



2019 Kerr County 4-H FOOD SHOW

PROJECT GOALS AND OBJECTIVES

The goal of the 4-H Food Show is to provide an opportunity for 4-H contestants to highlight their culinary skills while also improving their presentation and interview skills. More than 120,000 youth participate in the 4-H Food & Nutrition Project annually. Projects consist of five to six sequential learning experiences, leadership development opportunities and community service experiences. The 4-H Food & Nutrition Project allows youth to learn how to prepare nutritious and safe meals and snacks and adopt behaviors that can help reduce their risk for chronic disease. This contest challenges members to create a dish using healthy ingredients in addition to learning in-depth information related their dish and its nutritional value.

The objectives of the 4-H Food & Nutrition Project are:

- 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.

Kerr County will follow the 2019-2020 State 4-H Food Show rules except where noted in the County Rules Section of this letter. We will use the same categories and theme as state. The State 4-H Food Show Packet is available at: <https://texas4-h.tamu.edu/projects/food-nutrition/>

Rules:

1. **Participation.** Participants must be 4-H members currently enrolled in a Texas 4-H Youth Development county program and actively participating in the Food and Nutrition project.
2. **Age.** Age divisions are determined by a participant's age as of August 31 of the current 4- H year in accordance with what is stated in the current Texas 4-H Rules and Guidelines.

Junior: Grades	3 rd -5 th
Intermediate Division:	6 th -8 th
Senior Division:	9 th -12 th

3. **Theme.** *"Food Around the World"* Embark on a memorable adventure--meeting

people, sharing customs and sampling foods from various countries around the world.

This year's 4-H Food Show theme, Food Around the World, challenges contestants to explore foods and cultures from countries outside the United States. Let your exploration guide your recipe selection for the food show. Is there a country you dream of traveling to in the future? Consider your family's heritage and/or original place of origin for inspiration. Or simply spin the globe and let your finger choose a country. Remember to keep in mind good nutrition and healthy preparation methods as you select your recipe.

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

- **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.

5. **Recipe.** When selecting a recipe for county and district competition, please remember:

- Recipes should be written in the standard recipe format using the included Recipe Submission Checklist as a guide.
- No alcohol or ingredients containing alcohol may be used.
- Keep in mind what ingredients will be available or in season for all levels of competition: county, district and state. Additionally, please consider if ingredients will be available in local grocery stores where contests are held.
- Food Show contestants must enter the same recipe that they qualified with at the County level and District level if advancing to State. The same recipe cannot be entered more than once to the State Food Show.
- Seniors. At state, contestants will be assigned specific preparation facility times and preparation time limits based on number of entries and recipes. Depending on the number of entries and recipes, contestants may be limited to 2 to 2.5 hours in the facility; this time limit will include final cooking and/or baking of their dish. Oven time is limited to 75 minutes.

6. **Forms.** All 4-H'ers MUST complete the required **Texas 4-H Food Show Recipe**. **Forms are due by October 24, 2019. Submit to Angela Fiedler at afiedler@ag.tamu.edu or bring by the Extension Office.**

7. **Serving Size.** Junior and Intermediate 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.
8. **Entire Dish.** Senior participants will be required to bring their entire dish to the Contest and will serve one serving to the judges from their serving dish to the judge's plate during their interview.
9. There will be no actual cooking preparation at the Food Show. Please be aware that 4-H'ers will NOT have access to electrical outlets, microwaves, ovens, refrigerators, freezers, sinks, etc. at the Food Show.
10. In the dish staging area, if participants will be transferring their dish serving from a hot dish to their serving dish, they should bring 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.
11. If needed to safely transport the dish, contestants should bring serving trays. Serving trays will not be provided.
12. **Safety.** Contestants should wear clothing consistent with professional and safe food handling practices.
13. Contestants must remain at their assigned seat 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.
14. The decision as to whether a dish qualifies in a category will be left entirely to the discretion of the agent during judging at the county level.
15. **Garnishes.** Only edible garnishes are allowed. No decorations. Participants will be asked to remove any other material besides a serving utensil, utensil, napkin, and edible garnish from the serving tray. Both disposable and non-disposable serving dishes are acceptable.
16. **Presentation and Judging Guidelines.** Note the differences in presentation and judging format. Juniors / Intermediates will follow the same format. Seniors will follow state format. Details are listed below by age division.

