



MEMORANDUM

November 3, 2009

TO: Agents with the Assigned Responsibilities in This Area

SUBJECT: District IV 2010 4-H Food Show Packet

The District IV 4-H Food Show will be held on Saturday, January 30, 2010, at Texas A&M University – Commerce in the new Student Center near the Agriculture Building. Rooms for judging and judging order will be developed after January 8, 2010 when entries are due.

We will continue with the food photography contest this year. This contest does not qualify anyone for advancement to a State 4-H event or contest but was added just for FUN and to provide additional participation. The guidelines are included with this letter.

Please note the following:

Each county will secure 2 confirmed judges and/or volunteers and send those names in to the Cass County Extension Office on the form provided titled “Confirmed Judges and Volunteers for 2010 Food Show”. In addition to judging, volunteers are also needed to assist with registration, help in the Prep Room, serve as Superintendents and serve as runners.

Age Divisions:

- | | |
|------------------------|--|
| Junior Division: | Participants must be 8 and in the 3rd grade, 9, or 10 as of September 1, 2009. |
| Intermediate Division: | Participants must be 11, 12, or 13 as of September 1, 2009. |
| Senior Division: | Participants must be 14, but not yet reached 19 as of September 1, 2009. |

Food Categories: 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 preparation principles. Sometimes a decision needs to be made concerning into which category a specific recipe/dish should be entered. It is suggested that the decision reside with the County Extension Agent, 4-H member, and leader.

It is strongly urged that 4-Hers choose recipes that are relatively simple (i.e. less than 7 ingredients, 1 dish meals, etc.) If a recipe requires baking, a 1 hour 15 minute oven baking time limit will be instituted for all recipes in the three categories of Main Dish, Bread and Cereal and Fruit and Vegetable. No oven baking time will be allowed in the senior division for the Nutritious Snacks category (this includes microwave baking, convection and toaster oven baking). **Juniors and Intermediates will be able to enter baked items in the Nutritious Snacks category.**

- Main Dishes – Foods classified as main dish usually contain a meat or meat alternative such as cheese, eggs, dry beans or peas, or peanut butter. They may also contain other foods. Dishes to enter this category may include: beef, veal, pork, variety meats, poultry, eggs, fish and shellfish, dry beans, casseroles, meat loaves, meat, fish pies, soufflés, omelets, meat salads, sandwiches, dry peas, soybeans, soups and chowders.
- Fruit and Vegetable – Side dishes or foods that are usually served along with a main dish or as accompaniments to the main course. These are usually fruit or vegetable dishes. Suggested dishes to enter in this category may include: salads, cooked vegetables, cooked fruits, relish tray, vegetable casseroles, fruit platters and combination vegetable dishes.
- Bread and Cereal - Suggested dishes to enter in this category may include: quick breads, yeast breads, hot roll or bread mixes, rice dishes and pastas.
- Nutritious Snacks - Snacks are commonly eaten between meals by those having higher energy needs (such as teens and children). Snacks should provide energy and enhance diet quality. Suggested dishes to enter in this category may include: milk drinks and floats, fruit drinks, dips and dippers, fondues, custards, sandwiches, party foods and refreshments, appetizers and nutritious no-bake cookies.

Contestants are encouraged to select recipes that follow sound dietary practices and they should be familiar with information on food safety. Other suggested study materials include:

Finding Your Way to A Healthier You: Based on the Dietary Guidelines for Americans
<http://www.cnpp.usda.gov/Publications/DietaryGuidelines/2005/2005DGConsumerBrochure.pdf>

MyPyramid: Steps to a Healthier You - (interactive website)
<http://www.mypyramid.gov>

2005 Dietary Guidelines for Americans - (80 page policy document)
<http://www.cnpp.usda.gov/Publications/DietaryGuidelines/2005/2005DGPolicyDocument.pdf>

District IV 4-H entries will be processed through 4-H Connect by January 8, 2009. Entry fee processing is as follows:

- **First entry per contestant** - \$8.00 for first entry (either Food Show or Photography Contest)
- **Consecutive entries in photography for same contestant** - \$1.00 per category

Examples:

1. 4-H member Cassidy has qualified at the County 4-H Food Show to enter the District 4-H Food Show and 2 photographs. When she goes to 4-H Connect her entry will be: \$8.00 for Food Show and \$2.00 for photography for a total entry fee of \$10.00.
2. 4-H member Connor will participate in the District 4-H Photography Contest only. When he goes to 4-H Connect his entry will be a total entry fee of \$8.00.

