

## 2017 Parker County 4-H Food Show

Date: Saturday, October 14, 2017  
Location: Parker County Extension Office  
Time: 10:00 a.m.  
Entries Due: Tuesday, October 10, 2017  
Entry Fee: \$5

**Entry Requirements:** Clover Kids, Juniors, Intermediates and Seniors are required to complete the 4-H Food Show Entry Form which includes the recipe entered, a Recipe Release Form and an academic eligibility form.

### **Food Show Schedule:**

- Registration & Set-up: 9:30 a.m. – 10:00 a.m.
- Orientation: 10:00 a.m.
- Participant Judging: 10:15 a.m.
- Awards Program: Immediately following judging & tabulation

### **Theme for 2017-2018:**

- A theme has been selected which will guide recipe selection. Recipes should fit into the current theme which is “**Fresh from the Farm**”.

### **Eligibility:**

To participate in the 4-H Food Show members must be enrolled and actively participating in a Parker County 4-H Club.

### **Age Divisions:**

- **Senior Division:** members must be in grades 9<sup>th</sup> through the 12<sup>th</sup>.
- **Intermediate Division:** Must be in grades 6<sup>th</sup> through the 8<sup>th</sup>.
- **Junior Division:** must be at least 8 years of age and in grades 3<sup>rd</sup> through 5<sup>th</sup>.
- **Clover Kids:** youth 5 years of age to 8 and not in the 3<sup>rd</sup> grade as of August 31<sup>st</sup> of the current year. \*\*\* **Please note: Clover kids may participate in the Parker County 4-H Food Show but are not eligible to compete.**\*\*

## **Food Show**

### ***Fresh from the Farm***

The theme for the 2017-2018 4-H Food Show is “Fresh from the Farm.” This theme will allow participants the opportunity to explore the 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.

*Note: this is a good opportunity to learn preservation methods in your food and nutrition project. Some home preserved foods will not qualify as a food show entry (such as strawberry jam); however, utilizing or incorporating a preserved ingredient into a food show recipe would be allowable.*

### **Objectives**

- Practice and know recommended food preparation skills including food safety.
- Understand the connection of recipe to MyPlate food category.
- Learn the nutrients in your dish and food category and the health benefits they provide to your body.

## **Resources**

MyPlate

<http://www.choosemyplate.gov>

Food Safety

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

Texas A&M AgriLife Extension Service: Nutrient Needs at a Glance

[http://fcs.tamu.edu/food\\_and\\_nutrition/pdf/nutrient-needs-at-a-glance-E-589.pdf](http://fcs.tamu.edu/food_and_nutrition/pdf/nutrient-needs-at-a-glance-E-589.pdf)

Dietary Guidelines for Americans

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

Theme Resources:

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_from_Farm_to_Table.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>

## Parker County 4-H Food Show Guidelines

### Entry Categories:

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.

Many recipes can be entered in more than one category. Participants should consult with the website <http://www.choosemyplate.gov/> when selecting a recipe category. All four food categories may use ovens during food preparation. However, oven time is limited to 75 minutes in all categories.

#### 1. Protein Category

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.

- o EX: Dishes that contain meat or meat alternatives such as eggs, dry beans, peas or peanut butter.

#### **Beef Award**

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

- o Protein Category
- o One serving must contain 3-4 ounces of beef.
- o Number of servings must be indicated on recipe.
- o **You must indicate on your 4-H Food Show Participant Form that you want to be considered for the beef award by typing Protein/Beef in the Food Category blank.**

#### 2. Fruit and Vegetable Category

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.

- o EX: Dishes that accompany a main dish (salads, relish trays, cooked fruits and vegetables.)

### 3. **Grain Category**

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.

o EX: Quick, yeast, bread mixes, rice, pasta

### 4. **Dairy Category**

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.

o EX: Dishes selected must contain a minimum of a half serving of dairy (macaroni and cheese, drinks, custards, cheese logs, etc.)

### **Ingredients**

- ❖ When choosing a dish, please remind Senior contestants to keep in mind what ingredients will be available in June.
- ❖ No alcohol or alcohol-containing ingredients can be used.

