

DATE: December 5, 2011

TO: District IV CEA's

FROM:

Derrick Bruton
Extension Specialist
4-H & Youth Development

Carrie Brazeal
County Extension Agent – FCS
Collin County

SUBJECT: 2012 District IV 4-H Food Show
February 25 – Texas A&M Commerce

CONTEST INFORMATION

- Date.** The will take place on February 25, 2012.
- Location.** The district Food Show will be held on the campus of Texas A&M Commerce in the Sam Rayburn Student Center, 2nd floor.
- Schedule.** Room assignments will be sent following receipt of all Food Show entries.

Check-in	9:00 AM
Orientation	9:30 AM
Contest	Conclusion of orientation
Awards	Conclusion of contest

- Registration.** Each participating member is required to register on 4-H Connect and pay the district \$8.00 contest registration fee. Registration will open on January 3 and close at midnight February 3, 2012. Participant recipes will be entered on 4-H Connect for assembly into a cookbook.
- Participation.** Participants must be active 4-H members enrolled in a Texas 4-H and Youth Development county program in District IV. Members will be allowed to enter either the food show or food challenge contest, but not both.
- Age.** Age divisions are determined by a participant's age as of September 1 of the current 4-H year. Age divisions for this contest are:

Junior:	8 years old and in 3rd grade, 9, or 10
Intermediate:	11 to 13 years old
Senior:	14 to 18 years old

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7. **Entries per county.** Each county may one member per food category per age division. The first placed individual in each senior age division will advance to state.

8. **Contest categories/divisions.** There are four contest divisions:

- a) **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.
- b) **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.
- c) **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
- d) **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.

It is strongly urged that 4-Hers choose recipes that are relatively simple (i.e. less than 7 ingredients, 1 dish meals, etc.). 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 Nutrition 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.**

Contestants are encouraged to select recipes that follow sound dietary practices. A healthy diet is described in the consumer brochure, **Finding Your Way to a Healthier You: Based on the Dietary Guidelines for Americans**. 4-H participants should be familiar with this information contained in this brochure, especially the information on food safety.

9. **Volunteers.** Each county will secure 2 confirmed judges and/or volunteers and send those names in to the District Office via online form linked below. In addition to judging, volunteers are also needed to assist with registration, help in the Prep Room, serve as Superintendents and serve as runners.

10. Judging. The format for judging the show will be similar to that at State competition. At an assigned time, each entrant will take the prepared food in the serving dish with a serving utensil to the designated judging area. There will not be a microwave oven, electrical outlets, etc. available in the preparation area.

11. Other.

- a. No alcohol or alcohol-containing ingredients may be used.
- b. The contestant will present the judges with a single serving from the dish they have prepared. The single serving will be served on a small dish (appropriate to the food), it may be garnished with edible items and you may include an eating utensil (i.e. fork, spoon, etc.).
- c. Due to food safety issues, the judges will not taste the entries. Participants will present the panel of judges a single serving of the entry so that the judges can evaluate the quality and appearance of the dish. With this in mind contestants will need to arrange to keep the food either hot or cold, whichever is appropriate.
- d. Each participant in each age division will give a 3-minute presentation to his/her judge(s), followed by 5 minutes for questions by the judge(s). Please refer to the "Interview and Contestant Presentation" information in the State guidelines to assist participants in preparing for the presentation.
- e. 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.
- f. The set up and judging areas will be open to contestants 15 minutes prior to their scheduled presentation time. Contestants should arrive no more than 15 minutes early and check in at the Registration Desk. Only participants will be allowed in the judging and set up areas. Parents will be stopped at the entrance to the set up area. A contest superintendent or volunteer will assist participants as needed.

12. Awards. The top five high scoring individuals in each age and food division will be recognized with awards.

13. Participants with disabilities. Any competitor who requires auxiliary aids or special accommodations must contact the District Extension Office, or note when registering on 4-H Connect, at least 2 weeks before the competition to request such needs.

14. Participants with disabilities. Any competitor who requires auxiliary aids or special accommodations must contact the District Extension Office at least 2 weeks before the competition and/or note such needs when registering on 4-H Connect.

