

2018 Henderson County 4-H Food Show Guidelines

Entries due: Monday, November 27th, 2017

The 4-H Food Show is an individual opportunity for 4-H youth to showcase their skill and knowledge within the Food and Nutrition project. The 2017-18 contest will be held on Saturday, December 2nd at 10 a.m. at a location to be determined in Athens, TX.

4-H members must select their category prior to entry and submit a copy of the recipe. This year's Food Show theme is "Fresh from the Farm". Entries must be submitted by 5 p.m. on Monday, November 27th, 2017. There is no cost to enter the County 4-H Food Show, but participants must be active 4-H members. (*Division is determined by grade on Sept. 1, 2017*)

- **Clover Kids** (Kindergarten - 2nd Grade)
- **Junior** (3rd Grade - 5th Grade)
- **Intermediate** (6th Grade - 8th Grade)
- **Senior** (9th Grade - 12th Grade)

Dishes must arrive at the contest cooked and ready to serve. Participants will be given time to garnish their dish before being judged. Dishes will not be sampled by the judges, so presentation is important.

Only one entry will advance to the District 5 4-H Contest per category in each age division. The District 5 Contest is on Saturday, February 3rd in Nacogdoches, Texas. Additional information will be shared with those who qualify.

Food Show Categories

There are four contest 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. *Example: 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. *Example: 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. *Example: 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. *Example: Dishes selected must contain a minimum of a half serving of dairy per serving (macaroni and cheese, drinks, custards, cheese logs, etc.)*

Recipe Selection

Contestants are encouraged to select recipes that follow sound dietary practices. 4-H participants should be familiar with this information contained in these study materials, especially the information on food safety.

- **State 4-H Food Show Guidelines (Senior level competition only)**
<https://texas4-h.tamu.edu/wp-content/uploads/2018-4H-state-food-show-guidelines.pdf>
- **My Plate**
<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 (kid friendly)**
<https://texas4-h.tamu.edu/wp-content/uploads/Nutritional-Concepts.pdf>
- **The Importance of Family Mealtime**
<http://food.unl.edu/documents/The%20Importance%20of%20Family%20Mealtime.02.01.10.pdf>

It is strongly urged that 4-Hers choose recipes that are relatively simple (i.e. less than 7 ingredients, 1 dish meals, etc.). **No alcohol or alcohol-containing ingredients may be used.**

Theme Resources

The theme for the 2018 Food Show is “**Fresh from the Farm.**” This theme will allow participants the opportunity to explore many aspects of food processing, physical activity, and the value of agriculture. Another aspect to consider is the importance of family and working together.

In addition, 4-H members can discuss the growing season their dish is associated with: late spring and early summer, high summer, and early fall. In addition, 4-H members might consider discussing where the ingredients for their dish were grown, whether locally or otherwise.

Fresh from the Farm is a theme intended to help 4-H members increase their knowledge of where food originates and the importance of agriculture and farming. However, in NO WAY is the goal of this theme to imply that foods sold or harvested from the farm are more nutritious than foods which are purchased from the local grocery store. In addition, please be clear, that foods purchased from the grocery store (not just foods purchased from a farmer's market or harvested from a garden) are fine to use in your food show recipe

- **Beef from Farm to Table**
[https://www.fsis.usda.gov/wps/wcm/connect/c33b69fe-7041-4f50-9dd0-d098f11d1f13/Beef from Farm to Table.pdf?MOD=AJPERES](https://www.fsis.usda.gov/wps/wcm/connect/c33b69fe-7041-4f50-9dd0-d098f11d1f13/Beef%20from%20Farm%20to%20Table.pdf?MOD=AJPERES)
- **Produce: Selecting and Serving it Safely**
<https://www.fda.gov/food/resourcesforyou/consumers/ucm114299.htm>