The District IV 4-H Food Show Scorecard will be used for Juniors, Intermediates and Seniors.

Food Show Questions – The attached questions are to be used simply as a guideline for all age groups. The judges are not required to stick to this set of question nor will participants necessarily be

asked any of the listed questions. It is best for the 4-Hers to know the steps necessary to prepare their dishes, the nutrient content of their dish and possible recipe substitutions. Participants will also be expected to know all information listed on their Food Show paperwork.

Each contestant entry will consist of two (2) 4 X 6 photographs of the entire dish of food prepared from the recipe they have chosen. The photograph should be taken at the County Food Show. Please photograph the entire prepared dish of food placed on a white tablecloth, it may be garnished with edible items and serving utensil ONLY. Photos can be digital photo or 35mm.

The photo and the Project Record Form will be submitted to the Cass County Extension Office by the January 8, 2010 entry deadline. **Late entries will not be judged.** Participant entries should be placed in individual file folders labeled on the right with the following information: Name, County, Category, Division and containing:

- Texas 4-H Food Show Record Form - Please follow the Texas 4-H Food Show Project Record Form Guidelines when completing the form.
- 2 – 4x6 Photos of contestants dish
- 3 copies of the appropriate scorecard

The set up and judging areas will be open to contestants 15 minutes prior to their scheduled presentation time, or earlier if we are running ahead of schedule. They should check in at the registration desk when they arrive. Only 4-H'ers will be allowed in the judging and set up areas. A contest superintendent or volunteer will assist them, if needed. Parents will be stopped at the entrance to the set up area.

The format for judging will be similar to that at state – at the assigned time they will take their prepared portion to the designated judging area. There will not be a microwave oven, electrical outlet, etc. in the preparation areas.

They will present the judges with a single serving from the entry they have prepared. It should be on a small dish (appropriate to the food), may be garnished with edible items, and may include an eating utensil (i.e. fork, spoon, etc.).

Due to food safety issues, the judges will not taste the entry. It is needed so that the judges can evaluate the quality and appearance of the dish.

Contestants should introduce themselves to the judges with their name and the entry dish name. Following the introduction, they are allowed a maximum of three minutes to present information on any combination of the following topics. It will be an oral presentation with no handouts or visuals.

- Project activities from current year's project
- Leadership activities from current year's project
- Career options explored in current year's project
- Dietary lifestyle choices explored in current year's project (examples: new foods experiences, special diet information, special food needs, why the entry dish was selected, category selection – Why did you submit your recipe in this category?)

This will be followed by 5 minutes for questions by the judges. There will be a time keeper for each category. Once judging is completed, the contestant should take their dish and leave the judging area. They will be free until time for the award ceremony, which will start after judging and tabulation is complete.

For each category, ribbons will be awarded to the top five places. All other contestants will receive participation ribbons.

ITEMS DUE:

January 8, 2010 – Due by 5:00 p.m. to the Cass County Extension Office:

1. Confirmed Judges and Volunteer Form
2. County Contestant Summary Forms
3. Participant entries should be placed in individual file folders labeled on the right with the following information: Name, County, Category, Division and containing
 - A. Texas 4-H Food Show Record Form
 - B. 2 – 4x6 Photos of contestant's dish
 - C. 3 copies of the appropriate scorecard

Please note that we have tried to include all necessary forms and information with this packet. If additional information is needed, please contact the District Office or Pamela Lincoln, Chairman of the Food Show Committee. Also, refer to the 2010 State 4-H Food Show Guidelines, Rules and Regulations which were e-mailed to you from Robin See on August 25, 2009.

Please impress upon your 4-H'ers the importance of attending the District IV 4-H Food Show Recognition Program and encourage them to remain for the entire awards ceremony. This provides support and encouragement to all 4-H participants.

