2015 4-H State Food Show Guidelines

Bringing Texas to the Table

TEXAS A&M AGRILIFE EXTENSION

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To: County Extension Agents - Family and Consumer Sciences; County Extension Agents-4-H; County Extension Agents – Prairie View; Extension Agents – EFNEP
From: Sharon Robinson, Ph.D., R.D., L.D.
Shawnte Clawson, MS
Subject: 2015 4-H State Food Show Guidelines

Being transmitted to you this year via e-mail are the ***Guidelines for the 2015 4-H State Food Show***.

Recipes submitted should reflect this year's theme, ***Bringing Texas to the Table***. During the scheduled interview time, participants will provide a three-minute oral presentation which is followed by a five-minute interview, leaving one-minute to serve judges the food. Reviewing the recommended resources will enhance interview scores. The four State Food Show food categories align with MyPlate: protein, fruits and vegetables, grains and dairy. As always at the state level, all food preparation must be done in the designated kitchen.

Please share these guidelines with district winners as soon as they are identified. These guidelines are also posted on the website at http://fcs.tamu.edu/food_and_nutrition/4-h_youth.php

All entries for the State Food Show must be complete, correct and postmarked on or before Friday May 8, 2015. Late entries will <u>not</u> be accepted.

Food and Nutrition Extension Unit – Food Show
120 Cater-Mattil
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The Food Show is scheduled for Thursday, June 11, 2015, during 4-H Roundup week in College Station. Food Show orientation is tentatively scheduled for Wednesday, June 10, 2015. Specific details regarding logistical arrangements for the State Food Show will be forwarded to contestants and volunteers via email as they are identified in the spring of 2015.

2015 4-H State Food Show
Bringing Texas to the Table

The theme for the 2015 Food Show is "***Bringing Texas to the Table***." This gives you an opportunity to pick your favorite dish which features Texas ingredients. If local, Texas grown and produced foods are available and economical, include them in your dish. Otherwise, use items that represent Texas foods such as pecans grown elsewhere. Good luck and enjoy!

Objectives

- Practice and know recommended food preparation skills including food safety.
- Understand 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.
- Explore the bounty of Texas grown and produced foods.

Eligibility Requirements

Membership

A contestant must be enrolled and actively participating as a 4-H member. The 4-H member must also be actively participating in a county 4-H food and nutrition educational program.

Senior Division

Participants must have passed their 14th but not their 19th birthday before August 31, 2014. Participants must be classified as a senior 4-H member in accordance with the Texas 4-H Rules and Guidelines.

Alternates

An alternate *cannot* participate in the State Food Show unless the contest superintendent is notified prior to Roundup Registration closing. It is imperative that the contest superintendent be notified as soon as possible in order to make program and other changes.

Recipe

4-H contestants must enter the same recipe entry that they qualified with at the District level. However, the same recipe cannot be entered more than once to the State Food Show.

STUDY RESOURCES

- MyPlate
  http://www.choosemyplate.gov/
- Food Safety
  http://www.fightbac.org/
- Dietary Guidelines for Americans 2010
  http://www.cnpp.usda.gov/dgas2010-policydocument.htm
- 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

THEME RESOURCES

- **Kids, Cows & More**
  http://www.kidscowsandmore.org/texas-agriculture/
- **Texas Produce Availability- Texas International Produce Association**
  http://www.texasproduceassociation.com/availability/
- **Go Texan – Texas Department of Agriculture**
  http://www.gotexan.org/ (use search feature)
  - **Texas Produce Availability Chart**
- **Texas Youth Livestock & Agriculture – Texas A&M AgriLife Extension**
  http://www.texasyouthlivestock.com/
- **The Crops of Texas – Texas A&M AgriLife Extension**
  http://aggie-horticulture.tamu.edu/vegetable/guides/the-crops-of-texas/
- **Food and Nutrition Fact Sheets**
  http://fcs.tamu.edu/food_and_nutrition/food_resource_management.php
- **Texas Recipes**
  http://www.gotexan.org/experiencegotexan/recipes.aspx

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.
    - 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

- When choosing a recipe, please keep in mind what ingredients will be available in College Station in June.
- No alcohol or alcohol-containing ingredients can be used.

RECIPE SUBMISSION CHECKLIST

Tips for Success

		Yes	No
I.	Does Your Recipe Have All of These Parts?		
	a. Name of Recipe	_____	_____
	b. Complete list of ingredients Size cans, 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 word to describe combining and cooking processes	_____	_____
	d. Stated the size of pan	_____	_____
	e. Give temperature and cooking time	_____	_____
	f. Included the number of serving 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)

RECIPE PREPARATION

Tips for Success

1. ALL Food entered in the Food Show must be prepared in the assigned kitchens at the Preparation Centers. Contestants cannot be permitted in the preparation areas before or after the specified times. Ingredient measuring and preparation (i.e. chopping of onions) must be performed in the preparation center as indicated by the recipe.

