

TEXAS 4-H YOUTH DEVELOPMENT PROGRAM

DATE: October 31, 2016  
TO: All County Extension Agents  
FROM: Montza Williams  
Assistant Professor and Extension Specialist  
4-H Youth Development  
SUBJECT: 2017 East District 5 4-H Food & Nutrition Extravaganza  
February 4, 2017 Stephen F. Austin State University – Nacogdoches, Texas

## Food & Nutrition Extravaganza

### Entry Requirements

- ✓ Entry on 4-H Connect
- ✓ Registration Fee - \$8.00 Food Show entry  
\$8.00 Food & Nutrition Bowl entry  
\$10.00 Food Challenge entry  
\$8.00 Ag Product ID  
\$8.00 Poster Contest  
No entry fee for the food display contest. Must be food show participant.

### District Deadlines

- 4-H Connect by January 13, 2017
- Entry materials: January 13, 2017, to District Office
- 4-H Connect late entry January 17, 2017 – late fees apply

### Entry Divisions (Grades are as of August 31, 2016)

Junior	Grades 3,4,5
Intermediate	Grades 6,7,8
Senior	Grades 9,10,11,12

### Agent Assignments

Specific job assignments for the Food & Nutrition Extravaganza will be forthcoming. *Cleanup will be immediately after the awards ceremony.* **All agents are expected to help.**

### Awards

Awards will be presented during an awards ceremony for all contests on Saturday.

Entry via 4-H Connect gives permission to the District Office to use the participant's name, photograph, and/or recipe as needed for marketing and promotion purposes.

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

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**Extravaganza Judges**

Each county should provide two (2) judges that will be used in the following categories: Food Show, Food Challenge, Poster Contest or Nutrition Quiz Bowl. Using the form provided, send name, address, e-mail and phone number of two judges who have agreed to participate. **Please be sure that each judge specifies the Division, Category and Age they would prefer to evaluate (1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> choices. If a judge cancels, you are responsible for getting a replacement!**

The completed "**Judges Information**" forms are due Friday, January 13, 2017, via e-mail or fax to Holly Black, who is serving as Food Show Chair and Judging Coordinator.

**Special Note:** Contestants may choose to participate in **ALL** Extravaganza events (Food Show, Food & Nutrition Quiz Bowl, Food Challenge, and Ag ID Contest). We will work with counties and participants the best way that we can to ensure a positive educational learning experience for everyone. Please notify your families that may be entered in two or more contests that they need to be prepared to wait between and during contests. They may want to bring snacks and some form of quiet entertainment.

**FOOD SHOW 24 Volunteers needed**

- Recipes submitted should reflect the 2017 theme, **Family Favorites**. Also, the four food categories now align with MyPlate: protein, fruits and vegetables, grains and dairy.
- One entry per category per age division
- Score Sheet – one per contestant with top information completed (please type). Form available at the [District 5 Web page](#). Completed score sheets should be submitted to the district office Attn: Wanda at [wsschrader@ag.tamu.edu](mailto:wsschrader@ag.tamu.edu).
- An electronic version (e-mail) of each contestant's recipe should be forwarded to the district office Attn: Wanda [wsschrader@ag.tamu.edu](mailto:wsschrader@ag.tamu.edu). Recipes will then be posted on the District 5 Web page after the event.

*Recipe submission instructions:*

- All recipes submitted to Wanda Schrader at the district office should be in pdf format with the name of the recipe as the file name – example: creamed corn.pdf .
- Do not use the member's name or the county as the file name.
- The submitted recipes will be uploaded to the [District 5 web page](#) – Food and Nutrition Extravaganza/2017 Recipes – and listed under the food category.

**Food Show Schedule**

Food Extravaganza is scheduled for Saturday, February 4. The various events and locations will be distributed as soon as it becomes available. However, the planned schedule will begin with Food Challenge at 8:30 a.m. Other contests will begin after Food Challenge has started but while it is happening. Please note that the events could be in two different SFA buildings. Participants will want to be aware and prepared to walk between buildings.

**Contestant Presentation/Interview** (5 minutes per contestant)

Junior Questions  
Intermediate Questions  
Senior Presentation & Questions

Sample questions and presentation can be located at the [District 5 Web page](#).

While making the presentation, 4-Hers are encouraged to have information learned so that they will not have to rely on notes. However, if a 4-Her chooses to use note cards, the judges will be instructed to weigh that choice when giving a score. For example, the youth who makes a presentation without notes may score higher than the youth who relies upon written notes even though everything else may remain equal.

Each participant will have **FIVE** minutes to be judged. Juniors and Intermediates will answer questions for **FIVE** minutes. Seniors will give their presentation during the first **THREE** minutes and will have the opportunity to answer the following two questions during the last **TWO** minutes:

1. Tell me about your community service activities related to the foods project.
2. Tell me about any leadership opportunities that you took advantage of in this year's food project.

