

Palo Pinto County 4-H Food Show 2014 Rules and Guidelines

Date:	Sunday, October 5, 2014
Location:	Palo Pinto County Extension Office
Time:	2:00 p.m.
Entry Deadline:	Wednesday, October 1, 2014

The Palo Pinto 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. The 4-H member must also be actively participating in a food and nutrition educational program.

Age Divisions:

- **Juniors** must have been 8 & in the 3rd grade, 9 or 10 years old on August 31, 2014.
- **Intermediates** must be 11, 12 or 13 years old on August 31, 2014.
- **Seniors** must have passed their 14th birthday but not their 18th birthday on August 31, 2014.
- **Clover Kids** (K-2nd Graders) may participate at the Palo Pinto County 4-H Food Show. They will not be eligible to advance to District.

Theme and Entry Categories:

The theme for the 2014-2015 Food Show is “**Bringing Texas to the Table.**” This gives you an opportunity to pick your favorite dish which features Texas ingredients. If local, Texas grown and produced foods are available and economical, include them in your dish. Otherwise, use items that represent Texas foods such as pecans grown elsewhere.

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 variety of food preparation principles.

All four food categories may use ovens during food preparation. **However for Seniors, oven time is limited to 75 minutes in all categories.** No alcohol or alcohol-containing ingredients can be used.

- **Protein Category**

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.

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

- **Fruit and Vegetable Category**

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.

Examples: Dishes that accompany a main dish (salads, relish trays, cooked fruits and vegetables.)

- **Grain Category**

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.

Examples: Quick, yeast, bread mixes, rice, pasta

- **Dairy Category**

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.

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

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 typeable PDF or Word form. If possible, participants are asked to email this form with the recipe to palopint@ag.tamu.edu . Entries may also be turned into the Extension office in person, by mail or fax. The entry deadline is Wednesday, October 1, 2014.

Recipe Submission Checklist:

Tips for Success

I. 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

II. 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, NOT ¼ cup onion chopped
- ✓ Measurements given in common fractions.
- ✓ All measurements are spelled out, not abbreviated.
Ex. Teaspoon, Cup, ounce

III. 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 (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.

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 tray 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 Palo Pinto County 4-H Food Show. Please be aware that 4-H'ers 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 a state 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**
Each contestant will start with a presentation to introduce themselves and their dish, and may describe briefly their inspiration in choosing that dish, food safety and preparations practices, basic nutrition information and/or their experience in 4-H and the Food and Nutrition Project. Junior and Intermediates will have a maximum of two minutes. Seniors will have a maximum of 3 minutes.
 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.

- **Judging Criteria:** Contestants will be judged according to the criteria listed on the revised *2014-2015 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 October 18th in Vernon. Clover Kids are not eligible to advance beyond county.

SPECIAL OPPORTUNITIES FOR 4-H'ERS AT DISTRICT FOOD SHOW

There will be some special opportunities offered in 2014 in conjunction with the District 3 4-H Food Show. There will not be a limit on the number of participants from a county. These special opportunities will be excellent opportunities for 4-H'ers who do record books to have District level activities and activities for "Promote 4-H".

The opportunities are:

(1) **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 **10:00 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.

(2) **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. 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. All 4-H'ers will receive a certificate.

(3) **Beef Awards** - There will be a separate judging for the beef awards. Members of the Cattlemen's organization will serve as judges. 4-H'ers entering the beef award will be judged twice—once in their division and again for the beef award. During the beef award judging questions should be centered around beef, its importance in the diet, cooking methods, different ways to serve, etc. To be eligible for a Beef Award the following guidelines will apply. In the Protein category, a serving of the dish should contain 3-4 ounces of beef. **NUMBER OF SERVINGS MUST BE INDICATED ON RECIPE.**

(To calculate the number of ounces of beef in a serving in the Protein category, take the total amount of beef in the dish, change the amount to ounces — 16 oz. = 1 lb. — and divide by the number of servings in the dish. Example: The recipe calls for 2 lbs. of beef and serves 8 people — 32oz. divided by 8 servings = 4 oz. beef per serving.)

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

Only the 1st place entries in the protein category that meet the eligibility to interview for the Beef Awards will be submitted for District. Please see the guidelines above.

**2014 District 3 4-H Food Show
PARTICIPATION FORM**

Name: _____ Age (on August 31, 2014) _____

Address: _____

County: _____ Food Category: _____

Birthdate: _____ Age Division: _____

Years in 4-H: _____ Years in Project: _____

RECIPE

2014 DISTRICT 3 4-H FOOD SHOW
SCORECARD
Junior Division

Entry Class
(Check One)

☐
☐

Protein
Grains

☐
☐

Fruit/Vegetable
Dairy

County _____

Name _____

Judges Initials: _____

Name of Dish _____

Years in Food Show: _____

FACTORS TO CONSIDER

Comments

Excellent

Fair

**Needs
Improvement**

(5%) 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.

