

STEPHENS COUNTY FOOD SHOW  
FAMILY FAVORITES  
November 27<sup>th</sup> 2016  
First United Methodist Church  
Registration begins at 4:00 with contest beginning at 4:30

If you have any questions about Food Show and/or need help preparing for the event, please contact:

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254-559-2313



Additional packets available at <http://stephens.agrilife.org>

Stephens COUNTY AND DISTRICT 3 FOOD SHOW GUIDELINES:

- 1) **ENTRY DEADLINE:** 4-Hers must call the Stephens County Extension Office (559-2313) by **November 24**, and tell us your age division and what category you are entering. *There will be no exceptions to this deadline!*
- 2) Juniors, Intermediates and Seniors will be required to turn in a Project Record Form. If you win first place at the county show in your age division and category you will advance to district. Clover Kids (under 3<sup>rd</sup> grad, but school age) will be allowed to participate at the county level only—simply for practice. There will be no placing, ect. but it will be a great opportunity for practice. Categories will be the same as for Juniors.
- 3) Contestants will have total of 4 minutes with the judges. You will be required to give a brief presentation (no longer than 2 minutes) and then the judges will ask questions for no longer than 2 minutes. Judges then have four minutes to score. Look over the score sheet to get ideas on what to talk about in the presentation. Stress nutrition and food safety information. Don't use all the time reciting your recipe.
- 4) The District 3 Food Show will be held on Saturday, Nov. 5th at Wilbarger Auditorium at 8:20 for check in. Judging will begin at 9:00. The formal awards presentation will begin at 12:30. District Food Show information will be passed out to those who will continue to District.

5) You must bring your prepared dish to the Food Show, even though the judges will not sample it. Individual or small portions are encouraged. You are responsible for your serving utensils. Paper plates will be provided.

JUNIOR At least 8 and in 3 <sup>rd</sup> , 4 <sup>th</sup> or 5 <sup>th</sup> grade	INTERMEDIATE 6 <sup>th</sup> , 7 <sup>th</sup> & 8 <sup>th</sup> grade	SENIOR 9 <sup>th</sup> , 10 <sup>th</sup> , 11 <sup>th</sup> , 12 <sup>th</sup> grade (no baking longer than 75 min)
Protein	Protein	Protein
Fruits and Vegetables	Fruits and Vegetables	Fruits and Vegetables
Grains	Grains	Grains
Dairy	Dairy	Dairy

Examples of dishes in each 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.

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

**Fruits and Vegetables** - 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.)

**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.

o 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.

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

## Hints on how to Prepare for the County/District Food Shows:

Practice, practice, practice! Make your dish several times before the Food Show so you will know exactly how to make it. It is o.k. for someone to help you, but you are the one that needs to actually make the dish. Practice telling how you made it, nutritional content, and food safety points to a friend or family member so you'll know how to express that to the judge.

When deciding on a recipe, strive to find a dish that is nutritious *and* one that you like! Know how many servings your dish makes, as well as how much it costs to make. Nutrition information is important. Review the questions for your age group and be sure you can answer them.

Go to website: [www.myplate.gov](http://www.myplate.gov) if you would like to download a copy of the new food guide. We also have hard copies that will be available at the practices or here at the office.

Again, practice giving your nutrition presentation to a friend or family member so you will be comfortable giving your presentation in front of the judges. Your two-minute presentation should cover as much information from the list of questions as possible. The judges will cover as much of the remaining information as they can during their two minutes of questions. Not all of this information can be covered during the time available. Remember, the judges are there to support you in your 4-H club work so SMILE and try to relax.

## **JUNIOR** Questions to Practice for Food Show:

Why did you select this dish and what could you serve with it to have a balanced meal?

What are the main nutrients found in your dish and what are their functions?  
(Juniors may name only one nutrient)

What substitutions could you make in your recipe?

What are the preparation steps involved in preparing this dish?

What food safety practices did you use during preparation?

What are the basic food groups represented on the new MyPyramid?

What is the recommended amount needed from each group per day?

Tell us what leadership experience and community service you have had teaching, organizing, or helping with your Food & Nutrition project this year.

What were your goals for your food project and what are some activities you did in this project?

What changes have you made in your eating habits as a result of your 4-H Food Project?

What have you learned as a result of your 4-H Food Project?  
Is there anything else you would like to tell us about your project?  
What is the function of one of the ingredients found in your dish?

### **INTERMEDIATE Questions to Practice for Food Show:**

What else would you serve with your dish to have a balanced meal?  
What are the basic food groups represented on the new MyPyramid?  
What is the recommended amount needed from each food group each day?  
What are the main nutrients found in your dish and what are their functions?  
What is the function of one of the ingredients?  
What substitutions could you make in your recipe? How would this substitution affect your dish?  
What are the preparation steps involved in preparing this dish?  
Tell us what leadership experience and community service you have had teaching, organizing, or helping with your Food Project this year.  
What were your goals for your food project and what are some activities you did in this project?  
What changes have you made in your eating habits as a result of your 4-H Food Project?  
What have you learned as a result of your 4-H Food Project?  
What food safety practices did you use during preparation?  
Is there anything else you would like to tell us about your project?

### **SENIOR Questions to Practice for Food Show:**

How do you balance your daily menu to ensure that you get proper amounts of food from the food groups?  
Name food groups and servings that are required from each food group per day.  
What function does each ingredient perform in the recipe?  
What are the basic preparation principles involved in preparing this dish?  
What food safety practices did you use during preparation?  
What is considered a serving of your dish?  
If substitutions are possible, what are they?  
What, and what amount of important nutrients are found in your dish?  
What function do each of the nutrients in your dish perform in your diet?  
What change have you made in your dietary habits as a result of your 4-H Food Project?  
Tell about your community service and leadership through the year's food project?  
What were your goals for your foods project and what are some activities you did in this project?  
What do you consider your most important learning experience in this year's food project?  
Is there anything else you would like to tell us about your project?

