**Wichita County 4-H Food** **Show 2019 Rules and Guidelines**

Sunday, October 6, 2019 Kemp Center for the Arts 1300 Lamar, Wichita Falls

2:00 p.m.

Friday, Sept 27, 2019

Register 2-2:30

Judging begins at 2:45pm

Date: Location: Time:

Entry Deadline:

Schedule:

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

**Eligibility:** Contestants must be enrolled and actively participating as a 4-H member.

## Age Divisions:

* **Juniors** 3rd grade through 5th grade on September 1, 2019.
* **Intermediates** 6th through 8th grades on September 1, 2019.
* **Seniors** 9th through 12th grades on September 1, 2019.
* **Clover Kids** (K-2nd Graders) may participate at the Wichita County 4-H Food Show. They will not be eligible to advance to District.

**Entry Fee:** Entries are $10.00

## Theme and Entry Categories:

The theme for 2019-2020 is ***"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 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.

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

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variety of food preparation principles.

To qualify for a specific category, the main ingredient, or the ingredient with the greatest

measurement, in the recipe must match the name of the category.

Oven cooking is allowed in all four food categories prior to competition. No ovens will be available at the contest. Oven time is limited to 75 minutes.

No alcohol or alcohol-containing ingredients can be used. If the youth can't purchase it, they can't cook with it!

* ***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, scuffles, omelets, soups and chowders.
* ***Fruits*** *&* ***Vegetables-*** 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/ orcorn. 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.

## Entry Forms:

All age groups will need to complete the Food Show Participation form that includes space for their recipe. It is available in a fillable PDF or Word form. If possible, participants are asked to email this form with the recipe to [Katrena.mitchell@ag.tamu.edu](mailto:Katrena.mitchell@ag.tamu.edu). Entries may also be turned into the Extension office in person, by mail or fax.

**The entry deadline Friday, September 27, 2019.**

## Recipe Submission Checklist: Tips for Success

* 1. 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

* 1. 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, NOT¼ cup onion chopped

Measurements given in common fractions.

All measurements are spelled out, not abbreviated. Ex: Teaspoon, Cup, ounce

111. 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 2 cups boiling water

I cup lemon-lime soda

8-ounce package cream cheese , softened

½ teaspoon vanilla

½ teaspoon lime juice

6-ounce can mandarin oranges, drained 8-ounce can pineapple tidbits, drained 2 cups gree n grapes, halve d, seeded

2 cups chopped celery

/ 2 cup chopped pecans

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8 ounce carton frozen low-fat whipped Topping, thawed

1. ounce package lime gelatin I ½ cups boiling water

**(not just** 1**package lime gelatin) (not just** 1 **package/what kind?**

**Low fat, Fat free, etc.)**

**(always include size)**

**(not just grapes also color/kind? Red, concord, green)**

**(not 2 cups celery chopped** - **you must chop the celery to measure it, so chopped must be written first)**

**(are you measuring the pecans before or after chopping? The way it is written here indicates chopping first)**

**(indicate low-fat, fat-free, etc.)**

Dissolve the 6-ouce package lime gelatin in 2 cups boiling water. Stir in I 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 po rt io ns.

To make the 4-H Shamrock gelatin jigglers, dissolve the 3-ounce package lime gelatin in I '/2 cups boiling water. Po ur into shallow pan, 24x I 6x I inches. Chill until set. Cookie cut the jiggle r 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)

The Day of the **Food** Show:

* + **Food Preparation:** There will be no preparation at the Wichita County 4-H Food Show. Please be aware that 4-Hers 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.
  + **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 judges' 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.

* + **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 their dish 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 astate and district guideline, there will be no tasting by the judges.
  + **Interview** & **Contestant Participation:** The participant will come to the team of judges with the food entry. The 4-H member will stand 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. The following is the order that will be utilized with each participant during their assigned judging time:

1. Introduction/Presentation

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. Participants will have a maximum of 5 minutes.

1. Question and Answer

Judges will have the opportunity to spend up to five additional minutes asking questions applicable to the attached scorecard. It includes but is not limited to basic nutrition, food safety, and preparation.

1. 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.

