



**2017 County Food Show  
Information  
County Food Show  
Contest – January 7, 2017  
Entry Deadline – December 18, 2016**



**Food Show Entries:** Recipes submitted should reflect this year's theme, *Family Favorites*. Also, the four food categories now align with MyPlate: protein, fruits and vegetables, grains and dairy.

The theme for the 2017 Food Show is *"Family Favorites."* This theme will allow participants the opportunity to explore many aspects of food preparation, food safety, creative recipes and more! Concentrate on foods that are family favorites, with the emphasis of the importance of family mealtime. Research consistently shows that regular family meals are linked to: higher grades for children, higher self-esteem, healthier eating habits and healthier weights.

Good luck to each of you and enjoy this year's project!

### **Objectives**

- Practice and know recommended food preparation skills including food safety.
- Understand the connection of recipe to MyPlate food category.
- Learn the nutrients in your dish and food category and the health benefits they provide to your body.

### **Eligibility Requirements**

- Cover Kids – Kindergarten to 2<sup>nd</sup> grade
- Juniors – 8 and in the 3<sup>rd</sup> grade to 5<sup>th</sup> grade
- Intermediates – 6<sup>th</sup> grade to 8<sup>th</sup> grade
- Seniors – 9<sup>th</sup> grade to 12<sup>th</sup> grade

### **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.

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.
  - o 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.

- o 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.

- o 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.

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

## **RECIPE PRESENTATION AND JUDGING**

Contestants will be interviewed in a room near the kitchen. The Kitchen Supervisor will inform each contestant when and where to take his/her dish to be judged. The order in which each district will be judged has been randomly selected and is included in this document.

### **1. Introduction/Presentation - Seniors Only**

Each contestant will start with a maximum four-minute presentation to introduce themselves and their dish. You should describe your inspiration in choosing your recipe and how it relates to the theme, Family Favorites.

### **2. Question and Answer – Juniors, Intermediates and Seniors**

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 and preparation as well as project experiences. Being familiar with the information from the recommended study resources in the Guidelines will improve your interview success.

### **3. Serving – Juniors, Intermediates and Seniors**

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. The serving trays provided by the Kitchen Supervisor must be used if a tray is needed to safely transport the dish.

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 state show.

Dishes that are displayed during the public viewing at the Awards Ceremony can be more elaborately presented. However, large table cloths, silver trays, etc., are not appropriate, since each contestant will be allowed a space that is only about 24 inches wide and 18 inches deep.



#### **Food Display Contest: (an optional contest)**

No entry fee or pre-registration is required for this contest! However, entries must also be Food Show participants. A space 24 inches in width will be allowed for each contestant. Each 4-H member will have his or her dish completed before being seated in the designated area. Entries will be grouped according to category entered. Only edible garnishes allowed.

Participants will remove their dish from the place setting and take it to the judging table for the interview. Food Show Judges will not see the place setting until after the judging.



#### **Poster Contest:**

The theme for the 2017 poster contest is *(Waiting on District Contest Rules)*.

Participants in the poster contest do not have to be entered in the Food Show nor be present to win! No entry fee or pre-registration is required to participate in this contest.

There is no limit to the number of posters that each county can enter; however, each child is limited to one poster. The poster must be on a poster board that measures 28"x22". NO FOAM BOARD OR OTHER MATERIALS PLEASE. The posters will be judged on creativity and the nutritional message that the poster conveys. This contest is open to all age divisions. We will give a ribbon to the top five places in each age division as appropriate.

The following information must be included on the back of each poster:

Contestant Name:

County:

Age Division:

If this information is missing from the poster, it will not be judged.



**Food Challenge and Ag ID Contest:**

If you are interested in doing one of these contest please let me know for district please let me know so we can get teams and practices together.

If you have any other questions or concerns, please give me a call at 409-384-3721. See you on Saturday, January 4, 2017. GOOD LUCK!!

## STUDY RESOURCES

- **MyPlate**  
<http://www.choosemyplate.gov/>
- **Altering Recipes for Good Health**  
<http://fcs.tamu.edu/files/2015/02/altering-recipes-for-good-health.pdf>
- **Food Safety**  
<http://www.fightbac.org/>
- **Dietary Guidelines for Americans**  
<http://health.gov/DietaryGuidelines/>
- **Texas A&M AgriLife Extension Service: Nutrient Needs at a Glance**  
[http://fcs.tamu.edu/food\\_and\\_nutrition/pdf/nutrient-needs-at-aglance-E-589.pdf](http://fcs.tamu.edu/food_and_nutrition/pdf/nutrient-needs-at-aglance-E-589.pdf)