### **Serving**

**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.**

### **Tips On Serving Sizes**

- \*Think about a serving size you would get at a restaurant (Not Supersized)
- \*Look at magazines to get ideas of a single serving
- \*As a guide, look at similar recipes that tell how many servings it will make
- \*The serving size exhibited should be consistent with the number of servings you indicate the entire recipe will serve

**Participants will serve the judges the single serving of their recipe during their interview. Participants will be serving the judges from their serving dish to the judge's plate.**

**Participants are still encouraged to have an appealing “presentation” of their food for the judges which should include: the serving dish, one serving of the recipe, an edible garnish and a serving utensil.**

## **Presenting the Dish To Be Judged**

The contestant's dish will be presented in a serving dish, **containing a single serving**. Serving of the entry dishes will occur during the contestant's interview time. Serving trays will be provided by the Preparation Center Supervisor if needed.

Contestants are encouraged to practice proper food handling techniques when presenting to the judges.

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. Agents and leaders are encouraged to use discretion regarding this manner when counseling 4-H'ers for the state show.

Dishes that are displayed during the public viewing and the Awards Ceremony can be more elaborately presented. However, large table cloths, silver trays, etc., are not appropriate, since each contestant will be allowed a space that is only about 24 inches wide and 18 inches deep.

## **Judging Criteria**

Contestants will be judged according to the criteria listed on the revised **2014-2015 4-H Food Show Scorecard**. Judges will use the contestant's recipe (as originally submitted) as a reference during the interview.

## **Interview & Contestant Participation**

The participant will come to the team of judges with the food entry. The 4-H member may stand or sit behind the display while the judges sit facing the participant. Entry display may only consist of the entry serving dish, serving utensil & napkin for serving utensil. Only edible garnishes are allowed.

## **Senior Interviews**

### **Presentation:**

To start the interview, each participant will introduce themselves to the judges with their name and the entry dish name. Following the introduction, each participant is allowed a maximum of four minutes to present information on any combination of the following topics. It will be an oral presentation with no handouts or visuals.

- Preparation principle(s) or critical step(s) in preparation of entry dish.
- Function of ingredient(s) in entry dish.
- Substitution for ingredient(s) in entry dish.
- Nutrients and nutrient functions as they relate to the food groups and entry dish.
- Relationship of the entry dish to Dietary Guidelines.
- Approximate calorie content and the cost for a serving of the entry dish.

- Food Safety concerns during the purchasing, preparing, serving and storing of the entry dish.
- Menu ideas to complement the entry dish.

### **Serving:**

Participant will serve the judges a portion of the entry dish following the 3 minute presentation. The judges WILL NOT taste the food. They will be judging the texture and the appearance of the entry.

The judging team will be given a time frame for judge's questions following the participant presentation to address topics listed below as well as topics listed above that were not addressed by the participant. During the judges' questioning session, the participant should **only answer the question asked by the judges.**

### **Senior Questions**

- Project activities from the current year's project.
- Special learning experiences from the current year's project.
- Leadership activities from the current year's project.
- Career options explored in current year's project.
- Dietary lifestyle choices explored in current year's project.

### **Intermediate & Junior Interviews**

4-H members will present their dish just like seniors, but will have a maximum of 2 minutes for their presentations.

### **Intermediate & Junior Presentation and Questions**

#### **Presentation:**

To start the interview, each participant will introduce themselves to the judges with their name and the entry dish name. Following the introduction, each participant is allowed a maximum of three minutes to present information on any combination of the following topics. It will be an oral presentation with no handouts or visuals.

- Preparation principle(s) or critical step(s) in preparation of entry dish.
- Function of ingredient(s) in entry dish.
- Substitution for ingredient(s) in entry dish.
- Nutrients and nutrient functions as they relate to the food groups and entry dish.
- Relationship of the entry dish to Dietary Guidelines.
- Food Safety concerns during the purchasing, preparing, serving and storing of the entry dish.
- Menu ideas to complement the entry dish.

#### **Questions**

- Why did you choose this recipe?
- How did you make this dish?
- What new methods of food preparation did you learn in your project this year?
- Tell us about your recipe.

- What are the purposes of the major ingredients? Can you make substitutions for any of your ingredients?
- List the following according to MyPlate: 1. The food groups, 2.the recommended number of servings required for each day, and 3. the main nutrients supplied by each group.
- What are the main nutrients in your recipe/dish? How do these main nutrients function in the body?
- What is the number of servings in your recipe? What is the cost per serving?

### **Awards**

- The First place winner in each class and age division will represent Parker County in the District 4-H Food Show on Saturday, Saturday, November 4, 2017 at the Wilbarger Auditorium in Vernon.
- **\*\*\*Parker County Only\*\*\*** Place setting award. A place setting award will also be given to the Junior, Intermediate and Senior that wish to take part. This is done **ONLY** at the Parker County 4-H food Show. Your place setting should fit in a 2x2 foot area.

