

LIMESTONE COUNTY 4-H FOOD SHOW

Rules & Guidelines

1. **Participation.** Participants must be 4-H members currently enrolled in a Texas 4-H and Youth Development county program and actively participating in the Food and Nutrition project.

Age Divisions. *All 4-H ages, including Clover Kids,* may participate in the Limestone County 4-H Food Show. Only senior 4-Hers may move on to the district contest and possibly the state contest – one senior 4-H member per Food Show category may advance to District.

Clover Kids: 5 years old and in Kindergarten up to 2nd grade and 8 years old.

Junior: 8 years old and in the 3rd grade or 9 years to 10 years,

Intermediate: 11 years to 13 years old

Senior: 14-18 years old

as of August 31, 2014.

2. **Categories.** There are four Food Show categories: Protein, Fruit & Vegetable, Grains, and Dairy. Many recipes can be entered in more than one category. Participants should consult with the website www.choosemyplate.gov when selecting a recipe category.

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 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.)

3. **Rules & Guidelines.** Seniors will follow all State Food Show rules. Seniors will bring the prepared dish to the contest. No alcohol or alcohol-containing ingredients may be used.



4. **Theme.** The theme for the 2015 Food Show is “*Bringing Texas to the Table.*” This gives you an opportunity to pick your favorite dish – and improve to make it more economical. Good luck and enjoy!
5. **Bring to County Contest:**
 - a. **Prepared dish.** Complete dishes are not required. 4-H members are encouraged to bring a single serving or a small dish rather than the whole recipe, so there will not be as much waste if the food needs to be thrown away. The judges will be served a small portion of food.
 - b. **Serving Utensil.** Serving of the entry dishes will occur during the contestant’s interview time. Disposable plates will be provided for the contestant to serve their food; however, they will need to bring the appropriate serving utensil. Judges will not taste the dish.
 - c. **Project Record Form** – Two copies. Be sure to include a copy of the recipe.
6. **Preparation.** Recipes must be prepared prior to arrival and there is no refrigeration nor ice for cold storage available. It is up to the contestant to keep their dish cold or hot.
7. **Presentation.** All contestants should prepare an oral presentation.
Clover Kids: 30 seconds to one minute
Juniors: 1 minute to 2 minutes
Intermediates: 2 minutes to 3 minutes
Seniors: three-minutes.

In this time, participants should introduce themselves and their dish, and describe their inspiration in choosing that dish and how it relates to current them. Participants may also include their experience in 4-H and the Food and Nutrition Project. Do not spend the entire time giving the recipe. Include only challenging parts of the preparation, experimentation with recipes, etc.
8. **Interview.** Judges will have the opportunity for up to five-minutes interview asking questions applicable to the scorecard. It includes, but is not limited to, basic nutrition, food safety, preparation, and project experiences. It is recommended to look over the score sheet to get ideas of what to talk about in the presentation.
9. **Serving.** At the conclusion of the five-minute interview, the participant will have one minute to serve the judges a portion of the dish. This will allow the judges to visually evaluate the dish you have prepared. Participants should practice proper food handling techniques when presenting food to the judges.

Judges’ Comments. Judges will have four minutes to write comments and score participants.
10. **Awards.** The top scoring individuals in each category will be recognized.

Participants with disabilities. Any competitor who requires auxiliary aids or special accommodations must contact the County Extension Office before the competition. Contact Vanessa Casad or Wanda Powell at (254) 729-5314