



## 2020 WALKER COUNTY 4-H FOOD SHOW RULES, FORMS & SCORECARD

**CONTEST DATE:** Monday, January 27, 2020

**Walker County Storm Shelter**

**REGISTRATION DEADLINE:** Tuesday, January 21, 2020

**Submit Walker County 4-H Food Show Entry Form and Eligibility Form to  
[rachel.cooper@ag.tamu.edu](mailto:rachel.cooper@ag.tamu.edu)**

### **ENTRY DIVISIONS**

- Clover Kid - Grades 2nd and below
- Juniors - Grades 3rd, 4th and 5th as of August 31, 2019
- Intermediate - Grades 6th, 7th, and 8th as of August 31, 2019
- Seniors - Grades 9th, 10th, 11th, 12th as of August 31, 2019



Texas A&M AgriLife Extension provides equal opportunities in its programs and employment to all persons, regardless of race, color, sex, religion, national origin, disability, age, genetic information, veteran status, sexual orientation, or gender identity. The Texas A&M University System, U.S. Department of Agriculture, and the County Commissioners Courts of Texas Cooperating

# 2020 Walker County 4-H Food Show Theme: *Food Around the World*

*Embark on a memorable adventure—meeting people, sharing customs and sampling foods from various countries around the world.*

This year's 4-H Food Show theme, **Food Around the World**, challenges contestants to explore foods and cultures from countries outside the United States. Let your exploration guide your recipe selection for the food show. Is there a country you dream of traveling to in the future? Consider your family's heritage and/or original place of origin for inspiration. Or simply spin the globe and let your finger choose a country. Remember to keep in mind good nutrition and healthy preparation methods as you select your recipe.

## Objectives

- Develop food preparation, safety, and nutrition skills.
- Provide leadership and public speaking opportunities.
- Provide opportunities for participants to connect MyPlate and Dietary Guidelines to their daily lives.
- Learn about nutrients and the health benefits they provide to your body.

## 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.

All four food categories may use ovens during food preparation. However, oven time is limited to 75 minutes in all categories.

- **Main Dish**- Food classified as main dish usually contain a meat or meat alternate such as cheese, eggs, dry beans, or peas and peanut butter. They also may contain other foods. Dishes may include beef, veal, pork, variety meats, poultry, eggs, fish and shellfish. Other possible dishes include meat loaves, soufflés, omelets, soups and chowders.
- **Fruit & Vegetable** - Side dishes are foods that are usually served along with a main dish or as accompaniments to the main course. Foods in this category should be those in which the main ingredient is a fruit or a vegetable. Suggested dishes may include salads, cooked vegetables, cooked fruit, and combination vegetable dishes.
- **Breads & Cereals** - The foods in this category should contain foods made from wheat, oats, rice, rye, barley, millet, quinoa and / or corn. Examples of entries for this category include quick breads such as muffins and biscuits, yeast breads, oatmeal and pasta.
- **Nutritious Snacks** - For this category, look for recipes high in nutrients which provide lasting energy to sustain an individual between meals. Examples of nutritious snacks include: red pepper hummus, oven roasted chickpeas, or oatmeal energy balls.

## Ingredients

- ❖ No alcohol or alcohol-containing ingredients can be used.

# STUDY RESOURCES

My Plate <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/Preparation-Principles-and-Function-of-Ingredients.pdf>

Know Your Nutrients  
[https://texas4-h.tamu.edu/wp-content/uploads/Know-Your-Nutrients\\_FINAL.pdf](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](http://fcs.tamu.edu/food_and_nutrition/pdf/nutrient-needs-at-a-glance- E-589.pdf)

# THEME RESOURCES

Altering Recipes for Good Health  
[http://texas4-h.tamu.edu/wp-content/uploads/2015/09/healthy\\_food\\_Challenge\\_altering\\_recipes.pdf](http://texas4-h.tamu.edu/wp-content/uploads/2015/09/healthy_food_Challenge_altering_recipes.pdf)