Senior Presentation and Judging Guidelines

Seniors will be required to bring their entire dish to the Contest and will need to serve one serving to the judges. 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.

A. Introduction/Presentation

Each contestant will **start with a maximum five-minute presentation** to introduce themselves and their dish. To earn maximum points, participants must use the 5-minute presentation to describe their inspiration in choosing your recipe, how recipe relates to the current food show theme, and the following areas of the scorecard: Knowledge of MyPlate, Nutrition Knowledge, Food Preparation, and Food Safety Concerns.

B. 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.

C. 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.

Senior Registration Forms

* The only required paperwork is **Texas 4-H Food Show Recipe**.

Recipes should be typed in the standard recipe format using the Recipe Submission Checklist as a guide.

Forms are due by October 24, 2019. Submit to Angela Fiedler at afiedler@ag.tamu.edu or bring by the Extension Office.

Junior and Intermediate Presentation and Judging Guidelines

Junior and Intermediate Presentation and Judging Guidelines

Juniors and Intermediates will be required to bring one serving of their dish to the District Contest. Contestants will not need to serve to the judges as they will present one (1) serving to the judging panel, not a serving to each individual judge. Contestants should present judges with the one (1) serving as they deem is an appropriate serving size for evaluation purposes.

Once the single serving as been presented the interview will begin with judges asking questions. If a contestant starts with a prepared presentation, judges are required to stop the contestant and remind them of the interview format.

Juniors and Intermediates have a maximum of Five (5) minutes to be interviewed by the judges.

Junior Intermediate Forms

* The only required paperwork is **Texas 4-H Food Show Recipe** Recipes should be typed in the standard recipe format using the Recipe Submission Checklist as a guide.

Forms are due by October 24, 2019. Submit to Angela Fiedler at afiedler@ag.tamu.edu or bring by the Extension Office.

**Possible Junior & Intermediate Questions
County/District 10 4-H Food Show**

1. What are the food groups included in **My Plate**? What portion does each group take up?
2. What are the **key nutrients** you would get from your recipe? Why do you need these nutrients?
3. What are the **preparation steps** in your recipe and why are they important?
4. What did you learn about **food safety** in your foods & nutrition project?
5. Tell me about one of the ingredients in your dish and why it is important in your recipe?
(Function of ingredients)
6. What have you learned in your foods project about **healthy eating**?
7. Give one example of a food from each **My Plate** section.
8. Other than **My Plate**, what should you consider when **planning a meal**?
9. What did you learned in your **foods and nutrition project** that you thought was most important in Community Services, Leadership and Workshops?
10. Could you substitute anything in your recipe to make it healthier or modify the taste?
11. What is the cost of your dish?
12. Give one example of how you incorporated the theme into your dish / dish selection.

Possible Senior Questions
County/District 10 4-H
Food Show

The senior division is set up in a way that allows contestants to share their knowledge in the format of their choosing during the presentation. Interview questions are applicable to the scoresheet.

While there is not a list of example questions, contestants should be prepared to provide thorough information in their presentation to showcase their knowledge and be able to answer questions related to the topics listed below in the interview section.

Each contestant will **start with a maximum five-minute presentation** to introduce themselves and their dish. To earn maximum points, participants must use the 5-minute presentation to describe their inspiration in choosing your recipe, how recipe relates to the current food show theme, and the following areas of the scorecard: Knowledge of MyPlate, Nutrition Knowledge, Food Preparation, and Food Safety Concerns.

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.