- **Raw Produce Selecting and Serving it Safely**
<https://www.fda.gov/downloads/food/foodborneillnesscontaminants/ucm174142.pdf>
- **Health and Wellness Resource Guide for Fruits & Vegetables**
http://pbhfoundation.org/sites/default/files/pdf/PBH_Health_Wellness_Resource_Guide_1475180337.pdf
- **“The Garden Grocery: Food Safety & Selection at the Farmer’s Market” Powerpoint**
<http://food.unl.edu/powerpoints-handouts-alice/free-garden-grocery-farmers-market-food-safety-powerpoint-2016.pptx>

Recipe Resource

- **Dinner Tonight: Texas A&M AgriLife Extension**
<http://dinnertonight.tamu.edu/recipes/>

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Judging Criteria

Introduction/Presentation – Senior's only (*juniors and intermediates can do this, but are not required.*)

- Each contestant will start with a maximum three-minute presentation to introduce themselves and their dish. You should describe your inspiration in choosing your recipe and how it relates to the theme, Fresh from the Farm.

Question and Answer – All Divisions

- Judges will have the opportunity to ask 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 study resources in the Guidelines will improve your interview success.

Serving the Dish – All Divisions

- Contestants will present the judges with a single serving from the dish they have prepared. The single serving will be served on a small dish (appropriate to the food), it may be garnished with edible items and you may include an eating utensil (i.e. fork, spoon, etc.).

Due to food safety issues, the judges will not taste the entries. Participants will present the panel of judges a single serving of the entry so that the judges can evaluate the quality and appearance of the dish. With this in mind contestants will need to arrange to keep the food either hot or cold, whichever is appropriate.

Participants will need to provide their own serving utensils. Gloves will not be required nor will they be furnished this year, since this aspect of food safety is not an issue. If possible, 'down-size' recipes. For example, if the recipe makes a three pound meatloaf, it would only be necessary to make half or a third of that recipe for the show. This will cut down on waste and food safety concerns.

Entries will be grouped according to the category entered. Only edible garnishes are allowed. Participants will remove their dish from the place setting and take it to the judging table for the interview. Contestants are encouraged to wear clothing consistent with professional and safe food handling practices.

****Contestants may choose to participate in the optional "Place Setting" contest.** Following the evaluation of individual entries, judges will look at how the contestant has displayed their food/place setting.

Food Show Questions – The attached questions are to be used simply as a guideline for all age groups. The judges are not required to stick to this set of question nor will participants necessarily be asked any of the listed questions. It is best for the 4-H members to know the steps necessary to prepare their dishes, the nutrient content of their dish and possible recipe substitutions.

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: 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, 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	(always include size)
8-ounce can pineapple tidbits, drained	
2 cups green 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	
3-ounce package lime gelatin	(indicate low-fat, fat-free, etc.)
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 try for color variety. Yield 8 ½ cup servings. (Note number of servings is listed.)

TEXAS 4-H FOOD SHOW SCORECARD (8/2017)

CONTESTANT NAME: _____

COUNTY: _____

DISTRICT: _____

ENTRY CATEGORY:

☐

Protein

☐

Fruit & Vegetables

☐

Grains

☐

Dairy

AGE DIVISION:

