4-H PUBLICATIONS TAB TO SEE OFFICIAL RULES AND GUIDELINES.

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2018-2019

Rules and Guidelines Manual

Brazos County 4-H Food
Show
November 29, 2018



18 USC 707



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The members of Texas A&M AgriLife will provide equal opportunities in programs and activities, education, and employment to all persons regardless of race, color, sex, religion, national origin, age, disability, genetic information, veteran status, sexual orientation or gender identity and will strive to achieve full and equal employment opportunity throughout Texas A&M AgriLife.



2018-19 BRAZOS 4-H FOOD SHOW RULES, FORMS & SCORECARD

Contest Date: Thursday, November 29, 2018

Registration Deadline: Thursday, November 15, 2018

Brazos County 4-H Food Show paperwork may be emailed to gjhoyt@ag.tamu.edu and carbon copied to fewilliams@ag.tamu.edu or either submitted to 2619 Highway 21 West in Bryan, Texas.

SCHEDULE

4:30-5:00 p.m.	Judges' orientation
5:00-5:30 p.m.	Participant Registration & Table Display set up
5:30-5:45 p.m.	Participant Orientation
5:50 p.m.	Food Show Judging & Table Display Judging begins <i>(Awards presentation will be held immediately following the judging of all contestants; approximately 7:00 p.m.)</i>

District Contest Entry Guidelines & Paperwork will be posted at:

<https://d94-h.tamu.edu/eventsandcontests/bigtime/food-show/>

Entry Deadline is November 15, 2018 by 5:00 p.m. **Entry fee:** \$7.00

Email forms and a copy of your recipe to Gina Hoyt at gjhoyt@ag.tamu.edu and carbon copy Flora Williams at fewilliams@ag.tamu.edu in the email or deliver to the Extension Office 2619 Highway 21 West Bryan Texas 77803.

Academic eligibility and entry fee are due by entry deadline.

Interview Process at Food Show

- 4 minute oral presentation, 4 minutes question and answer, 1 minute to serve judges for Juniors and Intermediates with a five minute break between interviews
- and 4 minutes for oral presentation, 4 minutes for interview by judges and 1 minute for serving of dish for seniors. There are 5 minutes between contestants.

ENTRY DIVISIONS - Counties may send all juniors, intermediates, and seniors to the District Contest in May.

- Clovers- Kindergarten, 1st, 2nd as of August 31, 2018 (participation only, will not receive placing.)
- Juniors - Grades 3rd (and at least 8 years old), 4th and 5th as of August 31, 2018
- Intermediate - Grades 6th, 7th, and 8th as of August 31, 2018
- Seniors - Grades 9th, 10th, 11th, 12th as of August 31, 2018

OPTIONAL LEADERSHIP ACTIVITIES

- Research a menu item from a fast food restaurant. Identify the name of the food item, ingredients, number of calories, fat content, saturated fat, trans fat, sugars, sodium, vitamin C, calcium, iron, and carb content, allergens, and cost of that food. Make a foam poster board about the menu item. Include all of the aforementioned items on the poster in addition to a description of how to make that food a healthier option. Be creative. Bring the research poster to the 4-H Food Show to be displayed.
- Bring a well written handwritten "thank you" note in a sealed envelope to be given to our sponsor. This year's sponsor is Brazos County Adult Leaders Association.
- Bring judges' gifts related to food or bring a food items to drop in judges' bags. This year we will have 18 judges. Please bring at least 9 items.
- Bring refreshments to put on the refreshment table. In past years, 4-H members have chosen to make an extra sample of their food show entry.

COMMUNITY SERVICE OPPORTUNITIES

- Bring canned meats (tuna, salmon, chicken, etc.) to be donated to the Brazos Valley Food Bank.
- Bring snack-sized with no sugar added fruit cup packs (usually comes in 4 to 12 cups). These will be donated to a local afterschool program.

2018-2019 4-H Food Show

RESTAURANT RE-CREATIONS

This year's 4-H Food Show theme, Restaurant Re-Creations, challenges contestants to take their favorite dish and make it a healthy one! Contestants should find ways to "recreate" the taste by using alternate ingredients and cooking methods. Contestants should discuss in their food show interview the substitutions of ingredients utilized to acquire the same taste and quality as their favorite restaurant serves.

What is your favorite restaurant entrée? Is it an appetizer like fried cheese sticks or a main dish like Chicken Alfredo? Maybe your favorite dish is a side dish like sweet potato fries or chips and salsa? Most Americans feel an evening out with family or friends qualifies for indulging in a few extra calories. However, the low nutritional value and high calorie and fat content of some of your "favorites" may shock you!

Objectives

- Develop food preparation, safety, and nutrition skills.
- Provide leadership and public speaking opportunities.
- Provide opportunities for participants to connect MyPlate and Dietary Guidelines to their daily lives.
- Learn about nutrients and the health benefits they provide to your body.

