



*Texas 4-H*  
**FAMILY  
FAVORITES**

2017 Texas 4-H Food Show



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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: Shawnte Clawson, Extension Specialist, 4-H Youth Development  
Subject: 2017 4-H State Food Show Guidelines

Welcome to the 2017 Texas 4-H Food Show!

***\*Please note, any information that is highlighted, is new for 2017!***

This year's Food Show theme is "Family Favorites". More information about this fun theme follows on page 2. For those 4-H members who advance to the State Food Show, the interview times have changed slightly. Participants will provide a four-minute oral presentation, followed by a four-minute interview with judges, and lastly will have one minute to serve their dish to judges.

Reviewing the recommended resources (in this packet) will enhance interview scores. The four State Food Show 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 kitchens.

The Food Show is scheduled for Thursday, June 8, 2017, during 4-H Roundup week in College Station. The Food Show orientation is scheduled for Wednesday, June 7, 2017. Specific details regarding interview and orientation sites, will be forthcoming as secured.

Please share this packet & guidelines with district winners as soon as they are identified. This information can also be found at [http://fcs.tamu.edu/food\\_and\\_nutrition/4-h\\_youth.php](http://fcs.tamu.edu/food_and_nutrition/4-h_youth.php)

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# 2017 4-H State Food Show

## **FAMILY FAVORITES**

The theme for the 2017 Food Show is “**Family Favorites.**” This theme will allow participants the opportunity to explore many aspects of food preparation, food safety, creative recipes and more! Concentrate on foods that are family favorites, with the emphasis of the importance of family mealtime. Research consistently shows that regular family meals are linked to: higher grades for children, higher self-esteem, healthier eating habits and healthier weights.

Good luck to each of you and enjoy this year’s project!

### **Objectives**

- Practice and know recommended food preparation skills including food safety.
- Understand the 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.

### **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 be classified as a senior 4-H member in accordance with the Texas 4-H Rules and Guidelines. Senior 4-H members are in 9th – 12th grades as of the September 1, 2016 school year.

#### **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/>
- Altering Recipes for Good Health  
<http://fcs.tamu.edu/files/2015/02/altering-recipes-for-good-health.pdf>
- Food Safety  
<http://www.fightbac.org/>
- Dietary Guidelines for Americans  
<http://health.gov/DietaryGuidelines/>
- 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](http://fcs.tamu.edu/food_and_nutrition/pdf/nutrient-needs-at-a-glance-E-589.pdf)

## THEME RESOURCES

- Make Easy & Healthy Meals  
<https://choosemyplate-prod.azureedge.net/sites/default/files/printablematerials/MyPlateForMyFamily-ParticipantHandouts.pdf>
- The Importance of Family Mealtime  
<http://food.unl.edu/documents/The%20Importance%20of%20Family%20Mealtime.02.01.10.pdf>
- Family Mealtime  
<http://store.msuxextension.org/publications/HomeHealthandFamily/MT200403HR.pdf>

# 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, number of 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 wording to describe combining and cooking processes	_____	_____
d. Stated the size of pan	_____	_____
e. Given temperature and cooking times	_____	_____
f. 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	(indicate low-fat, fat-free, etc.)
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.

In order 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. \*Highlighted information is new this year!

## **1. Introduction/Presentation**

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

## **2. Question and Answer**

Judges will have the opportunity for a **four-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.

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

# STATE 4-H FOOD SHOW JUDGING SCHEDULE

June 8, 2017

District Contestant "Tentative" Judging Time

5 1:00 – 1:15  
11 1:15 – 1:30  
12 1:30 – 1:45

7 1:45 – 2:00  
1 2:00 – 2:15  
2 2:15 – 2:30

## **BREAK**

6 2:35 – 2:50  
3 2:50 – 3:05  
8 3:05 – 3:20

10 3:20 – 3:35  
9 3:35 – 3:50  
4 3:50 – 4:05

**Judges will interview contestants in 15 minute intervals: 4 minutes for oral presentation, 4 minutes for interview by judges and 1 minute for serving of dish. There are 6 minutes between contestants.**