☐

Junior

☐

Intermediate

☐

Senior

	Rating				Comments	Points
	Outstanding	Good	Fair	Needs Improvement		
I. PRESENTATION						
Is theme represented in this entry?	5-4	3	2	1		(5)
Knowledge of MyPlate: Food group of individual ingredients, serving amount needed from each group daily; food group that dish falls into; knowledge of personal healthy lifestyles choices based on dietary guidelines	10-8	7-6	5-3	2-1		(10)
Nutrition Knowledge: Contestant understands what this dish contributes to the diet	10-8	7-6	5-3	2-1		(10)
Food Preparation: Knows the key steps in preparation of food and function of ingredients	10-8	7-6	5-3	2-1		(10)
Food Safety Concerns & Practices: Knows food safety concerns in preparation and storage of dish	10-8	7-6	5-3	2-1		(10)
II. INTERVIEW (category specific questions)						
Knowledge of MyPlate	10-8	7-6	5-3	2-1		(10)
Nutrition Knowledge	10-8	7-6	5-3	2-1		(10)
Food Preparation	10-8	7-6	5-3	2-1		(10)
Food Safety	5-4	3	2	1		(5)
4-H Food & Nutrition Project Activities	5-4	3	2	1		(5)
III. FOOD EVALUATION						
Food Presentation/Quality: Appearance of food (texture, uniformity); garnishing	5-4	3	2	1		(5)
IV. EFFECTIVENESS OF COMMUNICATION						
Voice, poise, personal appearance	5-4	3	2	1		(5)
V. PAPERWORK						
Summary of project experiences	5-4	3	2	1		(5)
ADDITIONAL COMMENTS:						TOTAL POINTS:

JUDGES' QUESTIONS

District 5 4-H Food Show

Junior and Intermediate contestants will be required to answer these questions during competition:

1. Tell me how many years you have been in the 4-H Foods Project.
2. Tell me something you learned from this project.
3. Briefly tell me how you prepared your dish.
(Food Preparation on the scorecard)
4. Could you make any substitutions for any ingredient in your recipe?
(Nutrient Knowledge and Food Preparation on the scorecard)
5. What is the key nutrient in the dish you prepared? Why is it important?
(Nutrient Knowledge and Food Preparation on the scorecard)
6. Name the food groups found on the MyPlate. Which food group does your dish belong in?
(Knowledge of MyPlate on the scorecard)
7. How many calories are in one serving of your dish?
(Knowledge of MyPlate and Nutrient Knowledge on the scorecard)
8. If you prepared your dish to take to someone's house, what steps would you take to transport the dish and serve it properly?
(Food Safety Concerns Practices on the scorecard)
9. Tell me one thing you have done to improve your eating habits.
(Knowledge of MyPlate and Nutrient Knowledge on the scorecard).
10. Is there anything else you would like to tell us about your Food and Nutrition project?
11. Tell me about any leadership opportunities that you took advantage of in this year's foods project.
(Food & Nutrition Project Activities on the scorecard)
12. Tell me about your community service activities related to the food project.
(Food & Nutrition Project Activities on the scorecard)



Food Show Questions

Sample Questions (for Seniors)

1. How do you balance your daily menu to ensure that you get proper amounts of food from the food groups?
2. Name food groups and amounts that are required from each food group each day.
3. What function does each ingredient perform in the recipe?
4. What are the basic preparation principles involved in preparing this dish?
5. What food safety practices did you use during preparation?
6. What is considered a serving of your dish?
7. If substitutions are possible, what are they?
8. What and what amount of important nutrients are found in your dish?
9. What is the function of the nutrients found in your dish?
10. What change have you made in your dietary habits as a result of your 4-H food project?
11. Tell about your community service and leadership through the year's food project?
12. What were your goals for your foods project and what are some activities you did in this project?
13. What do you consider your most important learning experience in this year's food project?
14. Is there anything else you would like to tell us about your project?

These are sample questions. Senior judges are free to ask whatever they wish.

2018 Henderson County 4-H Food Show

Saturday, December 2nd, 2017

Entry Form

Participant Name: _____

Club: _____

Age Division: ☐ Clover Kids ☐ Junior ☐ Intermediate ☐ Senior

Category:

☐ Dairy ☐ Fruit & Vegetable

☐ Grain ☐ Protein

Recipe Name: _____ (please attach)

☐ I will be participating in the County Food Challenge Contest

Age Division: ☐ Junior ☐ Intermediate ☐ Senior ☐ Mixed

Team Members:

- 1.
- 2.
- 3.
- 4.

*All entries competing in the Food Show must have a recipe attached to the entry form when turned in. If you are entering the Food Challenge you will not have a recipe to turn in with your form. Entries are due to the County Extension office by **Monday, November 27, 2017.***