

2017 Texas 4-H Food Show **FAMILY FAVORITES**

The theme for the 2017 Food Show is “Family Favorites.” This theme will allow participants the opportunity to explore many aspects of food preparation, food safety, creative recipes and more! Concentrate on foods that are family favorites, with the emphasis of the importance of family mealtime. Research consistently shows that regular family meals are linked to: higher grades for children, higher self-esteem, healthier eating habits and healthier weights.

Good luck to each of you and enjoy this year’s project!

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.



District 4-H Food Show Schedule
Wilbarger Auditorium
2100 Yamparika Street
Vernon, TX
November 5, 2016

Doors to Wilbarger Auditorium will not be open to 4-H'ers until 8:30 am.

8:30 a.m. Building opens

8:30 a.m. Agents and volunteers working with groups report to assigned area
Participants can begin setting up

8:45 a.m. Judges Arrive

9:00 a.m. Orientation for judges and agents working with groups
Participants report to judging area and check in with agent in charge

9:00 a.m. Special exhibits to be set up in foyer area
Judging will begin:

- 4-H'ers who are competing for the Beef Awards will be directed to the "Beef Judging" tables at appropriate time
- After 4-H members are interviewed. Once interview has been completed youth may leave but are asked to return to judging area by 12:00 p.m.
- Judges will complete all judging and have the top five places ranked

Awards Assembly will immediately follow tabulation completion

12:00 pm Registration for Nutrition Quiz Bowl will begin. Those in both Food Show and Nutrition Quiz Bowl will have the opportunity to eat lunch and register after the Food Show Awards Assembly.

DISTRICT 4-H FOOD SHOW GUIDELINES

The District 3 4-H Food Show will be held Saturday, **November 5, 2016** at the Wilbarger Auditorium in Vernon.

We will follow the State Food Show Guidelines, with some changes for the District 3 Food Show detailed below. The complete packet of State Food Show Guidelines can be found at the following link: <http://fcs.tamu.edu/files/2015/01/2017-4H-state-food-show-guidelines.pdf>

2016 District 4-H Food Show information and forms will be posted to the District 3 4-H website <http://d34-h.tamu.edu/>

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- (1) State rules indicate “**Contestant 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 project.

- (2) Seniors must be in the 9th, 10th, 11th or 12th grade for the 2016-2017 school year. Intermediates must be in the 6th, 7th or 8th grade for the 2016-2017 school year. Juniors must be least 8 and in the 3rd, 4th or 5th grade for the 2016-2017 school year.

SENIORS

The 4 categories that a **SENIOR** 4-H'er may enter are:

- *Protein
- *Fruit and Vegetable
- *Grains
- *Dairy

There will be no recipes accepted that require baking in the oven longer than 75 minutes in the Protein, Fruit and Vegetable, Grains, & Dairy categories.

INTERMEDIATES AND JUNIORS

The 4 categories that **INTERMEDIATES AND JUNIORS** may enter are:

- *Protein
- *Fruit and Vegetable
- *Grains
- *Dairy

- (3) 4-H contestants must enter the same recipe entry that they qualified with at the County level and District level for seniors. However, the same recipe cannot be entered more than once to the State Food Show.
- (4) All 4-H'ers **MUST** complete the District 4-H Participation Form and upload to 4-H Connect to enter the District Food Show.
- (5) 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.
- (6) A name card will mark each contestant's assigned space with a width of approximately 24 inches for preparation area. Contestants 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.
- (7) 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. Prior to judging, if participants will be transferring their single 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.
- (8) Serving dishes and garnishes have been left "open ended" to allow for creativity, however, only the serving dish, single serving of the recipe, edible garnish and serving utensil will be allowed in judging area.
- (9) Contestants must remain at their assigned place 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.
- (10) There will be no preparation at the District Food Show. Please be aware that 4-H'ers will not have access to electrical outlets, microwaves, ovens, refrigerators, freezers, sinks, etc. at the District Food Show.
- (11) The decision as to whether a dish qualifies in a category will be left entirely to the discretion of the agent.
- (12) **BEEF AWARD** - To be eligible for a Beef Award the following guidelines will apply: In the Protein 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 in the Protein category, 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 Cattle Women's Organization will serve as judges. 4-H'ers entering the beef award will be judged twice— once in their division and again for the beef award. During the beef award judging questions should be centered around beef, its importance in the diet, cooking methods, different ways to serve, etc.