(45%) Score for the food – nutrition, texture, appearance of food only, etc.

Preparation – How the dish was made?
(This includes food safety concerns)

Recipe – Can you make substitution(s)
For any ingredient(s)

(45%) MyPlate –

Describe MyPlate

(5%) Effectiveness of Communication – Voice, eye Contact, poise in answering questions

What did you learn in your food project? Did
You participate in any other food & nutrition
Activities in addition to the food show?

ADDITIONAL COMMENTS

2014 DISTRICT 3 4-H FOOD SHOW
SCORECARD
Intermediate Division

Entry Class
(Check One)

☐
☐

Protein
Grains

☐
☐

Fruit/Vegetable
Dairy

County _____

Name _____

Judges Initials: _____

Name of Dish _____

Years in Food Show: _____

FACTORS TO CONSIDER

Comments

Excellent

Fair

**Needs
Improvement**

(5%) 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 & Nutrition Project.

(45%) Score for the food – nutrition, texture, appearance of food only, etc.

Preparation – How the dish was made?
(This includes food safety concerns and science based information.

Recipe – Can you make substitution(s) for any ingredient(s)

(45%) MyPlate

Discuss the dietary guidelines

What are the main nutrients in your dish?

How much of your recipe is considered a serving?

(5%) Effectiveness of Communication – Voice, eye contact, poise in answering questions

What did you learn in your food project? Did you participate in any other food & nutrition activities in addition to the food show?

ADDITIONAL COMMENTS

2014 District 3 4-H Food Show

SCORECARD

Senior Division

Name _____

County _____ District _____

Category (Check One) Protein Fruit & Vegetable ☐ Grains ☐ Dairy

Comments

Excellent

Fair

Needs Improvement

I. Introduction/Presentation

(10%) Each contestant will start with a maximum two-minute pre-sentation 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 & Nutrition Project.

(10%) **Effectiveness of Communication:**
Voice; poise; personal appearance

II. The Interview

(20%) **Knowledge of MyPlate:**
Food group of individual ingredients, serving amount needed from each group daily, food group that dish falls into, number of servings provided by an individual serving of the dish, knowledge of personal healthy lifestyle choices based on dietary guidelines.

(15%) **Nutrition Knowledge:**
Knows what this dish contributes to the diet.

(15%) **Food Preparation:** Knows the key steps in preparation of dish and function of ingredients.

(10%) **Food Safety Concerns and Practices:**
Knows food safety concerns in preparation and storage of dish.

(10%) **4-H Food and Nutrition Project Activities:**
Community service, leadership, workshops

III. Food Evaluation

(10%) **Food Presentation/Quality:**
Appearance of food (texture, uniformity)
Garnishing

