

Palo Pinto County 4-H Food Show 2020 Rules and Guidelines



- Date:** Saturday, October 17, 2020
- Location:** Palo Pinto County Extension Office – Office Side
- Time:**
- Individual Times Will be Assigned for Arrival
 - First Arrival Time will be scheduled for 10:00 a.m.
 - If needed, participants may request that their interview/presentation be videoed at the Extension office by appointment prior to the contest date and then shared with the food show judge(s) the day of the contest.
- Entry Deadline:** Friday, October 9, 2020
- Required Entry Form:** 4-H Food Show Recipe Submission

Current 4-H Safety Guidelines to help in minimizing COVID-19 transmission will be followed.

The Palo Pinto County 4-H Food Show will follow the District 3 4-H Food Show Guidelines.

4-H Food Show Rules & Guidelines

Eligibility: Contestants must be enrolled and actively participating as a 4-H member. The 4-H member must also be actively participating in a food and nutrition educational program.

Age Divisions:

- **Juniors** must be at least 8 & in the 3rd, 4th, or 5th grade for the current school year.
- **Intermediates** must be in the 6th, 7th or 8th grade for the current school year.
- **Seniors** must be in the 9th, 10th, 11th or 12th grade for the current school year.
- **Clover Kids** (K-2nd Graders) may participate at the Palo Pinto County 4-H Food Show. They will not be eligible to advance to District.

Theme and Entry Categories:

GROCERY GAMES...Let your local food sources guide your healthy recipe selection with only \$10 to spend! Texas is a diverse state, in more ways than one! Some of us live in a metroplex with access to major supermarkets and aisles upon aisles of options. Others live in small towns supplied by a convenience store or a larger store if we are willing to travel. A few of us find fresh food in our own backyard garden. The rest of us are somewhere in between! This year, we want you to be creative by using YOUR local food sources to create a dish on a budget. This year's Food Show will be especially unique as 4-H'ers bring foods created from the supermarket, the small-town convenience stores, the dollar stores, and even the garden! What are you bringing to the table?

Remember to keep in mind good nutrition and healthy preparation methods as you select your recipe.

Youth may only enter one category. The 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 preparation principles.

All four food categories may use ovens during food preparation. When selecting recipes keep in mind:

Oven time is limited to 75 minutes in all categories.
No alcohol or alcohol-containing ingredients can be used.

- **Appetizer** - Traditionally an appetizer is a small dish or food that is eaten prior to the main course. When selecting recipes for this category, contestants should consider foods that are lower in fat, sodium, and calories to not ruin one's appetite.
- **Main Dish** - The main dish is usually the heaviest, heartiest, and most substantial dish in a meal. In a meal consisting of several courses, the main dish is served during the main course and is the featured dish of the meal. The key ingredient is usually meat or another protein food, but they may contain other foods.
- **Side Dishes** – Side dishes are foods that are usually served along with a main dish or as accompaniments to the main course. Suggested dishes may include salads, cooked vegetables, cooked fruit, pasta, or rice dishes, and/or combination vegetable dishes.
- **Healthy Desserts** – Healthy can still mean delicious when it comes to desserts. Dishes in this category should be served at the end of the meal or for special occasions. Contestants should modify traditional recipes with healthy substitutions and consider MyPlate and Dietary Guidelines when selecting recipes for this category.

Entry Forms:

All age groups will need to complete the 4-H Food Show Recipe Submission Form that includes space for their recipe. It is available in a typeable PDF. If possible, participants are asked to email this form with the recipe to palopint@ag.tamu.edu . Please also call to make sure that we received your entry. Entries may also be turned into the Extension office in person, by mail or fax. The entry deadline is Friday, October 9, 2020.

Recipe Submission Checklist:

Tips for Success

I. Does your recipe have all of these parts?

- ✓ Name of recipe
- ✓ Complete list of ingredients, size of cans and packages.
Ex. 10 ounce box chopped frozen spinach
- ✓ Description for combining ingredients

II. List of ingredients

- ✓ Ingredients are listed in order in which they are used.
- ✓ Ingredients listed as they are measured, i.e. the description word is in the correct place.
Ex. ¼ cup chopped onion, NOT ¼ cup onion chopped
- ✓ Measurements given in common fractions.
- ✓ All measurements are spelled out, not abbreviated.
Ex. Teaspoon, Cup, ounce

III. Directions

I have...

