

Palo Pinto County 4-H Food Show 2019 Rules and Guidelines

Date:	Sunday, October 13, 2019
Location:	Palo Pinto County Extension Office
Time:	2:00 p.m.
Entry Deadline:	Tuesday, October 8, 2019

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 **“Food Around the World.”** This theme will challenge contestants explore foods and cultures from countries outside the United States. Contestants should let their exploration guide their recipe selection for the food show. Is there a country you dream of traveling to in the future? Consider your family’s heritage and/or original place of origin for inspiration. Or simply spin the globe and let your fingers choose a country. Remember to keep in mind good nutrition and healthy preparation methods as you select your recipe. Contestants should discuss in their food show interview the country of inspiration and how they put a healthy and nutritious spin on their dish.

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. **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.

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 sure that we received your entry. Entries may also be turned into the Extension office in person, by mail or fax. The entry deadline is Tuesday, October 8, 2019.

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 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**

1. Introduction/Presentation

Each contestant will start with a maximum five-minute presentation to introduce themselves and their dish. To earn maximum points, participants must use the 5 minute presentation to describe their inspiration in choosing your recipe, how recipe relates to the current food show theme, and the following areas of the score card: Knowledge of MyPlate, Nutrition Knowledge, Food Preparation, and Food Safety Concerns.

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, food preparation, chronic disease prevention, age related nutrition, or other areas of health, as well as project experiences. Judges may ask additional questions related to general food and health, food systems, food safety, or food/health issues.

3. Serving

At the conclusion of the question and answer period you will have one-minute to serve the judges. This will allow the judges 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 3rd 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 2019 in conjunction with the District 3 4-H Food Show.

The opportunities are:

(1) Beef Award - To be eligible for a Beef Award, the following guidelines will apply:

In the Main Dish 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, 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.)

There will be a separate judging for the beef awards. Members of the Wichita Falls Area Cattle Women's Organization will serve as judges. 4-H'ers entering the beef award will be judged twice — once in the Main Dish division and again for the beef award. During the beef award, judging questions will be centered around beef, its importance in the diet, cooking methods, ways to serve, etc.

Those participants eligible for the beef award will need to bring an additional single serving of their recipe for the Beef Award judging.

(2) 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 9:30 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.

(3) 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. These articles can be displayed at the event. 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.

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

Participants are encouraged to use the following resources as a foundation to learning nutrition, food safety, and food preparation knowledge. Participants should not solely rely on these resources but seek other credible resources to expand their knowledge and expertise.

NUTRITION RESOURCES

MyPlate <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>

Know Your Nutrients

https://texas4-h.tamu.edu/wp-content/uploads/Know-Your-Nutrients_FINAL.pdf

Nutrient Needs at a Glance

http://fcs.tamu.edu/food_and_nutrition/pdf/nutrient-needs-at-a-glance- E-589.pdf

THEME RESOURCES

Altering Recipes for Good Health

http://texas4-h.tamu.edu/wp-content/uploads/2015/09/healthy_food_Challenge_altering_recipes.pdf

Easy, Tasty, Healthy: Simple Ingredient Substitutions for Your Recipes <https://www.ksre.k-state.edu/humannutrition/nutrition-topics/easytasty.html>

Food and Culture by Kittler, Sucher, and Nelms

<http://people.wku.edu/barry.kaufkins/330/Food%20and%20Culture.pdf>

Food in every country

<http://www.foodbycountry.com>

International Recipes

<https://www.carolinescooking.com/eat-world-international-recipes/>

Recipes around the world

<https://recipesaroundtheworld.com>

Modifying a Recipe to be Healthier

<https://www.ksre.k-state.edu/humannutrition/nutrition-topics/easytasty-documents/Ohio.pdf>

DISTRICT 3 4-H FOOD SHOW RECIPE SUBMISSION PAPERWORK

CONTESTANT NAME:				
AGE DIVISION <i>(Please check one)</i>	Junior	Intermediate	Senior	
CATEGORY <i>(Please check one)</i>	Breads & Cereal	Fruits & Vegetables	Main Dish	Nutritious Snack
BEEF AWARD	<i>(Main dish only) (Please check one)</i>		Yes	No
COUNTY				

Name of Recipe:	
Prep Time:	Cook Time:

Type Recipe Here:

By submitting the recipe, the contestant releases the recipe for use by Texas 4-H Youth Development and Texas A&M AgriLife Extension.