\*These are suggested questions for Seniors, but judges may ask any other questions also.

## BASIC NUTRITION INFORMATION

Don't panic!!! You will not need to know all of this information... just pick and choose what nutrient or nutrients are in your dish. Call the Extension Office if you have a question.

### B Vitamins

\*The B vitamins work together to help your body use the energy you get from food. \*You can get enough of the B vitamins by eating a variety of foods from different food groups. Animal products like pork, liver, kidney, poultry, eggs, and fish are the best sources of vitamin B6. Some legumes and nuts like soy beans, peanuts and walnuts are other plant sources of this B vitamin. \*Vitamin B12 is needed for healthy blood. It is found only in animal products.

### Calcium

\*Calcium is a mineral that is important for building strong bones and teeth. If we do not get enough calcium every day from the foods we eat, it is taken out of our bones. After many years of not getting enough calcium, our bones become very weak and brittle. Osteoporosis is the name of this disease. It can cause bones to break very easily and the jaw bone to shrink so teeth are lost. It can lead to curvature of the spine. \*One of the best sources of calcium is milk, and foods made from milk, like yogurt and pudding. Leafy green vegetables, tofu, and canned fish with bones are also good sources. Other foods, such as some brands of orange juice, have added calcium. We can read food labels to find how much calcium is in the foods we eat.

### Carbohydrates

Carbohydrates are the body's main source of energy. Plant foods like cereals, bread, rice, pasta, potatoes, plantains, and corn are good sources of starch. They give us the energy we need for daily activities. These starchy foods give us important vitamins and minerals, too. Because carbohydrate-rich foods are usually low in calories, they can help us keep a healthy weight. When we add fat (like butter, sour cream or gravies) at the table or when we cook, we add extra calories and may gain weight.

### Fat

Fat is a nutrient that is an important source of calories. Fat also is needed to carry and store essential fat-soluble vitamins, like vitamins A and D. When we eat a lot of high fat foods, we get a lot of calories. With too many calories, we may gain weight. Eating too much fat may also increase the risk of getting diseases like cancer,

heart disease, high blood pressure or stroke. Health experts recommend that we should get no more than 30% of our calories from fat to reduce our risk of getting these diseases.

## Fiber

Fiber is one kind of carbohydrate. It is sometimes called roughage or bulk. Fiber is the part of plant foods that our bodies do not break down during digestion.

Fiber is important for keeping the digestive tract working smoothly. It may also reduce the risk of getting colon cancer. Some fibers can help lower blood cholesterol. Dried peas and beans like lentils, black-eyed peas, chickpeas and kidney beans are the best sources of fiber. The skins and seeds in fresh fruits and vegetables are good sources, too. Whole-grain cereals and breads like oatmeal, brown rice, grits and whole-wheat bread are all naturally high in fiber.

## Iron

Iron is a mineral that is an important part of our red blood cells. It is needed to carry oxygen from our lungs to our cells, muscles, and organs. Without enough oxygen, our muscles and organs cannot work properly and we will feel tired and weak.

We get a little bit of iron from a lot of different foods. The iron that we get from meat, poultry and fish is used easily by the body. Eggs, beef, pork, chicken, turkey, clams, and oysters are all good sources of iron. Plant foods such as soybeans, lentils, kidney beans, flour, spinach and other leafy green vegetables contain iron, but it may not be absorbed as well as the iron found in meat.

## Protein

Protein is needed for cells to grow. It also repairs or replaces healthy cells and tissues. Most foods that come from animals, such as fish, chicken, beef, pork, eggs, milk, cheese, and yogurt contain all of the essential amino acids. They are known as "complete" proteins. Plant foods, such as rice, dried beans, peas, lentils, nuts, seeds, wheat, oats, and corn, may be low or lacking in one or more of the amino acids. They are considered to be incomplete proteins. Incomplete proteins can be mixed together to make a complete protein.

## Vitamin A

Vitamin A keeps your skin smooth and the linings of your mouth, nose, throat, lungs, and intestines healthy. Vitamin A is also needed for healthy eyes. Vitamin A may also help prevent certain types of cancer.

Dark orange and green vegetables and fruits like carrots, kale, turnip greens and other dark greens, broccoli, red and green peppers, pumpkin, sweet potatoes, winter squash, cantaloupe, and peaches are all good sources of this vitamin. Animal foods, such as egg yolks, milk, cheese, and liver are good sources, too.

## Vitamin C

We need vitamin C to heal cuts, wounds, and burns. Getting enough vitamin C may also help in preventing certain types of cancer.

Vitamin C is found in many fresh fruits like oranges, lemons, limes, grapefruit, cantaloupes, mangoes, papayas, and their juices. Vegetables such as bean sprouts, green peppers, plantains, broccoli, and greens like kale and poke greens are also good sources of vitamin C.

Vitamin C is not stored in the body. When we eat too much of the vitamin, we get rid of it in our urine. Therefore, we need some vitamin C every day.

**Turn into Extension office before Oct. 24<sup>th</sup>**

**2016 District 3 4-H Food Show  
PARTICIPATION FORM**

**Name:** \_\_\_\_\_ **Current Grade:** \_\_\_\_\_ **Age Division:** \_\_\_\_\_

**County:** \_\_\_\_\_ **Food Category:** \_\_\_\_\_

**Years in 4-H:** \_\_\_\_\_ **Years in Project:** \_\_\_\_\_

**RECIPE**