- ✓ Used clear instructions for every step of combining and cooking the ingredients
- ✓ Used short, clear sentences
- ✓ Used the correct word to describe combining and cooking processes
- ✓ Stated the size of pan
- ✓ Give temperature and cooking time
- ✓ 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

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.

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

The Day of the Food Show

- **Food Preparation:** There will be no preparation at the Palo Pinto County 4-H Food Show. Please be aware that 4-H'ers will not have access to electrical outlets, microwaves, ovens, refrigerators, freezers, sinks, etc. This is in order to make the county food show as much like the district show as possible.
- **Judging:** Judging tables will be set up in assigned locations. When it is time for a 4-H'er to be judged they will take only the single serving of their dish that may be garnished with an edible garnish and serving utensil to the judging tables. Helpers will be available to assist if needed. Paper plates, forks and napkins will be provided for the judges to check food quality and texture of food products. **Due to a state and district guideline, there will be no tasting by the judges.**
- **Interview (Junior, Intermediate and Senior)**
 - **Five Minute 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.
 - **Four Minute Interview.** Judges will have the opportunity for a four-minute interview asking questions applicable to the 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.
- **Skill Showcase. (Intermediate and Senior Only)**

Food show contestants will showcase a skill learned in the food and nutrition project area when they bring their dish to be judged. Youth will demonstrate their knowledge of a skill related to measuring ingredients. For the county contest, equipment will be provided. Judges will score the skill based on correct procedures, safety, and other pertinent information related to the skill assigned.
- **Knowledge Showcase. (Senior Only)**

Food show contestants will test their knowledge on food preparation, food safety, kitchen safety, and general nutrition knowledge in the quiz section of the food show. Contestants will be given a 10-question quiz after judging which will contain multiple choice and true/false questions. Contestants should refer to the Texas 4-H Food & Nutrition page (<https://texas4-h.tamu.edu/projects/food-nutrition/>) for potential resources.
- **Serving**

At the conclusion of the question and answer period you will have one-minute to serve the judges. This will allow the judges to visually evaluate the dish you have prepared. Contestants are encouraged to practice proper food handling techniques when presenting food to judges. Food handler's gloves will be available if 4-H members need them. The judges WILL NOT taste the food. They will be judging the texture and the appearance of the entry.
- **Judging Criteria:** Contestants will be judged according to the criteria listed on the scorecard. Judges will use the contestant's recipe (as originally submitted) as a reference during the interview.

- **Awards:** All participants will be recognized. 1st place winners in each category will be eligible to advance to the District 3 4-H Food Show which will be held on November 7th in Vernon. Clover Kids are not eligible to advance beyond county.

SPECIAL OPPORTUNITIES FOR 4-H'ERS AT DISTRICT FOOD SHOW

There will be some special opportunities offered in 2020 in conjunction with the District 3 4-H Food Show. ***If you plan to participate in either the exhibit or newswriting at the District Food Show, please let us know when you enter the Palo Pinto County 4-H Food Show.***

The opportunities are:

Beef Award - To be eligible for a Beef Award, the following guidelines will apply:

In the Main Dish category, a serving of the dish should contain 3-4 ounces of beef. NUMBER OF SERVINGS MUST BE INDICATED ON RECIPE.

(To calculate the number of ounces of beef in a serving, take the total amount of beef in the dish, change the amount to ounces (16 oz = 1 lb), and divide by the number of servings in the dish. Example: The recipe calls for 2 lbs. of beef and serves 8 people (32oz. divided by 8 servings = 4 oz. beef per serving.)

There will be a separate judging for the beef awards. Members of the Wichita Falls Area Cattle Women's Organization will serve as judges. 4-H'ers entering the beef award will be judged twice — once in the Main Dish division and again for the beef award. During the beef award, judging questions will be centered around beef, its importance in the diet, cooking methods, ways to serve, etc.