ADDITIONAL COMMENTS

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

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/>

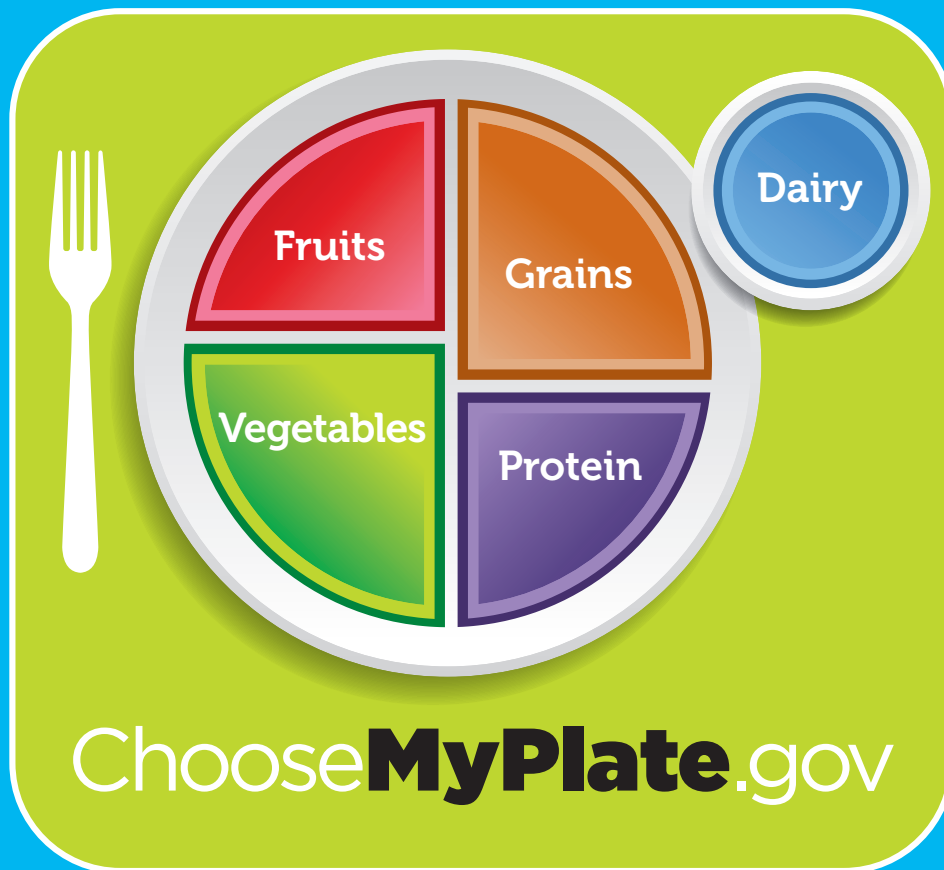
☐ Food and Nutrition Fact Sheets

http://fcs.tamu.edu/food_and_nutrition/food_resource_management.php

☐ Texas Recipes

<http://www.gotexan.org/experiencegotexan/recipes.aspx>

What's on your plate?



Before you eat, think about what and how much food goes on your plate or in your cup or bowl. Over the day, include foods from all food groups: vegetables, fruits, whole grains, low-fat dairy products, and lean protein foods.



Make half your plate fruits and vegetables.



Make at least half your grains whole.



Switch to skim or 1% milk.



Vary your protein food choices.

Vegetables	Fruits	Grains	Dairy	Protein Foods
<p>Eat more red, orange, and dark-green veggies like tomatoes, sweet potatoes, and broccoli in main dishes.</p> <p>Add beans or peas to salads (kidney or chickpeas), soups (split peas or lentils), and side dishes (pinto or baked beans), or serve as a main dish.</p> <p>Fresh, frozen, and canned vegetables all count. Choose “reduced sodium” or “no-salt-added” canned veggies.</p>	<p>Use fruits as snacks, salads, and desserts. At breakfast, top your cereal with bananas or strawberries; add blueberries to pancakes.</p> <p>Buy fruits that are dried, frozen, and canned (in water or 100% juice), as well as fresh fruits.</p> <p>Select 100% fruit juice when choosing juices.</p>	<p>Substitute whole-grain choices for refined-grain breads, bagels, rolls, breakfast cereals, crackers, rice, and pasta.</p> <p>Check the ingredients list on product labels for the words “whole” or “whole grain” before the grain ingredient name.</p> <p>Choose products that name a whole grain first on the ingredients list.</p>	<p>Choose skim (fat-free) or 1% (low-fat) milk. They have the same amount of calcium and other essential nutrients as whole milk, but less fat and calories.</p> <p>Top fruit salads and baked potatoes with low-fat yogurt.</p> <p>If you are lactose intolerant, try lactose-free milk or fortified soymilk (soy beverage).</p>	<p>Eat a variety of foods from the protein food group each week, such as seafood, beans and peas, and nuts as well as lean meats, poultry, and eggs.</p> <p>Twice a week, make seafood the protein on your plate.</p> <p>Choose lean meats and ground beef that are at least 90% lean.</p> <p>Trim or drain fat from meat and remove skin from poultry to cut fat and calories.</p>

For a 2,000-calorie daily food plan, you need the amounts below from each food group.
To find amounts personalized for you, go to ChooseMyPlate.gov.

Eat 2½ cups every day	Eat 2 cups every day	Eat 6 ounces every day	Get 3 cups every day	Eat 5½ ounces every day
<p>What counts as a cup? 1 cup of raw or cooked vegetables or vegetable juice; 2 cups of leafy salad greens</p>	<p>What counts as a cup? 1 cup of raw or cooked fruit or 100% fruit juice; ½ cup dried fruit</p>	<p>What counts as an ounce? 1 slice of bread; ½ cup of cooked rice, cereal, or pasta; 1 ounce of ready-to-eat cereal</p>	<p>What counts as a cup? 1 cup of milk, yogurt, or fortified soymilk; 1½ ounces natural or 2 ounces processed cheese</p>	<p>What counts as an ounce? 1 ounce of lean meat, poultry, or fish; 1 egg; 1 Tbsp peanut butter; ½ ounce nuts or seeds; ¼ cup beans or peas</p>

Cut back on sodium and empty calories from solid fats and added sugars



Look out for salt (sodium) in foods you buy. Compare sodium in foods and choose those with a lower number.

Drink water instead of sugary drinks. Eat sugary desserts less often.

Make foods that are high in solid fats—such as cakes, cookies, ice cream, pizza, cheese, sausages, and hot dogs—occasional choices, not every day foods.

Limit empty calories to less than 260 per day, based on a 2,000 calorie diet.

Be physically active your way

Pick activities you like and do each for at least 10 minutes at a time. Every bit adds up, and health benefits increase as you spend more time being active.

Children and adolescents: get 60 minutes or more a day.

Adults: get 2 hours and 30 minutes or more a week of activity that requires moderate effort, such as brisk walking.



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