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

The Beef Awards will be given by the Wichita Falls Area Cattle Women and the Santa Rosa Cattle Women. Awards will be cash awards in the **Protein Category Only** (Junior, Intermediate, and Senior). Prizes will be 1st place - \$50.00, 2nd place \$20.00

- (13) **SPECIAL OPPORTUNITIES** - There will be two special opportunities offered in 2016 in conjunction with the District 4-H Food Show to give 4-H'ers additional opportunities to be involved in District wide activities related to a Food and Nutrition project. These special opportunities will be excellent opportunities for 4-H'ers who do record books to have District level activities and activities for "Promote 4-H". The opportunities are Exhibit and News Writing.

Participants are not required to participate in the District Food Show to take part in these special opportunities. However, registration for the District Food Show within 4-H Connect is still required. Those participating in the Special Opportunities will select the Exhibit and or News Writing choice within 4-H Connect to receive a certificate.

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 10:00 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.

- (14) Adults may assist contestants to carry all necessary items to the door of the appropriate judging room. Leaders, parents, and family members will not be allowed inside the judging areas. Assistance will be provided for 4-H'ers. Parents and leaders are encouraged to wait for their child in the foyer or auditorium or leave the premises until their child has interviewed. Contestants are asked to return to their respective judging rooms by 12:00 p.m. to line up for the awards program.
- (15) Contestants may leave the premises with appropriate adult after they have been judged and their assigned space has been cleaned up and items put away.
All 4-H'ers should return to the judging rooms by 12:00 pm to be in place for the awards program.
- (16) **Due to the “single serving” entry there will not be food available for a public viewing. Therefore, we will not have public viewing. This will also eliminate the need for participants to decorate their table area.**
- (17) Paper products and disposable silverware will be available for judges to check food quality and texture of food products. Food handler's gloves will be available from agents in each of the categories if 4-H members need them in serving the judges a sample.
- (18) **REMEMBER - There will be NO tasting by judges, agents, 4-H'ers or parents at the County, District, or State Food Shows. This will be for all age divisions and food categories including beef judging. No one will be given the option or opportunity to taste before, during, or after the Food Show due to food safety and liability issues being addressed.**
- (19) Awards will be presented in the main auditorium at the conclusion of judges' deliberations.
- (20) Personal appearance along with poise and voice is part of the score. Clothes do not have to fit a theme or be special for the show however contestants will want to look nice, clean, and neat. Participants are asked not to change prior to the Awards program.
- (21) Ribbons will be awarded to the first five places in each category of each age division. All other entries will receive a participant ribbon.

RECIPE SELECTION

Four 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 presentation 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.

- **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 alternatives such as eggs, dry beans, peas or peanut butter.
- **Fruit & 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.)

Ingredients

- ❖ When choosing a recipe, please keep in mind what ingredients will be available in College Station. (Seniors)
- ❖ No alcohol or alcohol-containing ingredients can be used.

RECIPE SUBMISSION CHECKLIST

Tips for Success

I. Does Your Recipe Have All of These Parts?	Yes	No
a. Name of Recipe	_____	_____
b. Complete list of ingredients Size cans, packages, etc. given EX: 10 oz. box chopped frozen spinach NOT Spinach, box of spinach or frozen spinach	_____	_____
c. Description for combining 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)	_____	_____
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 word to describe combining and cooking processes	_____	_____
d. Stated the size of pan	_____	_____
e. Give temperature and cooking time	_____	_____
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	(indicate low-fat, fat-free, etc.)
3-ounce package lime gelatin 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)

Interview and Contestant Presentation Guidelines

ENTRY DISPLAY

4-H members will carry a single serving of their recipe to the judging table. 4-H'ers will display their food at the judging table. Entry display may only consist of serving dish and the serving utensils.

