

Palo Pinto County 4-H Food Show 2023 Rules and Guidelines



- Date: Thursday, November 2, 2023
- Location: Palo Pinto County Extension Office
- Time: Individual Times Will be Assigned for Arrival
- Entry Deadline: Monday, October 23, 2023
- Required Entry Form: 4-H Food Show Recipe Submission
Can be emailed to lynette.babcock@ag.tamu.edu or brought to the Palo County Extension Office on or before October 23rd. Please call to confirm that your entry was received if you emailed it.

Questions?



Palo Pinto County Office
Phone: 940-659-1228

4-H Food Show Rules & Guidelines

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: Cooking Through the Decades... Take a trip back in time and explore different dishes that were popular in years past! Some of our most favorite recipes and dishes were made popular in a different decade than we live in today.

Take time to explore past decades dishes, flavors, or cooking techniques that you aren't familiar with.

Whether it be grandma's famous meatloaf from the 50's or a homemade version of a Pop tart made popular in the 90s, your tastebuds will experience a throwback trip through the decades. Dishes can be inspired from any past decade and should be recreated to be healthier, safer, and more nutritious. Seniors, keep in mind the 75 minute oven time when selecting your recipe.

Remember to keep nutrition in mind and healthy preparation methods as you select your recipe.

Entry Categories:

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. When selecting recipes keep in mind:

Oven time is limited to 75 minutes in all categories.

No alcohol or alcohol-containing ingredients can be used.

- **Appetizer** - Traditionally an appetizer is a small dish or food that is eaten prior to the main course. When selecting recipes for this category, contestants should consider foods that are lower in fat, sodium, and calories to not ruin one's appetite.
- **Main Dish** - The main dish is usually the heaviest, heartiest, and most substantial dish in a meal. In a meal consisting of several courses, the main dish is served during the main course and is the featured dish of the meal. The key ingredient is usually meat or another protein food, but they may contain other foods.
- **Side Dishes** – Side dishes are foods that are usually served along with a main dish or as accompaniments to the main course. Suggested dishes may include salads, cooked vegetables, cooked fruit, pasta, or rice dishes, and/or combination vegetable dishes.
- **Healthy Desserts** – Healthy can still mean delicious when it comes to desserts. Dishes in this category should be served at the end of the meal or for special occasions. Contestants should modify traditional recipes with healthy substitutions and consider MyPlate and Dietary Guidelines when selecting recipes for this category.

Entry Forms:

All age groups will need to complete the 4-H Food Show Recipe Submission Form that includes space for their recipe. It is available in a typeable PDF. If possible, participants are asked to email this form with the recipe to lynette.babcock@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. The entry deadline is Monday, October 23rd.

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

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.

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. Even though the food will not be prepared at the contest, recipes selected are limited to 75 minutes of oven time.
- **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 the single serving of their dish that may be garnished with an edible garnish 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 (Junior, Intermediate and Senior)**
 - **Five Minute 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 scorecard: Knowledge of MyPlate, Nutrition Knowledge, Food Preparation, and Food Safety Concerns. Participants may use notecards during interview, but it must be noted: participants who present from memorization and meet the judging criteria will be subject to a higher score in presentation skills.
 - **Four Minute Interview.** Judges will have the opportunity for a four-minute interview asking questions applicable to the 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.
- **Knowledge Showcase. (Senior Only)**

Food show contestants will test their knowledge on food preparation, food safety, kitchen safety, and general nutrition knowledge in the quiz section of the food show. Contestants will be given a 10-question quiz after judging which will contain multiple choice and true/false questions. Contestants should refer to the Texas 4-H Food & Nutrition page (<https://texas4-h.tamu.edu/projects/food-nutrition/>) for potential resources.
- **Skill Showcase. (Intermediate and Senior Only)**

Youth will be judged on an assigned kitchen/cooking type skill. Youth will complete this skill while at the judging table. All materials needed to demonstrate the skill will be provided for the contestant. No other materials may be used other than those provided. The interview judges will score their skill based on correct procedures, safety, and other pertinent information related to the skill assigned. The skill demonstration will include a time limit which will be announced during participant orientation. Examples of skills to be assigned include, but are not limited to the examples in the chart on the next page.