All entries should be mailed to:
Pamela Lincoln
Texas AgriLife Extension Service –Cass County
P.O. Box 471
Linden, TX 75563-0471

Derrick Bruton
District IV 4-H Specialist

cc: Food Show Committee, Hurley Miller, Doug Andrews, Dana Tarter, Susan Ballabina, Montza Williams

Enclosures: District IV 4-H Food Show Entry Information
District IV 4-H Food Show Record Form
Texas 4-H Food Show Record Form Guidelines
District IV 4-H Record Form Scorecard
Check Sheet for Recipe Written in Standard Form
Example of Recipe
District IV Food Show Scorecard
Judges Questions
Confirmed Judges & Volunteers Form
County Contestant Food Show Summary Form
Contestant Letter (please duplicate and send to contestants with appropriate attachments)
2010 District IV Food Show Photography Contest
District IV 4-H Food Show Photography Entry Form
Photography Label/Release
Food Show Photography Judging Definitions & Standards of Excellence
County Contestant Photography Contest Summary Forms

DISTRICT IV 4-H FOOD SHOW ENTRY INFORMATION

Entry Categories

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.

It is strongly urged that 4-H'ers choose recipes that are relatively simple (i.e. less than 7 ingredients, 1 dish meals, etc.) No alcohol or alcohol-containing ingredients can be used. If a recipe requires baking, a 1 hour and 15 minute oven baking time limit will be instituted for all recipes in the three categories of Main Dish, Bread and Cereal, and Fruit and Vegetable. No oven baking time will be allowed in the senior division for the Nutritious Snack category (this includes microwave baking and convection or toaster oven baking). Juniors and Intermediates will be able to enter baked items in the Nutritious Snack category. When seniors choose a dish, please keep in mind what ingredients will be available in College Station in June. 4-Hers who have won first place in any category in any year at the State 4-H Food Show are ineligible to participate in any category at the 2010 State 4-H Food Show.

Sometimes a decision needs to be made concerning into which category a specific recipe/dish should be entered. It is suggested that the decision reside with the county Extension agent, 4-H'er, and leader.

Many recipes can be entered in more than one category. Examples are salad bread bowl, broccoli cheese casserole, vegetable soup, and macaroni and cheese. Participants may have to explain their recipe category if asked by a judge.

1. Main Dish Category

Foods classified as main dishes usually contain a meat or meat alternate such as cheese, eggs, dry beans or peas, or peanut butter. They may also contain other foods. Dishes to enter in this category may include: beef; veal; pork; variety meats; poultry; eggs; fish and shellfish; dry beans; casseroles; meat loaves; meat, poultry, or fish pies; souffles; omelets; meat salads; sandwiches; dry peas; soybeans; soups, stews, and chowders.

2. Fruit and Vegetable Category

Side dishes are foods that are usually served along with a main dish or as accompaniments to the main course. These are usually fruit or vegetable dishes. Suggested dishes to enter in this category may include: salads, cooked vegetables, cooked fruits, relish tray, vegetable casseroles, fruit platters, and combination vegetable dishes.

3. Bread and Cereal Category

Suggested dishes to enter in this category may include: quick breads, yeast breads, hot roll or bread mixes, rice dishes, and pastas.

4. **Nutritious Snack Category (no oven time for seniors)**

Snacks are commonly eaten between meals by those having higher energy needs (such as teens and children). Snacks should provide energy and enhance diet quality. Suggested dishes to enter in this category may include: milk drinks and floats, fruit drinks, dips and dippers, fondues, custards, sandwiches, party foods and refreshments, appetizers, and nutritious no-bake cookies.

2010 FOOD SHOW STUDY GUIDES

Contestants are encouraged to select recipes that follow sound dietary practices and they should be familiar with information on food safety. Other suggested study materials include:

Finding Your Way to A Healthier You: Based on the Dietary Guidelines for Americans

<http://www.cnpp.usda.gov/Publications/DietaryGuidelines/2005/2005DGConsumerBrochure.pdf>

MyPyramid: Steps to a Healthier You - (interactive website)

<http://www.mypyramid.gov>

2005 Dietary Guidelines for Americans - (80 page policy document)

<http://www.cnpp.usda.gov/Publications/DietaryGuidelines/2005/2005DGPolicyDocument.pdf>

District IV 4-H Food Show Record Form

- | |
|---------------------------------------|
| <input type="checkbox"/> Junior |
| <input type="checkbox"/> Intermediate |
| <input type="checkbox"/> Senior |

Name: _____ Age (as of August 31st, 2009) _____

Address: _____

County: _____ Birth date: _____

Years in 4-H: _____ Years in project: _____

Food Category: _____

Project Goals:

RECIPE

(Attach separate sheet if necessary)

Leadership:

Community Service:

Knowledge & Skills Learned:

Project Activities:

Project Summary:

I certify the above information to be true and correct, and completed during the current project year.

