



# 2015 DISTRICT 9 4-H FOOD SHOW RULES, GUIDELINES, FORMS, & SCORECARD

## SCHEDULE

- Each participant will be assigned a Judging Time before arrival to the contest.
- Please check the District 9 4-H Website after April 17, 2015 for listing of judging times. <http://d94-h.tamu.edu/eventsandcontests/bigtime/food-show/>
- Please do not arrive **no more than 20 minutes** prior to your judging time due to space limitations.
- 9:00 am Food Show Contest begins
- 6:00 pm Awards Presentation

## THEME

Bringing Texas to the Table

- Select recipes that features Texas grown and produced ingredients.

## OBJECTIVES

- Practice recommended food preparation skills including food safety
- Understand connection of recipe to food category, while also learning about how to make such a recipe more economical
- Learn the nutrients in your dish and the health benefits they provide to your body

## ENTRY DIVISIONS

Counties may send 3 participants per age and category division.

- Juniors
  - 8 years old & in the 3<sup>rd</sup> grade to 10 years old as of August 31, 2014
- Intermediate
  - 11 – 13 years old as of August 31, 2014
- Seniors
  - 14 – 19 years old as of August 31, 2014

## CATEGORIES DESCRIPTION

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 alternative such as eggs, dry beans, peas or peanut butter.
- **Fruit and 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.)

## PREPARATION

Microwave ovens will be available to reheat foods. You will not have time to cook your dish, only reheat. Please plan a way to keep cold foods cold. Participants will need to bring things such as hot pads, dishtowels, and whatever else they might need. Participants will also need to bring a serving utensil(s) to serve their dish to the judges. **Judges will not taste the dishes.**

# RECIPE SUBMISSION CHECKLIST

## Tips for Success

### I. Does Your Recipe Have All of These Parts?

- a. Name of Recipe
- b. Complete list of ingredients (Size cans, packages, cans, etc. given)  
EX: 10 oz. box chopped frozen spinach NOT Spinach, box of spinach or frozen spinach.
- c. Description for combining all 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: 1/4 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. 1/4 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)
- e. Avoid brand names. Include complete description of ingredients,  
i.e. low-fat, packed in syrup, reduced fat, etc.

### 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. Given the temperature and cooking time
- f. Included the number of servings or how much the recipe would make

## Example of Recipe 4-H Shamrock Salad

6-ounce package lime gelatin	<b>(not just 1 package lime gelatin)</b>
2 cups boiling water	
1 cup lemon-lime soda	
8-ounce package low-fat cream cheese, softened	<b>(not just 1 package/ what kind? Low fat, Fat free, etc.)</b>
½ teaspoon vanilla	
11-ounce can mandarin oranges, drained	<b>(always include size)</b>
8-ounce can pineapple tidbits, drained	
2 cups red grapes, halved, seeded	<b>(not just grapes, also color/kind? Red, concord, green)</b>
2 cups chopped celery	<b>(not 2 cups celery chopped - you must chop the celery to measure it, so chopped must be written first)</b>
½ cup chopped pecans	<b>(are you measuring the pecans before or after chopping? The way it is written here indicates chopping first)</b>
8-ounce carton frozen low-fat whipped topping, thawed	<b>(indicate low-fat, fat-free, etc.)</b>
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.

To make the 4-H Shamrock gelatin jigglers, dissolve the 3-ounce package lime gelatin in the 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 tray for color variety. Yield: 8 servings. (Note number of servings is listed)

## RECIPE PRESENTATION AND JUDGING

Contestants will be interviewed in separate judging rooms if space is allowed. The order in which each county will be judged will be randomly selected and will be posted on the District 9 4-H website <http://d94-h.tamu.edu/eventsandcontests/bigtime/food-show/> by April 17, 2015. **Please do not arrive no more than 20 minutes prior to your judging time due to space limitations.**

### 1. *Introduction/Presentation*

Each contestant will start with a maximum **three-minute presentation** to introduce themselves and their dish. You should describe your inspiration in choosing that dish and how it relates to the theme, **Bringing Texas to the Table**. You may wish to include your experience in 4-H and the Food and Nutrition Project.

### 2. *Question and Answer*

Judges will have the opportunity for a **five-minute interview** asking questions applicable to the attached scorecard. It includes but is not limited to basic nutrition, food safety, preparation and project experiences. Being familiar with the information from the recommended 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 a portion of your dish. This will allow judges to visually evaluate the dish you have prepared. Contestants are encouraged to practice proper food handling techniques when presenting food to the judges.

The food should be presented in a serving dish with a serving utensil. 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. Serve judges only a small portion of food using the paper products provided by the judging supervisor.