INTERVIEW

1. *Introduction/Presentation*

Each contestant will start with a presentation to introduce themselves and their dish. You should describe your inspiration in choosing your recipe and how it relates to the theme, Family Favorites.

Seniors will have a maximum of four minutes for their presentation.

Juniors and Intermediates will have a maximum of two minutes for their presentation.

2. *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 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.

3. *Serving*

At the conclusion of the question and answer period you will have one minute to serve the judges. This will allow them to visually evaluate the dish you have prepared. Contestants are encouraged to practice proper food handling techniques when presenting food to judges. The judges **WILL NOT** taste the food. They will be judging the texture and the appearance of the entry.

STUDY RESOURCES

MyPlate

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

Altering Recipes for Good Health

<http://fcs.tamu.edu/files/2015/02/altering-recipes-for-good-health.pdf>

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

http://fcs.tamu.edu/food_and_nutrition/pdf/nutrient-needs-at-a-glance- E-589.pd

THEME RESOURCES

Make Easy & Healthy Meals

<https://choosemyplateprod.azureedge.net/sites/default/files/printablematerials/MyPlateForMyFamily-ParticipantHandouts.pdf>

The Importance of Family Mealtime

<http://food.unl.edu/documents/The%20Importance%20of%20Family%20Mealtime.02.01.10.pdf>

Family Mealtime

<http://store.msuextension.org/publications/HomeHealthandFamily/MT200403HR.pdf>

**10
tips**
Nutrition
Education Series

choose MyPlate

10 tips to a great plate



Making food choices for a healthy lifestyle can be as simple as using these 10 Tips.

Use the ideas in this list to *balance your calories*, to choose foods to *eat more often*, and to cut back on foods to *eat less often*.

1 balance calories

Find out how many calories YOU need for a day as a first step in managing your weight. Go to www.ChooseMyPlate.gov to find your calorie level. Being physically active also helps you balance calories.

2 enjoy your food, but eat less

Take the time to fully enjoy your food as you eat it. Eating too fast or when your attention is elsewhere may lead to eating too many calories. Pay attention to hunger and fullness cues before, during, and after meals. Use them to recognize when to eat and when you've had enough.



3 avoid oversized portions

Use a smaller plate, bowl, and glass. Portion out foods before you eat. When eating out, choose a smaller size option, share a dish, or take home part of your meal.

4 foods to eat more often

Eat more vegetables, fruits, whole grains, and fat-free or 1% milk and dairy products. These foods have the nutrients you need for health—including potassium, calcium, vitamin D, and fiber. Make them the basis for meals and snacks.



5 make half your plate fruits and vegetables

Choose red, orange, and dark-green vegetables like tomatoes, sweet potatoes, and broccoli, along with other vegetables for your meals. Add fruit to meals as part of main or side dishes or as dessert.

6 switch to fat-free or low-fat (1%) milk

They have the same amount of calcium and other essential nutrients as whole milk, but fewer calories and less saturated fat.



7 make half your grains whole grains

To eat more whole grains, substitute a whole-grain product for a refined product—such as eating whole-wheat bread instead of white bread or brown rice instead of white rice.

8 foods to eat less often

Cut back on foods high in solid fats, added sugars, and salt. They include cakes, cookies, ice cream, candies, sweetened drinks, pizza, and fatty meats like ribs, sausages, bacon, and hot dogs. Use these foods as occasional treats, not everyday foods.

9 compare sodium in foods

Use the Nutrition Facts label to choose lower sodium versions of foods like soup, bread, and frozen meals. Select canned foods labeled "low sodium," "reduced sodium," or "no salt added."