Revised July 2019

District 3 4-H Food Show | Scorecard

Contestant Name: _____

County: _____

Entry Category: ___ Main Dish ___ Fruit/Veggie ___ Bread/Cereal ___ Nutritious Snack

Age Division: ___ Junior ___ Intermediate ___ Senior

	Comments	Points	Score
I. PRESENTATION			
Theme: <ul style="list-style-type: none"> Is theme represented in this entry? 		(5)	
Knowledge of MyPlate: <ul style="list-style-type: none"> 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)	
Nutrition Knowledge: <ul style="list-style-type: none"> Contestant understands what this dish contributes to the diet 		(10)	
Food Preparation: <ul style="list-style-type: none"> Knows the key steps in preparation of food and function of ingredients 		(10)	
Food Safety Concerns & Practices: <ul style="list-style-type: none"> Knows food safety concerns in preparation and storage of dish 		(10)	
II. INTERVIEW <i>(category specific)</i>			
Judge's Questions		(15)	
4-H Food & Nutrition Project Activities		(5)	
III. FOOD EVALUATION			
Food Presentation/Quality: <ul style="list-style-type: none"> Appearance of food (texture, uniformity) Garnishing 		(5)	
IV. EFFECTIVENESS OF COMMUNICATION			
<i>Voice, poise, personal appearance</i>		(5)	
Additional Comments:	Total Points	Possible (75)	
	Additional Deductions		
	Final Score		

10 tips

Nutrition
Education Series

choose MyPlate

10 tips to a great plate



Making food choices for a healthy lifestyle can be as simple as using these 10 Tips.

Use the ideas in this list to *balance your calories*, to choose foods to *eat more often*, and to cut back on foods to *eat less often*.

1 balance calories

Find out how many calories YOU need for a day as a first step in managing your weight. Go to www.ChooseMyPlate.gov to find your calorie level. Being physically active also helps you balance calories.

2 enjoy your food, but eat less

Take the time to fully enjoy your food as you eat it. Eating too fast or when your attention is elsewhere may lead to eating too many calories. Pay attention to hunger and fullness cues before, during, and after meals. Use them to recognize when to eat and when you've had enough.



3 avoid oversized portions

Use a smaller plate, bowl, and glass. Portion out foods before you eat. When eating out, choose a smaller size option, share a dish, or take home part of your meal.

4 foods to eat more often

Eat more vegetables, fruits, whole grains, and fat-free or 1% milk and dairy products. These foods have the nutrients you need for health—including potassium, calcium, vitamin D, and fiber. Make them the basis for meals and snacks.



5 make half your plate fruits and vegetables

Choose red, orange, and dark-green vegetables like tomatoes, sweet potatoes, and broccoli, along with other vegetables for your meals. Add fruit to meals as part of main or side dishes or as dessert.

6 switch to fat-free or low-fat (1%) milk

They have the same amount of calcium and other essential nutrients as whole milk, but fewer calories and less saturated fat.



7 make half your grains whole grains

To eat more whole grains, substitute a whole-grain product for a refined product—such as eating whole-wheat bread instead of white bread or brown rice instead of white rice.

8 foods to eat less often

Cut back on foods high in solid fats, added sugars, and salt. They include cakes, cookies, ice cream, candies, sweetened drinks, pizza, and fatty meats like ribs, sausages, bacon, and hot dogs. Use these foods as occasional treats, not everyday foods.

9 compare sodium in foods

Use the Nutrition Facts label to choose lower sodium versions of foods like soup, bread, and frozen meals. Select canned foods labeled "low sodium," "reduced sodium," or "no salt added."



10 drink water instead of sugary drinks

Cut calories by drinking water or unsweetened beverages. Soda, energy drinks, and sports drinks are a major source of added sugar, and calories, in American diets.