Food and Culture by Kittler, Sucher, and Nelms  
<http://people.wku.edu/barry.kaufkins/330/Food%20and%20Culture.pdf>

Food in every country  
<http://www.foodbycountry.com/>

Easy, Tasty, Healthy: Simple Ingredient Substitutions for Your Recipes <https://www.ksre.k-state.edu/humannutrition/nutrition-topics/easytasty.html>

International Recipes  
<https://www.carolinescooking.com/eat-world-international-recipes/>

Modifying a Recipe to be Healthier  
<https://www.ksre.k-state.edu/humannutrition/nutrition-topics/easytasty-documents/Ohio.pdf>

# 4-H FOOD SHOW RECIPE SUBMISSION CHECKLIST

*Recipes for Texas 4-H Food Show should adhere to the guidelines below. Please use this checklist to ensure recipes are correctly written.*

DOES YOUR RECIPE HAVE ALL OF THESE PARTS?	YES	NO
Name of recipe	_____	_____
Complete list of ingredients	_____	_____
Size cans, number of packages, cans, etc. given *EX: 10 oz box chipped frozen spinach NOT Spinach, box of spinach or frozen spinach	_____	_____
Description for combining all ingredients	_____	_____
<b>LIST OF INGREDIENTS</b>		
Ingredients are listed in order in which they are used in directions	_____	_____
Ingredients listed as they are measured.	_____	_____
*EX: 1/4 cup chopped onion, not 1/4 cup onion chopped.	_____	_____
*EX: 1 green pepper, chopped, not 1 chopped green pepper	_____	_____
Measurements given in common fractions *EX: 1/4 cup, 2 tablespoons, 1 teaspoon	_____	_____
All measurements are spelled out, not abbreviated.. *EX: cup, teaspoon, tablespoon, size can, etc.	_____	_____
*EX: 4-ounce can	_____	_____
No brand names are used..	_____	_____
Complete description of ingredients is included *EX: low-fat; packed in syrup; reduced fat; etc.	_____	_____
<b>DIRECTIONS</b>		
Clear instructions used for every step of combining and cooking the ingredients	_____	_____
Short, clear sentences used	_____	_____
Correct wording used to describe combining and cooking processes	_____	_____
Size and type of pan stated	_____	_____
Oven temperature and cooking times given	_____	_____
Number of servings or how much the recipe would make included	_____	_____

# 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 jiggle 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.)

# RECIPE PRESENTATION AND JUDGING

## 1. **Introduction/Presentation**

Each contestant will start with a maximum **five-minute presentation** to introduce themselves and their dish. You should describe your inspiration in choosing your recipe and how it relates to the theme, **Food Around the World**, and how it relates to the areas of the scorecard:: Knowledge off MyPlate, Nutrition Knowledge, Food Preparation, and Food Safety Concerns..

## 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, 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.

## 3. **Serving**

At the end of the question and answer period, contestants will have **one-minute to serve** the judges a portion of their dish. This allows judges to visually evaluate the dish prepared.

Contestants should practice proper food handling techniques when presenting food to the judges. Judges will not taste the food.

The food should be presented in a serving dish with a serving utensil provided by the contestant. In addition, a napkin to lay serving utensil on is allowed. The dish should be presented to the judges as if it were about to be placed on a table for a family dinner. In some instances, it is not necessary to present to the judges the entire recipe. For example, if a recipe makes two loaves of bread, only one loaf needs to be presented for judging. Contestants should serve judges what they deem is an appropriate serving size for evaluation purposes. Paper goods for these servings will be provided by the food show committee. Contestants will serve one serving to the judging panel, not a serving to each individual judge. If needed to safely transport the dish, contestants should bring serving trays. Serving trays will not be provided.

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. Only edible garnishes are allowed with the food show entry.