* **Judging Criteria:** Contestants will be judged according to the criteria listed on the revised *2012 4-H Food Show 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 2nd in Vernon. Clover Kids are not eligible to advance beyond county. More information will be provided to those advancing.

**SPECIAL OPPORTUNITIES FOR 4-HERS AT DISTRICT FOOD SHOW**

* 1. There will be two special opportunities offered in 2019 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 the Food and Nutrition project. These will be excellent opportunities for 4-H’ers who prepare 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 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.

### If you plan to participate in either the exhibit or newswriting at the District Food Show, please let us know when you enter the Wichita County 4-H Food Show.

My Plate

**STUDY RESOURCES**

<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-lngredients.pdf

**Know Your Nutrients**

[http://fcs.tamu.edu/wp-content/uploads/Know-Your­](http://fcs.tamu.edu/wp-content/uploads/Know-Your)

**Nutrients FINAL.pdf**

Nutrient Needs at a Glance

https://fcs.tamu.edu/food and nutrition/pdf /nutrient-needs-at-a­ glance- E-589.pdf

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**THEME RESOURCES**

Altering Recipes for Good Health <http://texas4-h.tamu.edu/wp->

content/uploads/2015/09/hea1thy food Challenge altering recipes.pd f

10 Tips: Eating Foods Away from Home/ Choose MyPlate [https://www](http://www.choosemyplate.gov/ten-tips-eating-foods-away-home).ch[oosemy](http://www.choosemyplate.gov/ten-tips-eating-foods-away-home)p[late.go](http://www.choosemyplate.gov/ten-tips-eating-foods-away-home)v[/ten-tips-eating-foods-away-h](http://www.choosemyplate.gov/ten-tips-eating-foods-away-home)ome

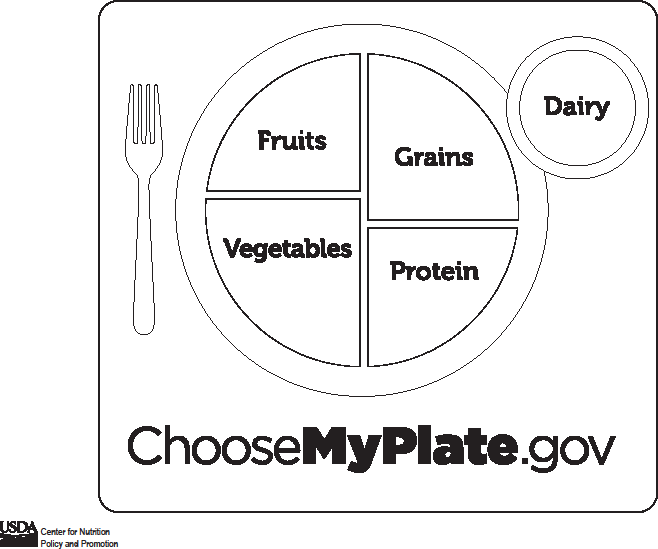
Easy, Tasty, Healthy: Simple Ingredient Substitutions for Your Recipes [https://www.ksre.k-state.edu/humannutrition/nutrition-](http://www.ksre.k-state.edu/humannutrition/nutrition-) topics/easytasty.html

Modifying a Recipe to be Healthier

[https://www.ksre.k-state.edu/humannutrition/nutrition­](http://www.ksre.k-state.edu/humannutrition/nutrition) topics/easytasty-documents/Ohio.pdf

Now Serving: Recipe Makeovers!

[https://www.ksre.k-state.edu/humannutrition/nutrition­](http://www.ksre.k-state.edu/humannutrition/nutrition) topics/easytasty-documents/NDSU.pdf



Type Recipe Here:

Wichita County 4

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H FOOD SHOW

RECIPE SUBMISSION PAPERWORK

By submitting the recipe, the contestant releases the recipe for use by Texas 4

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H Youth Development and Texas A&M AgriLife Extension.

Revised July 2019



**CONTESTANT NAME:**

**CATEGORY**

*Please check*

*one*

Breads &

Cereal

Fruits &

Vegetables

Main

Dish

Nutritious

Snack

**Division: \_\_\_\_\_\_ Junior \_\_\_\_\_\_\_ Intermediate \_\_\_\_\_\_\_\_ Senior**

**Name of Recipe:**

**Prep Time:**

**Cook Time:**