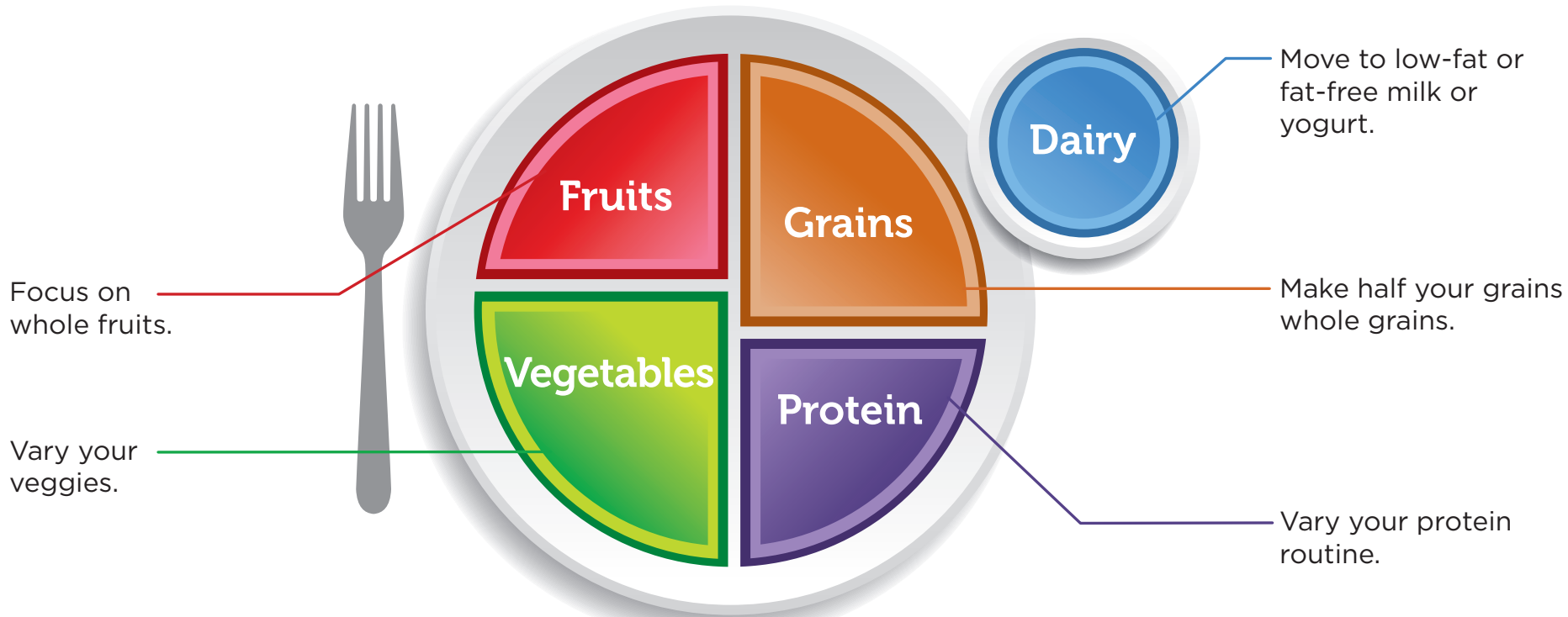
USDA
Center for Nutrition
Policy and Promotion

Go to www.ChooseMyPlate.gov for more information.

DG TipSheet No. 1
June 2011
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MyPlate, MyWins: Make it yours

Find your healthy eating style. Everything you eat and drink over time matters and can help you be healthier now and in the future.



Choose **MyPlate.gov**



Limit

Limit the extras.

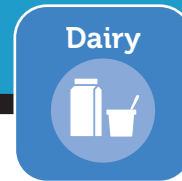
Drink and eat beverages and food with less sodium, saturated fat, and added sugars.



MyWins

Create 'MyWins' that fit your healthy eating style.

Start with small changes that you can enjoy, like having an extra piece of fruit today.



Focus on whole fruits and select 100% fruit juice when choosing juices.

Buy fruits that are dried, frozen, canned, or fresh, so that you can always have a supply on hand.

Eat a variety of vegetables and add them to mixed dishes like casseroles, sandwiches, and wraps.

Fresh, frozen, and canned count, too. Look for “reduced sodium” or “no-salt-added” on the label.

Choose whole-grain versions of common foods such as bread, pasta, and tortillas.

Not sure if it’s whole grain? Check the ingredients list for the words “whole” or “whole grain.”

Choose low-fat (1%) or fat-free (skim) dairy. Get the same amount of calcium and other nutrients as whole milk, but with less saturated fat and calories.

Lactose intolerant? Try lactose-free milk or a fortified soy beverage.

Eat a variety of protein foods such as beans, soy, seafood, lean meats, poultry, and unsalted nuts and seeds.

Select seafood twice a week. Choose lean cuts of meat and ground beef that is at least 93% lean.

Daily Food Group Targets — Based on a 2,000 Calorie Plan

Visit SuperTracker.usda.gov for a personalized plan.

2 cups

1 cup counts as:

- 1 large banana
- 1 cup mandarin oranges
- ½ cup raisins
- 1 cup 100% grapefruit juice

2½ cups

1 cup counts as:

- 2 cups raw spinach
- 1 large bell pepper
- 1 cup baby carrots
- 1 cup green peas
- 1 cup mushrooms

6 ounces

1 ounce counts as:

- 1 slice of bread
- ½ cup cooked oatmeal
- 1 small tortilla
- ½ cup cooked brown rice
- ½ cup cooked grits

3 cups

1 cup counts as:

- 1 cup milk
- 1 cup yogurt
- 2 ounces processed cheese

5½ ounces

1 ounce counts as:

- 1 ounce tuna fish
- ¼ cup cooked beans
- 1 Tbsp peanut butter
- 1 egg

Water



Drink water instead of sugary drinks.

Regular soda, energy or sports drinks, and other sweet drinks usually contain a lot of added sugar, which provides more calories than needed.

Activity

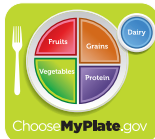


Don't forget physical activity!

Being active can help you prevent disease and manage your weight.

Kids ≥ 60 min/day

Adults ≥ 150 min/week



MyPlate, MyWins

Healthy Eating Solutions for Everyday Life

Choose MyPlate.gov/MyWins

Center for Nutrition Policy and Promotion

May 2016

CNPP-29

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