**Scheduled interview times cannot be changed for any 4-H member except 4-H scholars.**

*4-H Scholars: Please notify Shawnte Clawson as soon as you are notified of the scholarship that you will be receiving. Those who are HLSR scholars, we will work with you on your interview time. You must notify Mrs. Clawson no later than May 25<sup>th</sup> via email at [sfclawson@ag.tamu.edu](mailto:sfclawson@ag.tamu.edu) to request a new time slot. 4-H Scholars will have a specific interview time.*

# STATE 4-H FOOD SHOW ACTIVITY SCHEDULE

JUNE 7-8, 2017

(TENTATIVE)

## Wednesday, June 7

4:30 p.m. – 5:30 p.m.      Orientation for:  
Contestants, Judges, Kitchen Supervisors, and  
Judging Supervisors

## Thursday, June 8

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.      Food Show Interviews

4:00 p.m. – 4:30 p.m.      Dinner / Travel Break

5:00 p.m. – 5:30 p.m.      Instructions and Rehearsal for Awards Program

5:30 p.m. – 6:00 p.m.      Awards

# STATE 4-H FOOD SHOW PAPERWORK



State 4-H Food Show paperwork **will be processed ONLINE**. Participants will upload their required paperwork (below) at the same time they register through 4-H Connect for the State 4-H Roundup.

*The following documents are in pdf format. Fill them out and **SAVE** them to your hard drive. Combine the recipe and the project experiences pages into **ONE FILE**. Upload this file when registering for the State 4-H Food Show on 4-H Connect.*





**TEXAS 4-H FOOD SHOW SCORECARD (8/2016)**

**CONTESTANT NAME:** \_\_\_\_\_

**COUNTY:** \_\_\_\_\_

**DISTRICT:** \_\_\_\_\_

**ENTRY CATEGORY:**

<input type="checkbox"/>	Protein	<input type="checkbox"/>	Fruit & Vegetables	<input type="checkbox"/>	Grains	<input type="checkbox"/>	Dairy
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**AGE DIVISION:**

<input type="checkbox"/>	Junior	<input type="checkbox"/>	Intermediate	<input type="checkbox"/>	Senior
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	Rating				Comments	Points
	Outstanding	Good	Fair	Needs Improvement		
<b>I. PRESENTATION</b>						
<b>How the dish fits the theme</b>	5-4	3	2	1		(5)
<b>Knowledge of MyPlate:</b> 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	10-8	7-6	5-3	2-1		(10)
<b>Nutrition Knowledge:</b> Contestant understands what this dish contributes to the diet	10-8	7-6	5-3	2-1		(10)
<b>Food Preparation:</b> Knows the key steps in preparation of food and function of ingredients	10-8	7-6	5-3	2-1		(10)
<b>Food Safety Concerns &amp; Practices:</b> Knows food safety concerns in preparation and storage of dish	10-8	7-6	5-3	2-1		(10)
<b>II. INTERVIEW (category specific questions)</b>						
<b>Knowledge of MyPlate</b>	10-8	7-6	5-3	2-1		(10)
<b>Nutrition Knowledge</b>	10-8	7-6	5-3	2-1		(10)
<b>Food Preparation</b>	10-8	7-6	5-3	2-1		(10)
<b>Food Safety</b>	5-4	3	2	1		(5)
<b>4-H Food &amp; Nutrition Project Activities</b>	5-4	3	2	1		(5)
<b>III. FOOD EVALUATION</b>						
<b>Food Presentation/Quality:</b> Appearance of food (texture, uniformity); garnishing	5-4	3	2	1		(5)
<b>IV. EFFECTIVENESS OF COMMUNICATION</b>						
<b>Voice, poise, personal appearance</b>	5-4	3	2	1		(5)
<b>V. PAPERWORK</b>						
<b>Summary of project experiences</b>	5-4	3	2	1		(5)
<b>ADDITIONAL COMMENTS:</b>				<b>TOTAL POINTS:</b>		