## WALKER COUNTY 4-H FOOD SHOW CONTEST PAPERWORK

**CONTESTANT NAME:**

**CATEGORY**

*Please check one*

Breads &  
Cereal

Fruits &  
Vegetables

Main Dish

Nutritious  
Snack

**AGE DIVISION**

Clover Kid

Juniors

Intermediates

Seniors

**COUNTY**

**Name of Recipe:**

**Prep Time:**

**Cook Time:**

Type Recipe Here:

# Texas 4-H Food Show Scorecard

Contestant Name: \_\_\_\_\_

County: \_\_\_\_\_

Entry Category:     \_\_\_ Main Dish           \_\_\_ Fruit/Veggie           \_\_\_ Bread/Cereal

\_\_\_ Nutritious Snack

Age Division:       \_\_\_ Clover Kid           \_\_\_ Junior           \_\_\_ Intermediate

\_\_\_ Senior

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



# DECLARATION OF ELIGIBILITY FORM INSTRUCTIONS

4-H'ers should complete a separate form for each competitive event/activity in which they plan to participate. The original form should be returned to the county Extension office by the deadline established by the County Extension Office..

NOTE: Schools requiring a copy of this form should make their copy before returning it to the student.

## **Parent/Guardian Section**

1. Parent/Guardian will select the information being requested. It is either:
  - Academic eligibility information only. (Used to verify academic eligibility only for 4-H competitive events/activities.), or
  - Academic eligibility information and authorization to receive an excused absence from school. (Used to verify academic eligibility as well as receive authorization to receive an excused absence. This would be used for events held during school hours such as stock shows, state and national 4H contests and events, etc.)
2. Complete the date and name of activity. (Used to notify school officials of exact dates/times a student would be participating in a 4-H activity or representing 4-H at an event.)
3. Parent/Guardian signature is required. The signature of the parent/guardian confirms that this person is aware of the academic eligibility and excused absence requirements of the Texas Education Code.

## **County Extension Agent Section**

1. Extension Office will complete this section and certify the youth is a 4-H member and his/her participation in the event.
2. County Extension Agent (with adjunct faculty status) will sign the form.

## **School Principal/Designee Section**

1. Principal, or designee, will indicate the 4-H members eligibility status, options are:
  - Academically eligible to participate
  - Not academically eligible to participate
2. The principal or designee will indicate whether or not an excused absence will be granted.
3. Principal, or designee, will sign and date the form in order to be valid.

4-H family should follow instructions provided by the  
County Extension Office on returning form to the  
Extension Office by the given deadline.



# Texas 4-H Youth Development Program DECLARATION OF ELIGIBILITY FORM

This form is requested in accordance with the requirement of the Texas Education Code and in cooperation with the Texas Education Agency and local public school board policies.  
*Instructions: Complete one form per activity. 4-H member should return original form to the County Extension Office*

## PARENT/GUARDIAN SECTION

In accordance with 4-H policy, provided by our local Extension office, I respectfully request:

(CHECK ONE)

- ☐ Academic eligibility information only.
- ☐ Academic eligibility information and authorization to receive an excused absence from school.

Date: January 27, 2020 Name of Activity: Walker County 4-H Food Show

Signature of Parent/Guardian: \_\_\_\_\_

## COUNTY EXTENSION AGENT SECTION

I hereby certify that \_\_\_\_\_ is a member of 4-H in \_\_\_\_\_ County and is scheduled to participate in this activity representing 4-H.

He/she will be under the supervision of the Texas A&M AgriLife Extension Service faculty or agency's designated volunteer leader.

\_\_\_\_\_  
Date

  
\_\_\_\_\_  
Signature of County Extension Agent

## SCHOOL PRINCIPAL OR DESIGNEE

(CHECK ONE)

- ☐ I do certify that the student is academically eligible to participate in the above mentioned extracurricular activity.
- ☐ I do not certify the student because he/she is **NOT** academically eligible to participate in the above mentioned activity.

(CHECK ONE)

- ☐ An excused absence will be granted.
- ☐ An excused absence will **NOT** be granted.
- ☐ Does not apply.

\_\_\_\_\_  
Date

\_\_\_\_\_  
Signature of Principal or Designee

\_\_\_\_\_  
Name of School