Contestant Signature: _____ Date: _____

I certify that the 4-H member named above has provided accurate and correct information.

Agent Signature: _____ Date: _____

2010 4-H Food Show Record Form Guidelines

FORM GUIDELINES, INSTRUCTIONS, AND EXAMPLES

The following guidelines are designed to help 4-H'ers better understand and utilize the State Food Show Record Form. Please read and consider each one carefully as 0.5 points will be deducted from total score for incorrect submissions.

1. Type size and font must be legible and easily read.
2. No additional lines or pages may be added.
3. No written menu is required.
4. The project form is worth 25% of your overall score.
5. Do not leave any blanks, this information is necessary for participation.
6. Age of a 2010 Food Show participant is determined by age as of August 31, 2009.
7. For "years in 4-H" and "years in project", include the current year.
8. The state foods & nutrition project year for the State Food Show runs from State Food Show to State Food Show.
9. Project Goals may be listed or in paragraph form, but must fit within the allotted space. Goals are things that you had hoped to learn or accomplish at the beginning of the project year. A goal may also be ongoing for one or more years. There is no set number of goals required.
10. Recipe: include the complete recipe for your dish, including any substitutions or variations, as well as preparation procedures and the number of servings. Please refer to the sample recipe and check sheet for detailed instructions on how to submit recipes.
11. Leadership is worth 5 points of your total score. List volunteer, elected/appointed, and promotional leadership experiences in Foods & Nutrition in the current project year.
12. Community Service is worth 5 points of your total score. List your community service experience in Foods & Nutrition for the current project year. *Note: this section should not contain activities already listed under leadership.
13. Knowledge and Skills Learned is worth 5 points of your total score. Summarize what you have learned in Foods & Nutrition in the current project year. Points for the overall project record, including recipe, will be accounted for in this category.
14. Project Activities is worth 5 points of your total score. List Foods and Nutrition activities for the current project year, such as contests, workshops, project meetings, etc. Do not include activities already reported under community service or leadership.
15. Project Goals & Summary is worth 5 points of your total score. Compose a brief and concise summary of your Foods & Nutrition project within the current year. Numbers may be helpful, and you might want to include how you met your goals. This summary is limited to the space provided.
16. Sign and date your form. This is a contract and your signature certifies that the information shown is true, and completed in the current project year.

CHECK SHEET FOR RECIPE WRITTEN IN STANDARD FORM

(Also see example recipe following.)

	Yes	No
I. Does Your Recipe Have All of These Parts?		
a. Name of Recipe	_____	_____
b. Complete list of ingredients <i>Size cans, packages, cans, etc. given</i> <i>EX: 10 oz box chopped frozen spinach</i> <i>NOT spinach, box of spinach or frozen spinach.</i>	_____	_____
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>i.e. the word describing is in the correct place.</i> <i>EX: 1/4 cup chopped onion, not 1/4 cup onion chopped. EX: 1 green pepper, chopped, not 1 chopped green pepper</i>	_____	_____
c. Measurements given in common fractions <i>i.e. 1/4 cup, 2 tablespoons, 1 teaspoon</i>	_____	_____
d. All measurements are spelled out, not abbreviated. <i>EX: cup, teaspoon, tablespoon, size can, etc. (i.e. 4-ounce can)</i>	_____	_____
e. Avoid brand names. Include complete description of ingredients, <i>i.e. low-fat, packed in syrup, reduced fat, etc</i>	_____	_____
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. Given the temperature and cooking time	_____	_____
f. Included the number of servings or how much the recipe would make	_____	_____

