

WISE COUNTY

4-H Food Show Guidelines

Wednesday, October 17, 2018

Forms due in County Extension office by
Monday, October 15th

For more information contact the Extension Office 940-627-3341.

The 4-H Food Show is a unique opportunity for 4-H'ers to showcase the skills and knowledge they have gained from participating in foods and nutrition projects as well as experience in presenting themselves with confidence. However, project members are not required to enter the show to complete the project.

Educational Objectives of 4-H Foods and Nutrition Project:

- Practice recommended food preparation skills including food safety
- Understand connection of foods to holidays, while also learning about how to make them healthier thru substitutions or limiting to healthy portions
- Learn the nutrients in your dish and the health benefits they provide to your body

NEW FOR 2018:

What is your favorite restaurant entrée? Is it an appetizer like fried cheese sticks or a main dish like Chicken Alfredo? Maybe your favorite dish is a side dish like sweet potato fries or chips and salsa? Most Americans feel an evening out with family or friends qualifies for indulging in a few extra calories. However, the low nutritional value and high calorie and fat content of some of your "favorites" may shock you!

This year's 4-H Food Show theme, **Restaurant Re-Creations**, challenges contestants to take their favorite dish and make it a healthy one! Contestants should find ways to "recreate" the taste by using alternate ingredients and cooking methods. Contestants should discuss in their food show interview the substitutions of ingredients utilized to acquire the same taste and quality as their favorite restaurant serves.

CLARIFICATIONS

*Alcohol used as an ingredient – if the youth cannot purchase it then it cannot be used in the recipe. For example, bourbon and rum cannot be purchased. Cooking wines, cooking sherry, vanilla and other extracts can be used.

Pre-Registration Requirements:

Clover Kids submit a printed recipe only. Juniors, Intermediates and Seniors submit typed or neatly printed recipes, and a completed entry form. The Extension office will submit Academic Eligibility Forms to school districts prior to competition. Parents of home school participants are responsible for picking up, completing, and submitting academic Eligibility Forms to the Extension Office.

All forms are due in the 4-H office by Monday, October 15, 2018 in order to allow time for these to be evaluated.

Registration:

Please call the Extension office at 940-627-3341 to make an interview time or make one when you turn your paperwork in on or before Monday, October 15, 2018.

No heating or cooling devices will be available for your food. Please come prepared with everything you need to successfully exhibit your dish.

Superintendents will provide help, if necessary to 4-H'ers in setting up food. Participants will be called into exhibit area for judging. Two judges will interview each contestant individually.

The Wise County 4-H Food Show will follow the same guidelines as the District 3 4-H Food Show and State 4-H Food Show, with some changes made strictly for the County Show.

The 2018 Wise County 4-H Food Show will be held on Wednesday, October 17, 2018 at the Extension office – 206 S. State Street, Decatur, TX 76234

There will be **NO TASTING** of food on the County, District, or State level of competition. If this guideline is not followed, Texas 4-H and Texas A&M AgriLife Extension will not be liable or responsible for consequences that may incur.

County 4-H Food Show Guidelines

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 program."
2. Divisions:
 - Clover Kids - K-2nd grade as of August 31, 2018
 - Junior - 8 and in the 3rd, 4th, & 5th grade as of August 31, 2018
 - Intermediate - 6th, 7th, & 8th grade as of August 31, 2018
 - Senior - 9th, 10th, 11th, & 12th grade as of August 31, 2018

NEW Food Categories will be the same for all divisions.

- **Main Dish**
- **Fruits and Vegetables**
- **Breads & Cereals**
- **Nutritious Snacks**

*Clover Kids are invited to participate in a simplified display and interview. They only need to bring a dish, serving utensil and a copy of their recipe. This is a practice competition for them. *They are not placed and do not give a 2 minute presentation.*

Please Note: Clover Kids participate at the County level only - they do not advance to District.

3. **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.

Leaders/parents need to encourage 4-H'ers to choose recipes that meet food safety guidelines. Food does not need to remain at room temperature for more than two hours.

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.

- **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.
 - **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 / 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.
4. There will be no preparation at the County Food Show. Please be aware that 4-H'ers will not have access to electrical outlets, microwaves, ovens, refrigerators, freezers, sinks, etc. during the County Food Show.
 5. The decision as to whether a dish qualifies in a category will be left entirely to the discretion of the County Extension Agents.
 6. All 4-H'ers **MUST** complete County 4-H Entry Form and return to the Extension office by Monday, October 15th.
 7. There will be two special opportunities offered again this year to provide County participation for other 4-H'ers besides the County Food Show participants. The opportunities are Exhibit and News Writing. These opportunities are described in detail on separate pages included with this packet.

8. Adults may assist contestants by carrying all necessary items to the door of the appropriate judging room. Assistance will be provided for 4-H'ers.
9. 4-H'ers need to bring only a single serving of their recipe. 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.

What is a Serving Size? We will be using MyPlate guidelines for determining a serving size. An excellent resource is the, **American Dietetic Association Complete Food And Nutrition Guide (3rd Edition)- Chapter 10, "Planning to Eat Smart"**. This resource is available for viewing in the Extension Office.

Examples of serving sizes would be:

FOOD	ONE SERVING
Bread	1 Slice
Rice	½ Cup
Milk Shake	1 Cup (8 oz.)
Mixed Ingredient Dish (Soups, Casseroles, etc.,)	1 Cup
Dips	¼ Cup

Tips on Serving Sizes:

- * Think about a serving size you would get at a restaurant. (NOT super sized!)
- * 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.

10. 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 maximum two-minute presentation to introduce themselves and their dish, and may describe briefly their inspiration in choosing that dish, or their experience in 4-H and the Food and Nutrition Project.

2. 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.

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.

11. Due to the “single serving” entry, there will not be food available for a public viewing. Therefore, we will not have public viewing.
12. Paper plates and bowls, plastic forks, spoons, and knives, and paper napkins for the judges will be provided at the County Food Show. Food handler’s gloves will be available from the superintendent in charge of each group for those 4-H’ers who feel they need to use them. Food handler’s gloves should only be used if it will be necessary for the 4-H’er to touch the food in any way while serving the judges. **THERE WILL BE NO TASTING OF FOOD BY PARTICIPANTS, JUDGES, OR SPECTATORS ON THE COUNTY, DISTRICT OR STATE LEVEL OF COMPETITION.**
13. Contestants may remove their serving plates, utensils, etc., as soon as they have completed their judging interview.
14. Contestants may leave the premises with appropriate adult(s) after they have been judged, and their space has been cleaned up with items put away.
15. Personal appearance is part of the score.
16. Judging for each contestant will be limited to 8 minutes.
17. Ribbons will be awarded to the first five places in each food group of each age division. All entries will receive a participant’s ribbon. Results will be announced on Facebook and by calling the Extension office the following day.
18. 1ST place winners in each division (except Clover Kids) will advance to District 3 4-H Food Show competition set for Saturday, November 3, 2018 at Wilbarger Auditorium in Vernon. If for some reason the 1st place winner can not represent Wise County at the District 4-H Food Show, the 2nd place (alternate) will be eligible to attend District competition.
19. All paperwork must be in the Extension Office by Monday, October 15, 2018.

ALL must complete the Wise County 4-H Food Show Entry Form with recipe typed and attached.



Good Luck and Enjoy!