Those participants eligible for the beef award will need to bring an additional single serving of their recipe for the Beef Award judging.

Beef Poster Contest *New This Year*

This contest is designed to encourage 4-H members to learn more about the beef industry while encouraging beef industry, product, and nutrition promotion. Participants are expected to create original work using resources wisely. The 2020 Beef Poster Contest theme is **BEEF** and should have a fitness and nutrition focus. Posters for the 2020 Beef Poster Contest are to be displayed at the District 3 4-H Food Show on November 7th, 2020. Entries must be registered within 4-H Connect during District 4-H Food Show registration dates.

Exhibit - Exhibits may be entered by an individual or a group (such as a 4-H Food & Nutrition Group). Exhibits should be related to some area of the Food and Nutrition Project. The exhibits must be card table size. Nothing can be attached to walls. An easel may be used behind the table to hold a sign, poster, etc. Contestants must provide their own easel. There will be 8' tables set up in the foyer of the auditorium. There will be no access to electricity. The exhibits may or may not be manned by the participants. All 4-H'ers setting up an exhibit will receive a certificate. 4-H'ers should set their exhibit up in the foyer of Wilbarger Auditorium by 9:30 a.m. Exhibits should remain in place until after the Awards Program. Each exhibit should include a sign that lists the County name and name(s) of 4-H'ers who developed the exhibit. 4-H'ers with exhibits DO NOT have to attend the Food Show, however, they must make arrangements to get their exhibits to and from the show.

News Writing - A 4-H'er in any age division may write a news article promoting the food and nutrition project, the food show, food safety, health or any other subject matter area of the Food and Nutrition Project. These articles can be displayed at the event. The articles should contain the 4-H'ers name, county and age in the top right hand corner. They should be typed, double-spaced on standard 8½ x 11 inch white paper.

Study 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- <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/PreparationPrinciples-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:

- 10 Tips: Save More at the Grocery Store
<https://www.choosemyplate.gov/ten-tips-save-more-at-the-grocery-store>
- 20 Money Saving Grocery Shopping Tips
<https://www.eatright.org/food/planning-and-prep/eat-right-on-a-budget/20-money-saving-grocery-shoppingtips>
- 10 Tips for Healthy Grocery Shopping
<https://www.webmd.com/food-recipes/features/10-tips-for-healthy-grocery-shopping#1>
- Eating Better on a Budget
<https://choosemyplateprod.azureedge.net/sites/default/files/tentips/DGTipsheet16EatingBetterOnABudget.pdf>
- Smart Shopping for Veggies and Fruits
<https://choosemyplate-prod.azureedge.net/sites/default/files/tentips/DGTipsheet9SmartShopping.pdf>
- Stretch Your Food Dollars at the Grocery Store
<https://hgic.clemson.edu/factsheet/stretch-your-food-dollars-part-2-at-the-grocery-store/>

DISTRICT 3 4-H FOOD SHOW RECIPE SUBMISSION PAPERWORK

CONTESTANT NAME:				
AGE DIVISION <i>(Please check one)</i>	Junior	Intermediate	Senior	
CATEGORY <i>(Please check one)</i>	Appetizer	Main Dish	Side Dish	Healthy Dessert
BEEF AWARD (Main dish only) <i>(Please check one)</i>			Yes	No
COUNTY				

Name of Recipe:		
Prep Time:	Cook Time:	Cost:

Type Recipe Here:

District 3 4-H Food Show | Junior Scorecard

Contestant Name: _____

County: _____

Entry Category: ___ Appetizer

 ___ Main Dish

 ___ Side Dish

 ___ Healthy Dessert

	Comments	Points	Score
I. PRESENTATION			
Theme: <ul style="list-style-type: none"> Is theme represented in this entry? 		(5)	
Knowledge of MyPlate: <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 		(10)	
Nutrition Knowledge: <ul style="list-style-type: none"> Contestant understands what this dish contributes to the diet 		(10)	
Food Preparation: <ul style="list-style-type: none"> Knows the key steps in preparation of food and function of ingredients 		(10)	
Food Safety Concerns & Practices: <ul style="list-style-type: none"> Knows food safety concerns in preparation and storage of dish 		(10)	
II. INTERVIEW <i>(category specific)</i>			
Judge's Questions		(15)	
4-H Food & Nutrition Project Activities		(5)	
III. FOOD EVALUATION			
Food Presentation/Quality: <ul style="list-style-type: none"> Appearance of food (texture, uniformity) Garnishing 		(5)	
IV. EFFECTIVENESS OF COMMUNICATION			
<i>Voice, poise, personal appearance</i>		(5)	
Additional Comments:	Total Points	Possible (75)	
	Additional Deductions		
	Final Score		

District 3 4-H Food Show | Intermediate Scorecard

Contestant Name: _____

County: _____

Entry Category: ___ Appetizer ___ Main Dish ___ Side Dish ___ Healthy Dessert

	Comments	Points	Score
I. PRESENTATION			
Theme: <ul style="list-style-type: none"> How does the theme fit with the dish? 		(5)	
Knowledge of MyPlate: <ul style="list-style-type: none"> Food group(s) represented in dish. Serving amount needed from each group daily for age. How did MyPlate guide choice of dish? How does this dish reflect MyPlate? 		(10)	
Nutrition Knowledge: <ul style="list-style-type: none"> Key nutrients of dish and function of those nutrients 		(10)	
Food Preparation: <ul style="list-style-type: none"> Preparation key principles and function of key ingredients Healthy substitutions 		(10)	
Food Safety Concerns & Practices: <ul style="list-style-type: none"> Knows food safety concerns in preparation and storage of dish Follows FightBAC principles 		(10)	
II. INTERVIEW <i>(category specific)</i>			
Judge's Questions		(15)	
4-H Food & Nutrition Project Activities		(10)	
III. FOOD PRESENTATION/QUALITY			
<ul style="list-style-type: none"> Appearance of food (texture, uniformity) Garnishing 		(5)	
IV. EFFECTIVENESS OF COMMUNICATION			
<ul style="list-style-type: none"> Voice, poise, personal appearance 		(5)	
V. SKILL SHOWCASE SCORE			
<ul style="list-style-type: none"> Proper demonstration of assigned skill. 		(10)	
Additional Comments:		Total Points	Possible (90)

District 3 4-H Food Show | Senior Scorecard

Contestant Name: _____

County: _____

Entry Category: ___ Appetizer ___ Main Dish ___ Side Dish ___ Healthy Dessert

	Comments	Points	Score
I. PRESENTATION			
Theme: <ul style="list-style-type: none"> How does the theme fit with the dish? 		(5)	
Knowledge of MyPlate: <ul style="list-style-type: none"> Food group(s) represented in dish. Serving amount needed from each group daily for age. How did MyPlate guide choice of dish? How does this dish reflect MyPlate? 		(10)	
Nutrition Knowledge: <ul style="list-style-type: none"> Key nutrients of dish and function of those nutrients 		(10)	
Food Preparation: <ul style="list-style-type: none"> Preparation key principles and function of key ingredients Healthy substitutions 		(10)	
Food Safety Concerns & Practices: <ul style="list-style-type: none"> Knows food safety concerns in preparation and storage of dish Follows FightBAC principles 		(10)	
II. INTERVIEW <i>(category specific)</i>			
Judge's Questions		(15)	
4-H Food & Nutrition Project Activities		(10)	
III. FOOD PRESENTATION/QUALITY			
<ul style="list-style-type: none"> Appearance of food (texture, uniformity) Garnishing 		(5)	
IV. EFFECTIVENESS OF COMMUNICATION			
<ul style="list-style-type: none"> Voice, poise, personal appearance 		(5)	
V. SKILL SHOWCASE SCORE			
<ul style="list-style-type: none"> Proper demonstration of assigned skill. 		(10)	
Additional Comments:		Total Points	Possible (90)