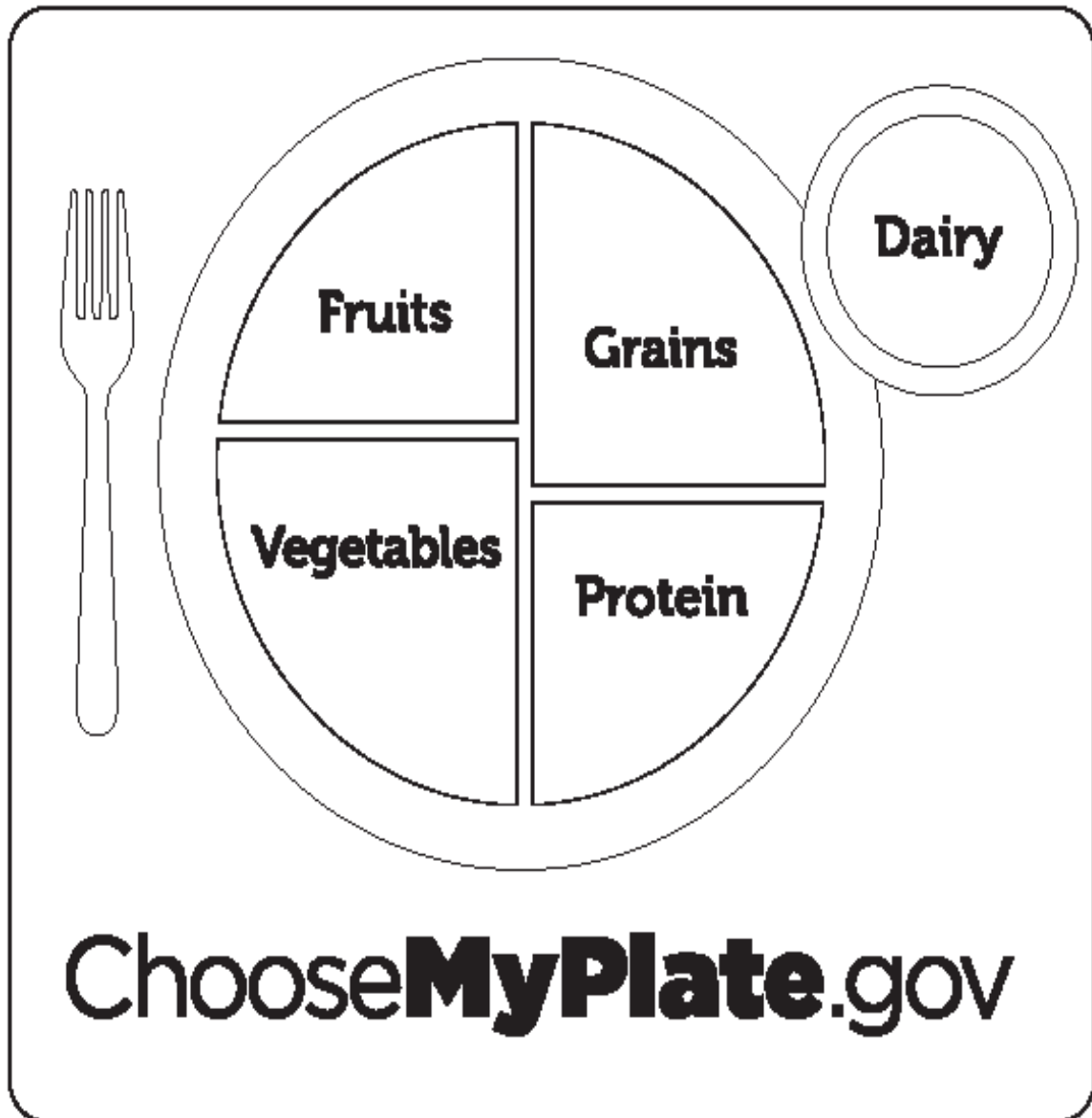
10 drink water instead of sugary drinks

Cut calories by drinking water or unsweetened beverages. Soda, energy drinks, and sports drinks are a major source of added sugar, and calories, in American diets.



Go to www.ChooseMyPlate.gov for more information.

DG TipSheet No. 1
June 2011
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provider and employer.



Wilbarger County