STUDY RESOURCES

MyPlate

<http://www.choosemyplate.gov/>

Food Safety

<http://www.fightbac.org/>

Dietary Guidelines for Americans

<http://health.gov/DietaryGuidelines/>

Preparation Principles & Function of Ingredients

<https://texas4-h.tamu.edu/wp-content/uploads/Preparation-Principles-and-Function-of-Ingredients.pdf>

Know Your Nutrients

https://texas4-h.tamu.edu/wp-content/uploads/Know-Your-Nutrients_FINAL.pdf

Nutrient Needs at a Glance

http://fcs.tamu.edu/food_and_nutrition/pdf/nutrient-needs-at-a-glance- E-589.pdf

THEME RESOURCES

Altering Recipes for Good Health

http://texas4-h.tamu.edu/wp-content/uploads/2015/09/healthy_food_Challenge_altering_recipes.pdf

Restaurant meals: How to make them healthier – Harvard Health

<https://www.health.harvard.edu/staying-healthy/restaurant-meals-how-to-make-them-healthier>

10 Tips: Eating Foods Away from Home / Choose MyPlate

<https://www.choosemyplate.gov/ten-tips-eating-foods-away-home>

Easy, Tasty, Healthy: Simple Ingredient Substitutions for Your Recipes

<https://www.ksre.k-state.edu/humannutrition/nutrition-topics/easytasty.html>

Now Serving: Recipe Makeovers!

<https://www.ksre.k-state.edu/humannutrition/nutrition-topics/easytasty-documents/NDSU.pdf>

Modifying a Recipe to be Healthier

<https://www.ksre.k-state.edu/humannutrition/nutrition-topics/easytasty-documents/Ohio.pdf>

RECIPE SELECTION

Categories. Texas 4-H Food Show categories are: Nutritious Snacks, Main Dish, Fruits & Vegetables and Breads & Cereals.

- **Main Dish** – Food classified as main dish usually contain a meat or meat alternate such as cheese, eggs, dry beans, or peas and peanut butter. They also may contain other foods. Dishes may include beef, veal, pork, variety meats, poultry, eggs, fish and shellfish. Other possible dishes include meat loaves, soufflés, omelets, soups and chowders.
- **Fruits & Vegetables** – Side dishes are foods that are usually served along with a main dish or as accompaniments to the main course. Foods in this category should be those in which the main ingredient is a fruit or a vegetable. Suggested dishes may include salads, cooked vegetables, cooked fruit, and combination vegetable dishes.
- **Breads & Cereals** – The foods in this category should contain foods made from wheat, oats, rice rye, barley, millet, quinoa and / or corn. Examples of entries for this category include quick breads such as muffins and biscuits, yeast breads, oatmeal and pasta.
- **Nutritious Snacks** – For this category, look for recipes high in nutrients which provide lasting energy to sustain an individual between meals. Examples of nutritious snacks include: red pepper hummus, oven roasted chickpeas, or oatmeal energy balls.

Recipe. State food show contestants must enter the same recipe entry that they qualified with at the District level. The same recipe cannot be entered more than once to the State Food Show. Recipes should be written in the standard recipe format using the included Recipe Submission Checklist as a guide.

All four food categories may use ovens during food preparation. However, oven time is limited to 75 minutes in all categories.

No alcohol or ingredients containing alcohol may be used.

When choosing a recipe, please keep in mind what ingredients will be available or in season for all levels of competition: county, district and state.

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, number of 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: $\frac{1}{4}$ cup chopped onion, not $\frac{1}{4}$ cup onion chopped. EX: 1 green pepper, chopped, not 1 chopped green pepper	_____	_____
c. Measurements given in common fractions i.e. $\frac{1}{4}$ 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 wording to describe combining and cooking processes	_____	_____
d. Stated the size of pan	_____	_____
e. Given temperature and cooking times	_____	_____
f. Included the number of servings or how much the recipe would make	_____	_____

RECIPE EXAMPLE

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 cream cheese, softened

**(not just 1 package/what kind)
Low fat, Fat free, etc.)**

½ teaspoon vanilla

½ teaspoon lime juice

6-ounce can mandarin oranges, drained

8-ounce can pineapple tidbits, drained

2 cups green grapes, halved, seeded

(always include size)

**(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

3-ounce package lime gelatin

1 ½ cups boiling water

(indicate low-fat, fat-free, etc.)

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 try for color variety. Yield 8 ½ cup servings. (Note number of servings is listed.)

RECIPE PRESENTATION AND JUDGING

Contestants should be prepared to interview earlier than their scheduled time if asked to do so.

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, Restaurant Re-Creations.

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, food preparation, chronic disease prevention, age related nutrition, or other areas of health, as well as project experiences. Judges may ask additional questions related to general food and health, food systems, food safety, or food/health issues.

3. Serving

At the end of the question and answer period, contestants will have one-minute to serve the judges a portion of their dish. This allows judges to visually evaluate the dish prepared. Contestants should practice proper food handling techniques when presenting food to the judges. Judges will not taste the food.

The food should be presented in a serving dish with a serving utensil provided by the contestant. In addition, a napkin to lay serving utensil on is allowed. 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. Contestants should serve judges what they deem is an appropriate serving size for evaluation purposes. Paper goods for these servings will be provided by the food show committee. Contestants will serve one serving to the judging panel, not a serving to each individual judge. 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. As stated earlier in the guidelines, only edible garnishes are allowed with the food show entry.