   All food preparation must be done in the designated kitchen. Each ingredient in the recipe must be prepared (i.e. chopped, blended, blanched, etc.) and measured in the site preparation kitchen. Pre-packaged convenience foods that have already been partially prepared (i.e. shredded cheese, chopped nuts, etc.) may be used; however, they must be listed as an ingredient in the recipe and brought to the site in the original packaging and measured on-site.

2. Contestants will be penalized for up to .5 points for:
   a. remaining in the preparation centers beyond the specified times and/or using more than the specified oven baking times permitted,
   b. entering foods that were not prepared in the designated kitchens,
   c. not cleaning up adequately after preparation,
   d. not being prepared for their scheduled interview time.

3. Contestants are encouraged to wear clothing consistent with professional and safe food handling practices.

4. Contestants must follow professional courtesy by not using their cell phone or texting during food preparation.

5. Contestants must prepare their own dishes. Foods that are not part of the contestant's entry cannot be prepared in the Preparation Centers.

6. There are 12 contestants who must share limited number of work surfaces, sinks, stoves and refrigerators. Therefore, should an unforeseen mishap occur, a student can remake their recipe within their allotted time and work space. The Kitchen Supervisor will determine if they can remake their recipe.

7. The Preparation Centers will be open at 8:00 a.m. on Thursday and close at 4:30 p.m. All supplies have to be out of the center by 4:30 p.m. when the contestant presentations and interviews are completed.

8. Only contestants are permitted in the Preparation Centers. Others must remain outside at all times. Contestants can be assisted with transporting boxes from parking lots to the kitchen door.

9. Only ranges, refrigerators, ovens, food freezers, work tables and counter tops are available for contestants to use in preparing their recipes. Microwaves may not be available. Special equipment or appliances must be provided by the contestant. Equipment with open flames is not allowed.

10. Contestants who will be using an oven in the preparation of their dish are encouraged to bring an oven thermometer for use in the oven at the Center. Oven temperatures vary widely, so it is a good idea for contestants to use a thermometer at home when preparing their recipes to determine the temperature that is most appropriate.

11. Contestants must provide cutlery, cutting boards, cleaning supplies, dish towels, paper towels, pot holders, ingredients for recipe and any appliances not listed above.

12. Contestants must *check-in* and *check-out* upon entry and exit of the Kitchen Supervisor. Contestants who have oven baking times must schedule baking times with the Kitchen Supervisor in the prep labs. The Supervisor at each center will also be available to answer questions and provide assistance.

13. Centers must be left clean and orderly.

14. Contestants may change their clothes prior to their scheduled interview if they choose.

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*
   Each contestant will start with a maximum **three-minute presentation** to introduce themselves and their dish. You should describe your inspiration in choosing your recipe and how it relates to the theme, **Bringing Texas to the Table.**

2. *Question and Answer*
   Judges will have the opportunity for a **five-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 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.

At the conclusion of 4-H Food Show, ranking, judges' comments and other correspondence will be forwarded to the 4-H County Agent. Please allow up to three weeks for processing.

STATE 4-H FOOD SHOW JUDGING SCHEDULE

June 11, 2015
District Contestant Judging Time

3	1:00 – 1:15
9	1:15 – 1:30
7	1:30 – 1:45
11	1:45 – 2:00
1	2:00 – 2:15
2	2:15 – 2:30

BREAK

12	2:35 – 2:50
5	2:50 – 3:05
6	3:05 – 3:20
10	3:20 – 3:35
8	3:35 – 3:50
4	3:50 – 4:05

Judges will interview contestants in 15 minute intervals — 3 minutes for oral presentation, 5 minutes for interview by judges and 1 minute for serving of dish. There are 6 minutes between contestants.

****Scheduled interview times cannot be changed.**

STATE 4-H FOOD SHOW ACTIVITY SCHEDULE

JUNE 10-11 2015

(TENTATIVE)

Wednesday, June 10

4:30 – 5:30 p.m.	Orientation for Food Show for: Contestants, judges, kitchen supervisors, and judging supervisors.