| <i>Skill</i> | <i>Purpose</i> |
|---|--|
| Dry and Wet Measure Equivalents | Demonstrate how to properly measure various dry/wet ingredients and/or equivalencies. |
| Garnish | Liven up a plate with edible products to add color and flavor. |
| Themed Food | Create something from fruits and vegetables that illustrates the theme such as ants on a log for a nature theme. |
| Table/Flatware Setting | Demonstrate appropriate table setting |
| Knives | Select a knife based upon food to be cut. Demonstrate how to dice, mince, chop a vegetable |
| Cross Contamination Prevention | Explain food safety, cutting boards, knives, gloves, handwashing when using either raw or fresh foods. |
| Small Appliance Demo or Kitchen Gadget Demo | Demonstrate how to use a small kitchen appliance or gadget properly and safely. |
| Meal Planning | Plan a meal using MyPlate and/or grocery store ad. |
| Product Selection/Identification | Demonstrate how to properly select a food product based on quality, variety, or type. |

- Serving**

To limit food waste, participants will only display a single serving of their recipe, instead of the whole recipe. It should be displayed on an appropriate serving dish and may be garnished with an edible garnish. Total dish servings MUST be included at the bottom of your written recipe. Food handler's gloves will be available if 4-H members need them.

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 29th in Jacksboro following Food Challenge. Clover Kids are not eligible to advance beyond county.

Study Resources

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:

Dietary Guidelines-Top 10 Things You Need to Know

<https://www.dietaryguidelines.gov/2020-2025-dietary-guidelines-online-materials/top-10-things-you-needknow>

FightBac

https://texas4-h.tamu.edu/wp-content/uploads/national_food_challenge_fight_back_brochure.pdf

Food Safety Fact Sheet

https://texas4-h.tamu.edu/wp-content/uploads/food_kitchen_safety_fact_sheet.pdf

Know Your Nutrients

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

MyPlate Mini Poster

<https://texas4-h.tamu.edu/wp-content/uploads/MyPlate-Mini-Poster.pdf>

Preparation Principles & Function of Ingredients

<https://texas4-h.tamu.edu/wp-content/uploads/Preparation-Principles-and-Function-of-Ingredients.pdf>

Quick Ingredient Substitutions

https://texas4-h.tamu.edu/wp-content/uploads/project_food_nutrition_quick_ingredient_subs-1.pdf

Theme Resources:

20th Century Food Timeline

<https://www.foodtimeline.org/fooddecades.html>

All Recipes - Convert Vintage Recipes for Modern Kitchens

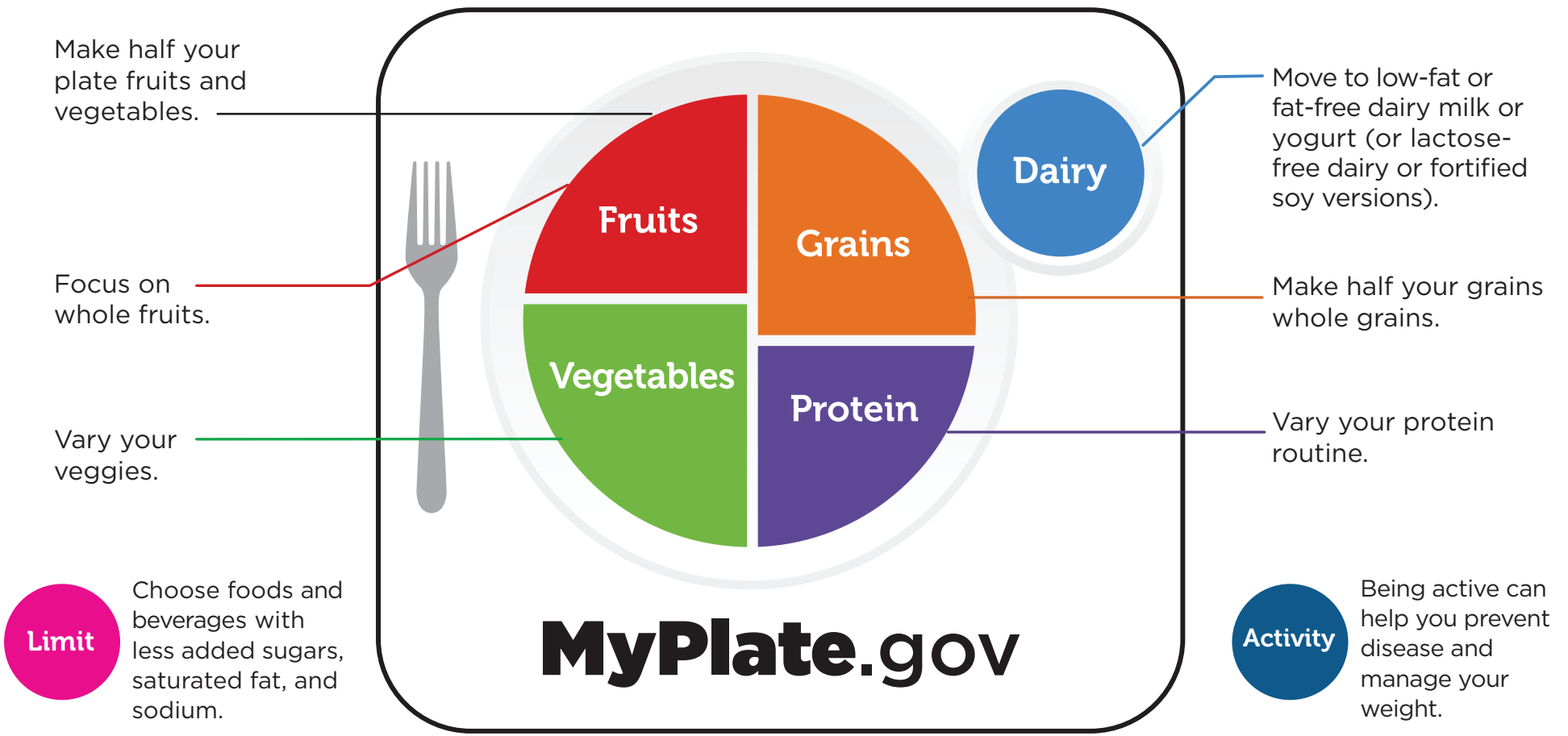
<https://www.allrecipes.com/article/how-to-convert-vintage-recipes-for-modern-kitchens/>

Taste of Home

<https://www.tasteofhome.com/collection/vintage-recipes-from-every-decade>

Start *simple* with **MyPlate**

Healthy eating is important at every life stage,
with benefits that add up over time, bite by bite. Small changes matter.





Fruits

Focus on whole fruits like fresh, frozen, canned, or dried.

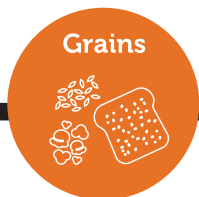
Buy fruits to have them available to add to your meal or eat as a snack. If you buy juice, select 100% fruit juice.



Vegetables

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

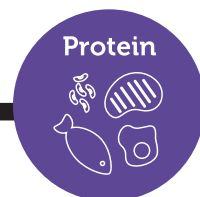
Fresh, frozen, and canned count, too. Look for “reduced sodium” or “no-salt-added” on the label.



Grains

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.”



Protein

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.



Dairy

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.

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

Visit [MyPlate.gov/MyPlatePlan](https://www.myplate.gov/myplateplan) for a personalized plan.

2 cups

1 cup counts as:

- 1 small apple
- 1 large banana
- 1 cup grapes
- 1 cup sliced mango
- ½ cup raisins
- 1 cup 100% fruit juice

2½ cups

1 cup counts as:

- 2 cups raw spinach
- 1 cup cooked collard, kale, or turnip greens
- 1 small avocado
- 1 large sweet potato
- 1 cup cooked beans, peas, or lentils
- 1 cup cut cauliflower

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 couscous
- ½ cup cooked grits

5½ ounces

1 ounce counts as:

- 1 ounce cooked lean chicken, pork, or beef
- 1 ounce tuna fish
- ¼ cup cooked beans, peas, or lentils
- 1 Tbsp peanut butter
- 2 Tbsp hummus
- 1 egg

3 cups

1 cup counts as:

- 1 cup dairy milk or yogurt
- 1 cup lactose-free dairy milk or yogurt
- 1 cup fortified soy milk or yogurt
- 1½ ounces hard cheese
- 1 cup kefir



Limit

Choose foods and beverages with less added sugars, saturated fat, and sodium.