15. Resources.

http://fcs.tamu.edu/food_and_nutrition/pdf/2012-state-food-show-guidelines.pdf
http://fcs.tamu.edu/food_and_nutrition/pdf/2012-state-4h-food-show-study-guide.pdf

16. Items Due. The following items are to be completed/sent to the district office by the County Extension Agent by 5:00 p.m. on February 6, 2012:

1. Confirmed Judges and Volunteer Form (<http://d44-h.tamu.edu/home/volunteer-assistance/>)
2. County Contestant Summary
3. Participant entries should be placed in individual file folders labeled with the following information: **Name, County, Category, Division**, and containing:
 - a) Texas 4-H Food Show Record Form
 - b) 1 – 4x6 Photos of contestant’s dish (stapled to left side of file folder)
 - c) 3 copies of the appropriate scorecard (single-sided)

Agent Committee

Carrie Brazeal - chair
Courtney Davis
Pam Lincoln

Phyllis Griffin
Maggie Jover

DB

cc Dr. Chris Boleman
Dr. Darrell Dromgoole
Dr. Susan Ballabina
Mr. Hurley Miller

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, 201%) _____

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: _____

201&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 201G Food Show participant is determined by age as of August 31, 201F.
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 overall look of the 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.)

If the contestant, agent or leader has any questions concerning correct recipe writing, please have them call Sharon Robinson at 979-845-6379 before submitting.

	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 ¼ 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 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 12 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 tray for color variety. Yield: 8 ½ cup servings. **(Note number of servings is listed)**

TEXAS AGRILIFE EXTENSION SERVICE
The Texas A&M University System
District IV 4-H Food Show Scorecard

Name _____ <input type="checkbox"/> Junior _____ <input type="checkbox"/> Intermediate County _____ <input type="checkbox"/> Senior Category: <input type="checkbox"/> Main Dish <input type="checkbox"/> Fruit & Vegetable <input type="checkbox"/> Bread & Cereal <input type="checkbox"/> Nutritious Snacks	✂
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Comments	Category	Poor	Fair	Avg	Good	Exc
	1. Interview & Presentation (45 points)					
	a. Experience	1	2	3	4	5
	b. Knowledge gained	1	2	3	4	5
	c. Preparation principles	1	2	3	4	5
	d. Function of ingredients & substitutions	1	2	3	4	5
	e. Nutrients & functions	1	2	3	4	5
	f. Dietary guidelines/MyPyramid & relationship with dish	1	2	3	4	5
	g. Calorie content, serving sizes & menu considerations (nutrient density)	1	2	3	4	5
	h. Food safety concerns	1	2	3	4	5
	i. Dietary/Lifestyle choices	1	2	3	4	5
	2. Communication Skills (15 points)					
	a. Voice	1	2	3	4	5
	b. Poise	1	2	3	4	5
	c. Presentation organization	1	2	3	4	5
	3. Food (10 points)					
	a. Appearance/appeal	1	2	3	4	5
	b. Quality	1	2	3	4	5
	<i>Subtotal</i>					
	<i>Total for Interview/Presentation</i>					

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 The Texas A&M University System
District IV 4-H Food Show Scorecard

Name _____ <input type="checkbox"/> Junior <input type="checkbox"/> Intermediate County _____ <input type="checkbox"/> Senior Category: <input type="checkbox"/> Main Dish <input type="checkbox"/> Fruit & Vegetable <input type="checkbox"/> Bread & Cereal <input type="checkbox"/> Nutritious Snacks	✂
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Comments	Category	Poor	Fair	Avg	Good	Exc
	4. Recipe (5 points)	1	2	3	4	5
	5. Form (25 points)					
	a. Leadership	1	2	3	4	5
	b. Community service	1	2	3	4	5
	c. Knowledge & skills	1	2	3	4	5
	d. Project activities	1	2	3	4	5
	e. Goals & summary	1	2	3	4	5
	<i>Subtotals</i>					
	<i>Total Records Score</i>					

DISTRICT IV 4-H FOOD SHOW JUDGES' QUESTIONS

Note: These 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.

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:

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

CONFIRMED JUDGES & VOLUNTEERS FOR 201&FOOD SHOW

Volunteers may also be entered online at
<http://d44-h.tamu.edu/home/volunteer-assistance/>

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