Palo Pinto County 4-H Food Show
2017 Rules and Guidelines

Date:	Sunday, October 22, 2017
Location:	Palo Pinto County Extension Office
Time:	2:00 p.m.
Entry Deadline:	Friday, October 13, 2017

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 be at least 8 & in the 3rd, 4th, or 5th grade for the current school year.
- **Intermediates** must be in the 6th, 7th or 8th grade for the current school year.
- **Seniors** must be in the 9th, 10th, 11th or 12th grade for the current school year.
- **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 Food Show is **"Fresh from the Farm."** This theme will allow participants the opportunity to explore many aspects of food processing, physical activity, and the value of agriculture. Another aspect to consider is the importance of family and working together. In addition, 4-H members can discuss the growing season their dish is associated with: late spring and early summer, high summer, and early fall. In addition, 4-H members might consider discussing where the ingredients for their dish were grown, whether locally or otherwise. Fresh from the Farm is a theme intended to help 4-H members increase their knowledge of where food originates and the importance of agriculture and farming. However, in NO WAY is the goal of this theme to imply that foods sold or harvested from the farm are more nutritious than foods which are purchased from the local grocery store. In addition, please be clear, that foods purchased from the grocery store (not just foods purchased from a farmer's market or harvested from a garden) are fine to use in your food show 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 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 my 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 . Please also call to make sur that we received your entry. Entries may also be turned into the Extension office in person, by mail or fax. The entry deadline is Friday, October 13, 2017.

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 1package/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-ouce 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 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 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 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.
     You should describe your inspiration in choosing your recipe and how it relates to the theme, "**Fresh from the Farm"**.
     Seniors will have a maximum of four minutes for their presentation.
     Juniors and Intermediates will have a maximum of two minutes for their presentation.

  2. Question and Answer
     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
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 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 4th 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 2017 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 Writin**g - 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) Vernon College/Vernon Farmers Market "Farm to Table" Award: This is a new award sponsored by Vernon College and the Vernon Farmers Market Association. To be eligible for this you must fill out the required form.

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.

STUDY RESOURCES

- My Plate 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-Ingredients.pdf
- 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
- Texas A&M AgriLife Extension Service: Nutrient Needs at a Glance (kid friendly) https://texas4-h.tamu.edu/wp-content/uploads/Nutritional-Concepts.pdf

THEME RESOURCES

- Beef from Farm to Table https://www.fsis.usda.gov/wps/wcm/connect/c33b69fe-7041-4f50-9dd0-d098f11d1f13/Beef_from_Farm_to_Table.pdf?MOD=AJPERES
- Produce: Selecting and Serving it Safely https://www.fda.gov/food/resourcesforyou/consumers/ucm114299.htm
- Raw Produce Selecting and Serving it Safely https://www.fda.gov/downloads/food/foodborneillnesscontaminants/ucm174142.pdf
- Health and Wellness Resource Guide for Fruits & Vegetables http://pbhfoundation.org/sites/default/files/pdf/PBH_Health_Wellness_Resource_Guide_1475180337.pdf
- "The Garden Grocery: Food Safety & Selection at the Farmer's Market" PowerPoint http://food.unl.edu/powerpoints-handouts-alice/free-garden-grocery-farmersmarket-food-safety-powerpoint-2016.pptx
- "The Garden Grocery: Food Safety & Selection at the Farmer's Market" Handout http://food.unl.edu/powerpoints-handouts-alice/food-safety-selection-farmersmarkets.pdf

RECIPE RESOURCE

Dinner Tonight: Texas A&M AgriLife Extension
http://dinnertonight.tamu.edu/recipes/