Limit:

- Added sugars to <50 grams a day.
- Saturated fat to <22 grams a day.
- Sodium to <2,300 milligrams a day.



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

Special Opportunities For 4-H'ers At District Food Show

There will be some special opportunities offered in 2022 in conjunction with the District 3 4-H Food Show. ***If you plan to participate in the Beef Poster Contest, the exhibit or newswriting at the District Food Show, please let us know when you enter the Palo Pinto County 4-H Food Show.***

Beef Award Contest

To be eligible for a Beef Award, the following guidelines will apply:

- **Criteria**

In the Main Dish category, a serving of the dish should contain 3-4 ounces of beef.

THE 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.)

- **Judging**

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-Hers 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.

- **Serving Dish**

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

- **Awards**

The Beef Awards will be given by the Wichita Falls Area Cattle Women. Awards will be cash awards for first and second place in the Main Dish Category Only (Junior, Intermediate, and Senior). Members of the Wichita Area Cattlemen will be in attendance to present awards.

Beef Poster Contest

A 4-Her in any age may create a poster.

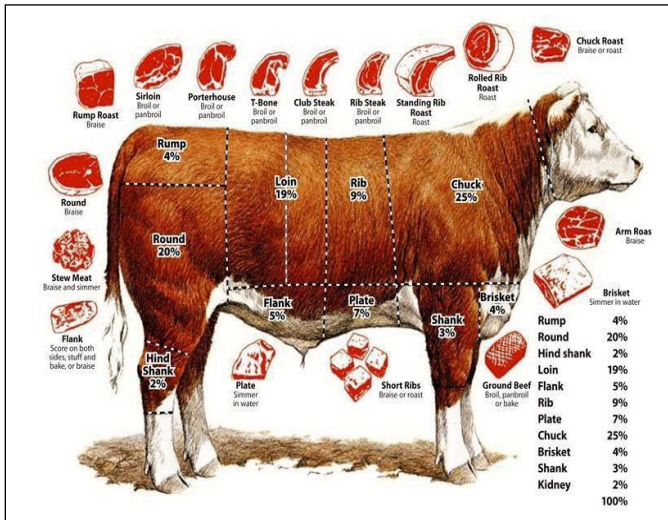
- Create your own original poster highlighting the health benefits of Beef. Entries will be Judged by members of the Wichita Area Cattlemen's Association. Cash prizes will be awarded.
- Additional contest details are included on the attached Beef Poster Contest Flyer.

4-H BEEF POSTER CONTEST

Entry deadline is November 8, 2023.

Posters are due to your local Extension Office by November 13th. (or otherwise specified by your CEA)

This contest is designed to encourage 4-H members to learn more about the beef industry while encouraging beef product and nutrition promotion. Participants are expected to create original work using resources wisely. The 2023 Beef Poster Contest theme is **BEEF** and should have a health and nutrition focus.



Beef Poster contestants are not required to enter the District 3, 4-H Food Show but must be an active, enrolled member of a county 4-H program. County Offices must register the entries on 4-H Online during District 4-H Food Show registration dates.

Rules:

1. Poster must be on **22" x 28" poster board or foam board only.**
2. The finished poster should be appropriate for use as an ad on a billboard.
3. Write your name, address, age, grade in school and County on the back of your poster in the upper right corner. Winning posters will be kept by the Cattlemen's Association. Please indicate if you would rather have your poster returned.
4. Poster should generate positive images and promotion of beef (not live cattle production) using the indicated theme, without projecting any negative messages towards other agricultural commodities (chicken, pork, etc.).
5. You can use magazines, parents, friends, nutrition bulletins and meat publications to develop your ideas but the end concept should be original and not copied material. Materials are also available from your butcher, local supermarket, The American Meat Institute or National Livestock and Meat Board. You must use citations for your sources. (Example: Source: The American Meat Institute, *Packaging and Shelf-Life Fact Sheet*.)
6. **Do not use copyrighted material.** Pictures, clipart and images (i.e. cartoon characters, advertisements, logos, etc.) that are copyrighted may not be used on the poster. Use of copyrighted images will disqualify the poster.
7. Computer generated clipart may be used on the poster **if it is not copyrighted material.**
8. Entries must be registered in 4-H Online within the District 3 4-H Food Show registration dates.
9. There is no entry fee for this poster contest.