Example of Recipe

4-H Shamrock Salad

6-ounce package lime gelatin	<i>(not just 1 package lime gelatin)</i>
2 cups boiling water	
1 cup lemon-lime soda	
8-ounce package cream cheese, softened	<i>(not just 1 package/ what kind? Low fat, Fat free, etc.)</i>
½ teaspoon vanilla	
1 tablespoon lime juice	
1-ounce can mandarin oranges, drained	<i>(always include size)</i>
8-ounce can pineapple tidbits, drained	
2 cups grapes, halved, seeded	<i>(not just grapes, also- color/kind? Red, concord, green)</i>
2 cups chopped celery	<i>(not 2 cups celery chopped - you must chop the celery to measure it, so chopped must be written first)</i>
½ cup chopped pecans	<i>(are you measuring the pecans before or after chopping? the way it is written here indicates chopping first)</i>
8-ounce carton frozen whipped topping, thawed	
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 if 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 12 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 tray for color variety. Yield: 8 ½ cup servings. **(Note number of servings if listed)**

DISTRICT IV 4-H FOOD SHOW JUDGES' QUESTIONS

The questions below are to be used simply as a guideline for all age groups. The judges are not required to stick to this set of questions nor will participants necessarily be asked any of the listed questions. It is best for the 4-H'ers to know the steps necessary to prepare their dishes, the nutrient content of their dish, and possible recipe substitutions. Participants will also be expected to know all information listed on their Food Show paperwork.

Junior Questions:

1. What are the food groups included in the MyPyramid? How many servings do you need from each food group in MyPyramid?
2. What are the key nutrients you would get from your recipe? Why do you need these nutrients?
3. What are the preparation steps in your recipe and why are they important?
4. What changes have you made in your diet as a result of what you have learned in your foods and nutrition project?
5. What are some of the things you learned (or did) in your foods and nutrition project?

Intermediate Questions:

Questions 1 to 5 plus:

6. Give one example of a food from each MyPyramid group and a key nutrient found in that food group.
7. Other than MyPyramid, what should you consider when planning a meal?
8. What was the one thing you learned in your foods and nutrition project that you thought was most important?

Suggestions for Senior Participants:

1. What preparation principle(s) did you use or what critical step(s) did you take in preparing your dish?
2. What are the functions of the various ingredients in your dish?
3. What ingredient substitutions did you make, if any? What substitutions could you have made?
4. Explain the nutrients and nutrient functions as they relate to the food groups and your dish.
5. What is the relationship of your dish to the Dietary Guidelines?
6. What is the approximate calorie content for a serving of your dish?
7. Explain your food safety concerns during the purchasing, preparing, serving and storing of the entry dish.
8. What menu ideas would complement your dish?

CONFIRMED JUDGES & VOLUNTEERS FOR 2010 FOOD SHOW

Judges:

NAME: _____

MAILING ADDRESS: _____

E-Mail: _____

DIVISION/CATEGORY REQUESTED: _____

DIVISION/CATEGORY TO AVOID: _____

NAME: _____

MAILING ADDRESS: _____

E-Mail: _____

DIVISION/CATEGORY REQUESTED: _____

DIVISION/CATEGORY TO AVOID: _____

Volunteers to assist with contest:

(Help is needed in the Prep Room, with registration, as a runner, timekeeper, and as a Superintendent.)
Responsible older 4-H members can be used too!

NAME: _____

MAILING ADDRESS: _____

E-mail: _____

PREFERENCE: _____ Superintendent _____ Registration _____ Prep. Room
 _____ Timekeeper _____ Runner

NAME: _____

MAILING ADDRESS: _____

E-mail: _____

PREFERENCE: _____ Superintendent _____ Registration _____ Prep. Room
 _____ Timekeeper _____ Runner

County: _____ Agent: _____

COUNTY CONTESTANTS SUMMARY

DISTRICT IV 4-H FOOD SHOW

NAME OF CONTESTANT

BIRTH DATE

FOOD CATEGORY

JUNIOR DIVISION

_____ Main Dish

_____ Fruit & Vegetable

_____ Bread & Cereal

_____ Nutritious Snacks

INTERMEDIATE DIVISION

_____ Main Dish

_____ Fruit & Vegetable

_____ Bread & Cereal

_____ Nutritious Snacks

SENIOR DIVISION

_____ Main Dish

_____ Fruit & Vegetable

_____ Bread & Cereal

_____ Nutritious Snacks

Agent Signature

County



MEMORANDUM

September 18, 2009

TO: All Contestants - District 4-H Food Show

SUBJECT: District IV 4-H Food Show 2010
Saturday, January 30, 2010
Texas A&M University – Commerce

We are pleased to have you as a participant in the District 4-H Food Show on Saturday, January 30, 2010 at Texas A&M University - Commerce.