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. Agents and leaders are encouraged to use discretion regarding this manner when counseling 4-H participants, members or contestants for the district food show.

At the conclusion of 4-H Food Show, ranking, judges' comments and other correspondence will be forwarded to the 4-H County Agent. Please allow up to two weeks for processing.

### **Judges will interview contestants in 10 minute intervals**

- **3 minutes for oral presentation**
- **5 minutes for interview by judges**
- **1 minute for serving of dish**
- **1 minute between contestants for judges to complete scorecard**

## STUDY RESOURCES

- MyPlate <http://www.choosemyplate.gov/>
- Food Safety <http://www.fightbac.org/>
- Dietary Guidelines for Americans 2010  
<http://www.cnpp.usda.gov/dgas2010-policydocument.htm>
- 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.pdf](http://fcs.tamu.edu/food_and_nutrition/pdf/nutrient-needs-at-a-glance-E-589.pdf)

## THEME RESOURCES

- Kids, Cows & More  
<http://www.kidscowsandmore.org/texas-agriculture/>
- Texas Produce Availability- Texas International Produce Association  
<http://www.texasproduceassociation.com/availability/>
- Go Texan – Texas Department of Agriculture  
<http://www.gotexan.org/> (use search feature)
  - Texas Produce Availability Chart
- Texas Youth Livestock & Agriculture – Texas A&M AgriLife Extension  
<http://www.texasyouthlivestock.com/>
- The Crops of Texas – Texas A&M AgriLife Extension  
<http://aggie-horticulture.tamu.edu/vegetable/guides/the-crops-of-texas/>
- Food and Nutrition Fact Sheets  
[http://fcs.tamu.edu/food\\_and\\_nutrition/food\\_resource\\_management.php](http://fcs.tamu.edu/food_and_nutrition/food_resource_management.php)
- Texas Recipes  
<http://www.gotexan.org/experiencegotexan/recipes.aspx>

## FORM REQUIRED FOR 2015 DISTRICT 9 4-H FOOD SHOW

\*\* 0.5 point per judge will be deducted for incomplete or incorrect paper work.

Email the below form to [district94hfoodshow@gmail.com](mailto:district94hfoodshow@gmail.com) by April 12, 2015.

1. 2015 District 9 4-H Food Show Entry Form. The Food & Nutrition Project Experiences should cover one year's 4-H work for Food Show to next year's Food Show.
2. Entry and payment should be made through 4-H Connect by April 12, 2015.

**2015 District 9 4-H Food Show  
Entry Form**

Participant Name: \_\_\_\_\_

Date of Birth: \_\_\_\_\_ Age Division (Junior, Intermediate, Senior): \_\_\_\_\_

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

E-mail Address: \_\_\_\_\_

Please summarize your Food & Nutrition Project Experiences (250 words or less; 11 point font)

Recipe (If needed attach 1 sheet only)



# 2015 District 9 4-H Food Show SCORECARD

Judge's Initials \_\_\_\_\_

Participant Name: \_\_\_\_\_

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

Category (Protein, Fruit & Vegetable, Grains, Dairy): \_\_\_\_\_

Age Division (Junior, Intermediate, Senior): \_\_\_\_\_

	Rating				Comments	Points
	Outstanding	Good	Fair	Needs Improvement		
<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>• Number of servings provided by an individual serving of the dish</li> <li>• Knowledge of personal healthy lifestyle choices based on dietary guidelines</li> </ul>						20
<b>Nutrient Knowledge:</b> <ul style="list-style-type: none"> <li>• Knows what this dish contributes to the diet</li> </ul>						15
<b>Food Preparation:</b> <ul style="list-style-type: none"> <li>• Knows the key steps in preparation of dish and function of ingredients</li> </ul>						15
<b>Food Presentation/Quality:</b> <ul style="list-style-type: none"> <li>• Appearance of food (texture, uniformity)</li> <li>• Garnishing</li> </ul>						10
<b>Food Safety Concerns and Practices:</b> <ul style="list-style-type: none"> <li>• Knows food safety concerns in preparation and storage of dish</li> </ul>						10
<b>4-H Food and Nutrition Project Activities:</b> <ul style="list-style-type: none"> <li>• Community service, leadership, workshops</li> </ul>						10
<b>Effectiveness of Communication:</b> <ul style="list-style-type: none"> <li>• Voice</li> <li>• Poise</li> <li>• Personal/Appearance</li> </ul>						10
<b>Theme:</b> <ul style="list-style-type: none"> <li>• Dish or project activities relates to theme</li> </ul>						5
<b>Paperwork - Summary of Experiences:</b>						5

**Total Points**

**Additional Comments**