## THEME RESOURCES

- **Make Easy & Healthy Meals**  
<https://choosemyplateprod.azureedge.net/sites/default/files/printablematerials/MyPlateForMyFamily-ParticipantHandouts.pdf>
- **The Importance of Family Mealtime**  
<http://food.unl.edu/documents/The%20Importance%20of%20Family%20Mealtime.02.01.10.pdf>
- **Family Mealtime**  
<http://store.msuextension.org/publications/HomeHealthandFamily/MT200403HR.pdf>

## RECIPE SUBMISSION CHECKLIST

### Tips for Success

I. Does Your Recipe Have All of These Parts?	Yes	No
a. Name of Recipe	___	___
b. Complete list of ingredients Size cans, number of 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: ¼ 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. ¼ 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 wording to describe combining and cooking processes	___	___
d. Stated the size of pan	___	___
e. Given temperature and cooking times		
f. 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 1 cup lemon-lime soda	(not just 1 package lime gelatin)
8-ounce package cream cheese, softened  ½ teaspoon vanilla ½ teaspoon lime juice	(not just 1 package/what kind? Low fat, Fat free, etc.)
6-ounce can mandarin oranges, drained 8-ounce can pineapple tidbits, drained	(always include size)
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 3-ounce package lime gelatin 1 ½ cups boiling water	(indicate low-fat, fat-free, etc.)

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 jiggler 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)

**2017 County 4-H Food Show  
Personal Information and Certification Form**

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

Date of Birth: \_\_\_\_\_

Category: \_\_\_\_\_Protein    \_\_\_\_\_Fruit and Vegetable    \_\_\_\_\_Grains    \_\_\_\_\_Dairy

Age Division: \_\_\_\_\_Junior    \_\_\_\_\_Intermediate    \_\_\_\_\_Senior

County: Jasper                      District: 5

Address: \_\_\_\_\_

City: \_\_\_\_\_                      State: Texas                      Zip Code: \_\_\_\_\_

E-mail Address: \_\_\_\_\_                      Gender: \_\_\_\_\_Female                      \_\_\_\_\_Male

Date: \_\_\_\_\_                      Signature of 4-H Members: \_\_\_\_\_



## 2017 County Food Show Entry Form

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

Category: \_\_\_\_\_Protein    \_\_\_\_\_Fruit and Vegetable    \_\_\_\_\_Grains    \_\_\_\_\_Dairy

Age Division: \_\_\_\_\_Junior    \_\_\_\_\_Intermediate    \_\_\_\_\_Senior

Please summarize your Food and Nutrition Project experiences.  
(250 Words or Less; no less than 11 font size)

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Recipe (Attach – 1 sheet only)

**TEXAS 4-H FOOD SHOW SCORECARD (8/2016)**

**CONTESTANT NAME:** \_\_\_\_\_

**COUNTY:** \_\_\_\_\_

**DISTRICT:** \_\_\_\_\_

**ENTRY CATEGORY:**

Protein   
  Fruit & Vegetables   
  Grains   
  Dairy

**AGE DIVISION:**

Junior   
  Intermediate   
  Senior

	Rating				Comments	Points
	Outstanding	Good	Fair	Needs Improvement		
<b>I. PRESENTATION</b>						
<b>How the dish fits the theme</b>	5-4	3	2	1		(5)
<b>Knowledge of MyPlate:</b> Food group of individual ingredients, serving amount needed from each group daily; food group that dish falls into; knowledge of personal healthy lifestyles choices based on dietary guidelines	10-8	7-6	5-3	2-1		(10)
<b>Nutrition Knowledge:</b> Contestant understands what this dish contributes to the diet	10-8	7-6	5-3	2-1		(10)
<b>Food Preparation:</b> Knows the key steps in preparation of food and function of ingredients	10-8	7-6	5-3	2-1		(10)
<b>Food Safety Concerns &amp; Practices:</b> Knows food safety concerns in preparation and storage of dish	10-8	7-6	5-3	2-1		(10)
<b>II. INTERVIEW (category specific questions)</b>						
<b>Knowledge of MyPlate</b>	10-8	7-6	5-3	2-1	(10)	
<b>Nutrition Knowledge</b>	10-8	7-6	5-3	2-1	(10)	
<b>Food Preparation</b>	10-8	7-6	5-3	2-1	(10)	
<b>Food Safety</b>	5-4	3	2	1	(5)	
<b>4-H Food &amp; Nutrition Project Activities</b>	5-4	3	2	1	(5)	
<b>III. FOOD EVALUATION</b>						
<b>Food Presentation/Quality:</b> Appearance of food (texture, uniformity); garnishing	5-4	3	2	1		(5)
<b>IV. EFFECTIVENESS OF COMMUNICATION</b>						
<b>Voice, poise, personal appearance</b>	5-4	3	2	1		(5)
<b>V. PAPERWORK</b>						
<b>Summary of project experiences</b>	5-4	3	2	1		(5)
<b>ADDITIONAL COMMENTS:</b>				<b>TOTAL POINTS:</b>		