A judging order for participants will be developed after January 8, 2010 when entries are due.

The set up and judging areas will be open to contestants 15 minutes prior to your scheduled presentation time, or earlier if we are running ahead of schedule. When you arrive, check in at the registration desk. Only you will be allowed in the judging and set up areas. A contest superintendent or volunteer will assist you, if needed. Parents will be stopped at the entrance to the set up area.

The format for judging will be similar to that at state – at the assigned time you will take your prepared portion to the designated judging area. There will not be a microwave oven, electrical outlet, etc. in the preparation areas.

You will present the judges with a single serving from the entry you have prepared. It should be on a small dish (appropriate to the food), may be garnished with edible items, and you may include an eating utensil (i.e. fork, spoon, etc.).

Due to food safety issues, the judges will not taste your entry. It is needed so that the judges can evaluate the quality and appearance of the dish.

You should introduce yourself to the judges with your name and the entry dish name. Following the introduction, you are allowed a maximum of three minutes to present information on any combination of the following topics. It will be an oral presentation with no handouts or visuals.

- Project activities from current year's project
- Leadership activities from current year's project
- Career options explored in current year's project
- Dietary lifestyle choices explored in current year's project (examples: new foods experiences, special diet information, special food needs, why the entry dish was selected, category selection – Why did you submit your recipe in this category?)

This will be followed by 5 minutes for questions by the judges. There will be a time keeper for your category. After your time is completed, take your dish and leave the judging area. You will be free until time for the award ceremony, which will start after judging and tabulation is complete.

For each category, ribbons will be awarded to the top five places. All other contestants will receive participation ribbons.

We look forward to having you at the District Food Show. Please contact your county Extension agent if you have questions.

2010 District IV 4-H Food Show Photography Contest

Entries Due January 8, 2010

Photos will be on display during the 2010 District IV 4-H Food Show

****IMPORTANT NOTE: This is not a qualifying event for the State 4-H Photography Contest****

Objectives for 2010 District IV Food Show Photography Contest and Exhibit

- ♣ To develop visual life skills in composition, light, story line, posing and awareness.
- ♣ To encourage 4-H members to use photography as a meaningful communications tool in their lives.
- ♣ To provide photography project showcase opportunity for 4-H members within the Food and Nutrition program.
- ♣ To improve the public image of 4-H and the Food and Nutrition program.
- ♣ To utilize photographs which can promote and strengthen the 4-H Food and Nutrition program.

Rules:

- 1. Participation Age:**
This contest is open to all District IV 4-H members **enrolled** in the third grade through 18 years of age.
- 2. Eligibility of Photos:**
All photographs must have been taken by 4-H members between the dates of January 1, 2009 and the time of entry. Photos may be submitted only one time to the District IV 4-H Food and Nutrition Photography Contest. ***A single photo can not be entered in multiple divisions or classes*** (ie: the same original can not be duplicated in multiple divisions . . . same picture in color and black and white classes).
- 3. Number of Entries:**
Each county may have one (1) entry per age division in each class.
- 4. Entry Fee:**
Entry fees have been outlined in the District IV 4-H Food Show packet.
- 5. Entry Deadline:**
Entries must arrive in the Cass County Extension Office no later than January 8, 2010.
- 6. Contestants Participating at District IV 4-H Food Show:**
Photography contest participants need not attend the District IV 4-H Food Show; however 4-H members with entries and their family are encouraged to view the display. All pictures will be displayed during District 4-H Food Show.
- 7. Size of Photographs:**
Each photograph can be any size with a minimum of 4 inches by 6 inches in dimension.
- 8. Mounting of Photographs:**
All prints must be permanently mounted solid on PHOTOGRAPHIC MOUNT BOARD (mat board material) or a THIN FOAM BOARD no larger than the photo itself. Masonite, photo folders, corrugated cardboard, or thin poster board is not acceptable. Please attach Velcro to the back of photos for hanging/display purposes. *Some resources for mounting supplies include: Hobby Lobby, Michaels, Blick Studios ([.dickblick.com](http://dickblick.com)), local framing shops, and art supplies stores.