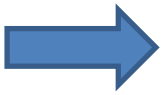
Thursday, June 11

8:00 a.m. – 4:30 p.m.	Recipe Preparation in Labs (until last contestant is finished)
10:00 a.m. – 12:45p.m.	Judging of Paperwork & Travel to Interview Location
1:00 p.m. – 4:05 p.m.	Judging Interviews
4:30 p.m. – 5:30 p.m.	Dinner and Travel Break
5:30 p.m. – 6:00 p.m.	Instructions and Rehearsal for Awards Program
6:00 p.m. -- 6:30 p.m.	Awards Program

STATE 4-H FOOD SHOW PAPERWORK

Submit **three** manila file folders, labeled with contestant's name, district and category. One folder should contain a complete set of the originals. The other two folders should each contain a complete set of photocopies of the original forms.

- 2015 Texas State 4-H Food Show Personal Information Page and Certification Form. Send the original form, along with two copies. Please make sure to complete this year's form, and fill out all sections, including gender and email address. The email address provided will be used for future Food Show related correspondence.



Communication regarding 4-H State Food Show will be sent to the email address provided in the participant's paperwork.

- 2015 Texas State 4-H Food Show Entry Form. Send the original copy of the form, along with two copies, available in this guide. Please summarize your Food and Nutrition Project experiences for the past year. There is a section on this form to use in submitting the entry recipe for the State Food Show. Recipes should be written in correct format according to the Food Show Guidelines. Type size must be 11 or larger and font must be legible and easily read.
- 2015 State Food Show Scorecard. Send original, along with two copies. Contestant's information should be completed in the top section only.

All entries for the State Food Show contest are to be postmarked on or before Friday May 8, 2015. No late, incomplete or incorrect entities will be accepted. Submit to the Food and Nutrition Office.

Food and Nutrition Extension Unit – Food Show
120 Cater-Mattil
2253 TAMU
College Station, TX 77843-2253

It is strongly encouraged that youth use the 4-H online recordkeeping system found at www.4hreports.com to record project activities, leadership, and community service as related to the food and nutrition project, and all other 4-H projects, throughout the year. Recordkeeping is an important life skill and recording learning experiences and accomplishments will help youth prepare for the interview.

2015 Texas 4-H Food Show
Personal Information and Certification Form

Participant Name: _____

Category: _____

County: _____ District: _____

Date of Birth: _____ Gender: _____

E-mail Address: _____

County Extension Agent: _____

County Extension Agent E-mail Address: _____

Statement by 4-H Member:
I meet the age and other eligibility requirements to enter the 2015 State Food Show as the top-scoring individual in one of the four entry categories in the Senior Division of the District 4-H Food Show. I also certify that I have not previously won a category at State Food Show. I personally have prepared this report and certify that it accurately reflects my work. I also give permission to have my recipe and name released by the State Food and Nutrition and/or State 4-H Office.

Signature of 4-H Member: _____ Date: _____

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The Texas A&M System, U.S. Department of Agriculture, and the County Courts of Texas Cooperating

2015 4-H State Food Show Entry Form

Name: _____ **County:** _____

Entry Category: ☐ Protein ☐ Fruit & Vegetable
☐ Grains ☐ Dairy

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

****

Recipe (Attach - 1 sheet only)

TEXAS 4-H FOOD SHOW
SCORECARD 2015

NAME: _____ **COUNTY:** _____

ENTRY CATEGORY: ____ Protein ____ Fruit & Vegetable ____ Grains ____ Dairy
AGE DIVISION: ____ Junior ____ Intermediate ____ Senior

	Rating				Comments	Points
	Outstanding	**Good**	**Fair**	**Needs Improvement**		
I. PRESENTATION						
Effectiveness of Communication: Voice; poise; personal appearance	10-8	7-6	5-3	2-1		(10)
II. THE INTERVIEW						
Knowledge of MyPlate: 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	20-15	14-10	9-5	4- 1		(20)
Nutrition Knowledge: Knows what this dish contributes to the diet	15-11	10-6	5-3	2-1		(15)
Food Preparation: Knows the key steps in preparation of food and function of ingredients	15-11	10-6	5-3	2-1		(15)
Food Safety Concerns & Practices: Knows food safety concerns in preparation and storage of dish	10-8	7-6	5-3	2-1		(10)
4-H Food & Nutrition Project Activities: Community service; leadership; workshops, etc.	10-8	7-6	5-3	2-1		(10)
III. Food Evaluation						
Food Presentation/Quality: Appearance of food (texture, uniformity); garnishing	10-8	7-6	5-3	2-1		(10)
IV. PAPERWORK						
Complete Recipe	5-4	3	2	1		(5)
Summary of Experiences	5-4	3	2	1		(5)
ADDITIONAL COMMENTS:						**Total Points:**

Revised 6/2013