



RECIPE SELECTION & FOOD SHOW CATEGORY DESCRIPTIONS:



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

***Ingredients: No alcohol or alcohol-containing ingredients can be used.**