Classes

COLOR – Photos taken with emulsion film such as 110, 35mm, or Advantix. The prints must be glued to mat or foam board the same size as the prints. Photos should NOT be cropped smaller than 4x6.

COLOR DIGITAL – Color photos taken with a digital camera. The prints must be glued to mat or foam board the same size as the prints. Photos should NOT be cropped smaller than 4x6.

BLACK AND WHITE – Photos taken with any camera however, they must be grey-scale only (this class does not include antiquing, sepia-tone, and/or hand tinting). The prints must be glued to mat or foam board the same size as the prints. Photos should NOT be cropped smaller than 4x6.

Divisions

Division	Class	Description
People	Color Color – Digital Black and White	People alone or in a group, active or inactive. Such photos should focus on participation in the Food and Nutrition project.
Still Life	Color Color – Digital Black and White	Photography where objects are pre-arranged or set up by the photographer (composition does not occur naturally). Such photos should focus on development of attractive food displays.
Story Board	Color Color – Digital Black and White	2 to 4 photos mounted on mat or foam board of 11x14" in size. Photos must tell a story related to the food and nutrition project. Story board should have a title, but no captions.
Career	Color Color – Digital Black and White	Studies or scenes of any aspect of the food industry. Entries cannot include photos that could be entered into another category.

9. Entries:

Each entry must include the following information to ensure proper entry. Some information will be based on the division and class entered. The information MUST be legibly printed or typed on a photo release label and securely affixed to the back of the photo in the center. Items required on all labels:

County	District
Name	Division
Address	Class
Age (Actual Age, NOT age category)	Caption/Title

10. Judges

Judges will determine the award. Their decision on all entries is final.

11. Judging Criteria:

Photographers aiming for the District IV 4-H Food and Nutrition Photography Contest should be mindful of the criteria used in judging entries. In general, contest judges establish a viewing distance when evaluating photo quality. 8x10 photos are generally viewed from 14-16 inches. Participants should use viewing distance and the following criteria as guidelines.

- Focus
- Exposure
- Lighting
- Print Quality
- Subject
- Composition
- Impact
- Uniqueness

See attached District IV 4-H Food and Nutrition Photography score card and judging definitions and standards of excellence for detail description of each criteria.

12. Awards

Blue, Red, and White quality awards will be given to entries based on the score card criteria. Participant's photographs and ribbons will be exhibited during the District IV 4-H Food Show.

The Danish system of ribbon awards is a quality award and not a placing award.

All pictures are judged on an individually basis of quality.

Things to Remember

- ♣ Photography contest entries must be in the Cass County Extension Office by the January 8, 2009 deadline (same as the Food Show).
- ♣ The correct size minimum of 4x6.
- ♣ Mounted properly.
- ♣ Labeled properly.
- ♣ Label includes all identifying information required.

**DISTRICT IV 4-H FOOD AND NUTRITION PHOTOGRAPHY CONTEST
PARTICIPANT ENTRY FORM**

Name: _____

County: _____

Date of Birth: _____

Circle One: JUNIOR INTERMEDIATE SENIOR

Category: _____

Class: _____

4-H FOOD AND NUTRITION PHOTOGRAPHY SHOW SCORE CARD

	Superior	Excellent	Good	Fair	Needs Improvement	Unsatisfactory
I. TECHNICAL						
A. Focus	6	5	4	3	2	1
B. Exposure	6	5	4	3	2	1
C. Lighting	6	5	4	3	2	1
D. Print Quality	6	5	4	3	2	1
Summary Feedback:						
II. SUBJECT						
A. Creative use of Subject	6	5	4	3	2	1
B. Composition	6	5	4	3	2	1
C. Impact	6	5	4	3	2	1
D. Uniqueness	6	5	4	3	2	1
Summary Feedback:						
COLUMN TOTALS						
GRAND POINTS TOTAL						

JUDGES, please circle one:

Awarded: BLUE
54-40 points

RED
39-20 points

WHITE
<20 points

Signature of County Extension Agent

PHOTOGRAPH LABEL/RELEASE - ATTACH TO BACK OF PHOTO

County: _____ **District:** _____

First and Last Name: _____

Street Address: _____

City/State/Zip: _____

Age: _____ **Name/Title of Picture:** _____

Division: _____ **Class:** _____

I do hereby consent and agree that Texas AgriLife Extension Service and the Texas 4-H and Youth Development Program staff have permission to take photographs and/or record video and/or audio of me and/or my property and to use these for 4-H and Youth Development educational, promotional, and/or marketing materials. I further consent that my name and identity may be revealed therein or by descriptive text or commentary. Neither individual addresses nor telephone numbers will be published within these materials.

I do hereby give Texas AgriLife Extension Service and the Texas 4-H and Youth Development Program the right to exhibit any such works publicly or privately, including posting on the Texas 4-H and Youth Development Program website. I waive any rights, claims or interests I may have to control the use of my identity or likeness in the photographs, video or audio and agree that any uses described herein may be made without compensation or additional consideration to me.

I represent that I have read and understand the foregoing statement and I am competent to execute this agreement.

Name (please print): _____

Signature: _____ **Date:** _____

If individual is under the age of 18, consent of the legal parent or guardian is needed.

Parent/Guardian Name (please print): _____

Signature: _____ **Date:** _____

4-H FOOD AND NUTRITION PHOTOGRAPHY JUDGING DEFINITIONS & STANDARDS OF EXCELLENCE

	DEFINITION	STANDARD
FOCUS	Adjustment of the distance setting on a lens to sharply define the subject.	The focus is appropriate to the theme/mood and/or photographic class.
EXPOSURE	The quantity of light allowed to act on a photographic material; a product of the intensity and the duration of light striking the film or paper.	The exposure compliments the composition and gives the picture a smooth feeling or a particular effect.
LIGHTING	The illumination falling on a subject.	Use of light to produce the desired mood or effect.
PRINT QUALITY	The photo exhibits quality consistent with display	The absence of blemishes, scratches, overly enlarged (graininess), and pixilation. This also includes the quality of mounting.
SUBJECT	The photo uses the class to deliver a message in a creative way.	The photo clearly communicates the subject and fits the chosen category.
COMPOSITION	Placement of the subject in the photo demonstrating artistic ability.	A pleasing balance exists among all components of the composition.
IMPACT	The photo clearly captures the attention of the viewer.	The composition conveys a strong message.
UNIQUENESS	Use of originality, camera angle, lighting, character studies, and/or creativity.	The photographer exhibits creativity through the photo.

DEAR CONTESTANT: Your entry is judged according to the standards of excellence established for this project contest. You are competing against previously determined standards of excellence, not against your peers. Before preparing your entry for submission please carefully review the judging definitions and contest standards of excellence sheet.

COUNTY CONTESTANTS SUMMARY

DISTRICT IV 4-H FOOD SHOW

NAME OF CONTESTANT BIRTH DATE PHOTOGRAPHY CATEGORY

JUNIOR DIVISION

Color: People

Color: Still Life

Color: Career

Color: Story Board

B/W: People

B/W: Still Life

B/W: Career

B/W: Story Board

Digital: People

Digital: Still Life

Digital: Career

Digital: Story Board

Agent Signature

County

COUNTY CONTESTANTS SUMMARY

DISTRICT IV 4-H FOOD SHOW

NAME OF CONTESTANT BIRTH DATE PHOTOGRAPHY CATEGORY

INTERMEDIATE DIVISION

Color: People

Color: Still Life

Color: Career

Color: Story Board

B/W: People

B/W: Still Life

B/W: Career

B/W: Story Board

Digital: People

Digital: Still Life

Digital: Career

Digital: Story Board

Agent Signature

County

COUNTY CONTESTANTS SUMMARY

DISTRICT IV 4-H FOOD SHOW

NAME OF CONTESTANT BIRTH DATE PHOTOGRAPHY CATEGORY

SENIOR DIVISION

Color: People

Color: Still Life

Color: Career

Color: Story Board

B/W: People

B/W: Still Life

B/W: Career

B/W: Story Board

Digital: People

Digital: Still Life

Digital: Career

Digital: Story Board

Agent Signature

County