Divisions:

Division I Grades 3-5

Division II Grades 6-8

Division III Grades 9-12

Awards:

All participants will receive ribbons. First place winners will receive a rosette ribbon. Cash awards will be given to first and second place winners. 1st place - \$50, 2nd place - \$30 in each age division.

Sponsor: Wichita Falls Area Cattlemen (Winning posters will be kept by the association to be used at various events throughout the year. If you would like your poster returned, please indicate on the back of the poster.)

Special Opportunities For 4-H'ers At District Food Show

News Writing

A 4-Her in any age division may write a news article.

- **Criteria**

News article should promote 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-Hers name, county and age in the top right hand corner. They should be typed, double-spaced on standard 8½ x 11 inch white paper.

- **Display**

These articles can be displayed at the event.

Exhibit

Exhibits may be entered by an individual or a group (such as a 4-H Food & Nutrition Group).

- **Criteria**

Exhibits should be related to some area of the Food and Nutrition Project. The exhibits must be card table size. Each exhibit should include a sign that lists the county name and name(s) of 4-Hers who developed the exhibit.

- **Setup**

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 activity center. There will be no access to electricity. 4-Hers should set their exhibit in the designated area at the food challenge by 9:30 a.m.

- **Presentation**

The exhibits may or may not be manned by the participants.

- **Awards**

All 4-Hers setting up an exhibit will receive a certificate.

- **Disassemble**

Exhibits should remain in place until after the Awards Program. 4-Hers with exhibits DO NOT have to attend the District 3 4-H Food Show, however, they must make arrangements to get their exhibits to and from the show.

| | | | | |
|--|-----------|--------------|-----------|-----------------|
| CONTESTANT NAME: | | | | |
| AGE DIVISION <i>(Please check one)</i> | Junior | Intermediate | Senior | |
| CATEGORY <i>(Please check one)</i> | Appetizer | Main Dish | Side Dish | Healthy Dessert |
| BEEF AWARD (Main dish only) <i>(Please check one)</i> | | | Yes | No |
| COUNTY | | | | |

| | | |
|------------------------|-------------------|--------------|
| Name of Recipe: | | |
| Prep Time: | Cook Time: | Cost: |

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.

Texas 4-H Food Show | Presentation Scorecard

Contestant Name: _____

County: _____

Entry Category: ___ Appetizer ___ Main Dish ___ Side Dish ___ Healthy Dessert

| | Comments | Points | Score |
|--|----------|-----------------|------------------|
| I. PRESENTATION | | | |
| Theme: <ul style="list-style-type: none"> How does the theme fit with the dish? | | (5) | |
| Knowledge of MyPlate: <ul style="list-style-type: none"> Food group(s) represented in dish. Serving amount needed from each group daily for age. How did MyPlate guide choice of dish? How does this dish reflect MyPlate? | | (10) | |
| Nutrition Knowledge: <ul style="list-style-type: none"> Key nutrients of dish and function of those nutrients | | (10) | |
| Food Preparation: <ul style="list-style-type: none"> Preparation key principles and function of key ingredients Healthy substitutions | | (10) | |
| Food Safety Concerns & Practices: <ul style="list-style-type: none"> Knows food safety concerns in preparation and storage of dish Follows FightBAC principles | | (10) | |
| II. INTERVIEW <i>(category specific)</i> | | | |
| Judge's Questions | | (15) | |
| 4-H Food & Nutrition Project Activities | | (10) | |
| III. FOOD PRESENTATION/QUALITY | | | |
| <ul style="list-style-type: none"> Appearance of food (texture, uniformity) Garnishing | | (5) | |
| IV. EFFECTIVENESS OF COMMUNICATION | | | |
| <ul style="list-style-type: none"> Voice, poise, personal appearance | | (5) | |
| V. SKILL SHOWCASE SCORE | | | |
| <ul style="list-style-type: none"> Proper demonstration of assigned skill. | | (10) | |
| Additional Comments: | | Total Points | Possible (90) |