District 10 4-H Food Show | Scorecard

Contestant Name: _____

County: _____

Entry Category: ___ Main Dish ___ Fruit/Veggie ___ Bread/Cereal ___ Nutritious Snack

Age Division: ___ Junior ___ Intermediate ___ Senior

	Comments
I. PRESENTATION	
<p>Theme:</p> <ul style="list-style-type: none"> Is theme represented in this entry? 	
<p>Knowledge of MyPlate:</p> <ul style="list-style-type: none"> 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 	
<p>Nutrition Knowledge:</p> <ul style="list-style-type: none"> Contestant understands what this dish contributes to the diet 	
<p>Food Preparation:</p> <ul style="list-style-type: none"> Knows the key steps in preparation of food and function of ingredients 	
<p>Food Safety Concerns & Practices:</p> <ul style="list-style-type: none"> Knows food safety concerns in preparation and storage of dish 	
II. INTERVIEW <i>(category specific)</i>	
Judge's Questions	
4-H Food & Nutrition Project Activities	
III. FOOD EVALUATION	
<p>Food Presentation/Quality:</p> <ul style="list-style-type: none"> Appearance of food (texture, uniformity) Garnishing 	
IV. EFFECTIVENESS OF COMMUNICATION	
<i>Voice, poise, personal appearance</i>	
<p>Additional Comments:</p> <p style="text-align: right;">Judges Initials _____</p>	

Texas 4-H Food Show Resources

Participants are encouraged to use the following resources as a foundation to learning nutrition, food safety, and food preparation knowledge. Participants should not solely rely on these resources but seek other credible resources to expand their knowledge and expertise.

NUTRITION RESOURCES

MyPlate

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

Food Safety

<https://texas4-h.tamu.edu/projects/food-nutrition/>

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

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

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

Food and Culture by Kittler, Sucher, and Nelms

<http://people.wku.edu/barry.kaufkins/330/Food%20and%20Culture.pdf>

Food in every country

<http://www.foodbycountry.com/>

International Recipes

<https://www.carolinescooking.com/eat-world-international-recipes/>

Recipes around the world

<https://recipesaroundtheworld.com/>

Modifying a Recipe to be Healthier

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

STATE 4-H FOOD SHOW RECIPE SUBMISSION CHECKLIST

Recipes for Texas 4-H Food Show should adhere to the guidelines below. Please use this checklist to ensure recipes are correctly written.

	YES	NO
DOES YOUR RECIPE HAVE ALL OF THESE PARTS?		
Name of recipe	_____	_____
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	_____	_____
Description for combining all ingredients	_____	_____
LIST OF INGREDIENTS		
Ingredients are listed in order in which they are used in directions	_____	_____
Ingredients listed as they are measured. *EX: ¼ cup chopped onion, not ¼ cup onion chopped. *EX: 1 green pepper, chopped, not 1 chopped green pepper	_____	_____
Measurements given in common fractions *Ex: 1/4 cup, 2 tablespoons, 1 teaspoon	_____	_____
All measurements are spelled out, not abbreviated. *Ex: cup, teaspoon, tablespoon, size can, etc. *Ex: 4-ounce can	_____	_____
No brand names are used.	_____	_____
Complete description of ingredients is included *EX: low-fat; packed in syrup; reduced fat; etc.	_____	_____
DIRECTIONS		
Clear instructions used for every step of combining and cooking the ingredients	_____	_____
Short, clear sentences used	_____	_____
Correct wording used to describe combining and cooking processes	_____	_____
Size and type of pan stated	_____	_____
Oven temperature and cooking times given	_____	_____
Number of servings or how much the recipe would make included	_____	_____

STATE 4-H FOOD SHOW RECIPE EXAMPLE

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 jiggler 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 RECIPE SUBMISSION PAPERWORK

CONTESTANT NAME:				
CATEGORY <i>Please check one</i>	<input type="checkbox"/> Breads & Cereal	<input type="checkbox"/> Fruits & Vegetables	<input type="checkbox"/> Main Dish	<input type="checkbox"/> Nutritious Snack
COUNTY	Kerr			
DISTRICT	10			

Name of Recipe:	
Prep Time:	Cook Time:

Type Recipe Here:

By submitting the recipe, the contestant releases the recipe for use by Texas 4-H Youth Development and Texas A&M AgriLife Extension.