*This will give the judges a better view of how the 4-Her participated in the foods project.*

### **Display Contest Information 3 Volunteers needed**

Three food display awards will be presented in each age division. No entry fee or pre-registration is required for this contest! However, entries must also be Food Show participants. A space **24 inches** in width will be allowed for each contestant. Each 4-H member will have his or her dish completed before being seated in the designated area. Entries will be grouped according to age division. Only edible garnishes allowed. Participants will remove their dish from the place setting and take it to the judging table for the interview. **Food Show Judges will not see the place setting until after the judging.**

#### NOTES:

- **Parents will NOT be allowed in judging rooms until the contest is over!**
- Each participant will be expected to serve a small portion of their dish to the judges. The judges will not taste the food. The serving will be used for ingredient inspection, eye appeal, and aroma.
- Participants will need to provide their own serving utensils.
- Gloves will not be required nor will they be furnished, since this aspect of food safety is not an issue.
- If possible, encourage your 4-H members to 'down-size' their recipes. For example, if the recipe makes a three pound meatloaf, it would only be necessary to make half or a third of that recipe for the show. This will cut down on waste and food safety concerns.
- Contestants are encouraged to wear clothing consistent with professional and safe food handling practices.



### **POSTER CONTEST 3 Volunteers needed**

The theme for the 2017 poster contest is **Family Favorites**. Five places will be awarded in each age division.

**Participants in the poster contest do not have to be entered in the Food Show nor be present to win!**

There is no limit to the number of posters that each county can enter; however, each child is limited to one poster. The poster must be on a poster board that measures 28"x22". **NO FOAM BOARD OR OTHER MATERIALS PLEASE.** The posters will be judged on creativity and the nutritional message that the poster conveys. This contest is open to all age divisions. We will give a ribbon to the top five places in each age division as appropriate.

The following information must be included on the back of each poster:

**Contestant Name:**

**County:**

**Age Division:**

If this information is missing from the poster, it will not be judged. Please submit the form with list of entries the day of the event to the Poster Contest Coordinator so that we will have a complete list of entries.

*If you have questions regarding the Food show, contact **Kelly Jobe** or the District 5 4-H office.*



### **NUTRITION QUIZ BOWL 2 Nutrition educated moderators needed**

*Only team entries are eligible for this contest*

Counties may submit up to three teams per appropriate age division. Teams consist of three or four members.

Teams will be randomly selected using the computer program Tournament Builder. Teams will need to check-in with Sandy Jenkins and participate in an orientation for team members and coaches to begin as soon as permissible in coordination with the other contests.

The study guide for the Food & Nutrition Quiz Bowl along with the reference material list can be located on the web at <http://fcs.tamu.edu/food-and-nutrition/4-h-youth-food-and-nutrition/>. Questions to aid groups in learning the material were distributed in late September 2006. These questions may or may not be used word for word during the contest. Participating teams are STRONGLY ENCOURAGED TO SUBMIT QUESTIONS to be used in the contest no later than April 1, 2016 and should be submitted to Sandy Jenkins, Preston Sturdivant, and Willie Arnwine via electronic format. Questions must come from the recognized resources and be in the following format:

- |             |   |
|-------------|---|
| 1. Category | 4. Source   |
| 2. Question | 5. Page Number                                    |
| 3. Answer   | 6. Division (Junior, Intermediate, Senior or all) |

If you have questions regarding Quiz Bowl, contact **Sandy Jenkins** or the District 5 4-H Office.



## **FOOD CHALLENGE** 8 Volunteers needed

1. **Participation.** Participants must be 4-H members currently enrolled in a Texas 4-H Youth Development county program and actively participating in the Food and Nutrition project.
2. **Age.** Age divisions are determined by a participant's age as of August 31 of the current 4-H year.
 

<b>Junior</b>	Grades 3,4,5
<b>Intermediate</b>	Grades 6,7,8
<b>Senior</b>	Grades 9,10,11,12
<b>Mixed:</b>	consists of multiple age divisions (will not compete against other age divisions nor be eligible to advance to state). This division should only be used in the event there are too few members to make a complete team in one of the other age divisions.
3. **Teams per county.** Each county may enter up to **3 teams per age division**. The top four placing senior teams will advance to state. Teams advancing to state will be assigned to a food category at the contest.
4. **Members per team.** Each team will have at least three and no more than five members. Teams may not include members in different age divisions except for in the "Mixed" age division. See rule #2.
5. **Food categories.** Teams will prepare a recipe in one of the food categories: Main Dish, Fruits and Vegetables, Bread and Cereal, and Nutritious Snacks. Teams will be randomly assigned to a category, *but assignments will not be announced until check-in the morning of the contest.*
6. **Attire.** Each team will have the option of wearing coordinated clothing, aprons or hair coverings.
7. **Resource materials provided at contest.** Resource materials will be provided for each team at the contest. These include *MyPlate*, *FightBac*, *Nutrient Needs at a Glance*, *Altering Recipes for Good Health*, *Food Challenge Worksheet*, and copies of grocery receipts. No other resource materials will be allowed. Teams may not use their personal copies of the resources during the contest.
8. **Supply box.** Each team must supply their own equipment for the challenge. Teams may bring only the supplies listed in the supply box section and any extra equipment named by the contest committee and/or District Office. All other "extra" equipment will be confiscated and the team may be disqualified. The supply list can be located at the [District 5 Web page](#). Please check your supply boxes as the list may change.
9. **Awards.** The top five high scoring food challenge teams in each age division will be recognized with "place ribbons" during the awards program.

For more details on the rules of play and resources for this contest, please refer to this website:

<http://texas4-h.tamu.edu/projects/food-nutrition/> .

*If you have questions regarding the Food Challenge, contact **Carolyn Tyler** or the District 5 4-H office.*



## **AG ID CONTEST** Volunteers **NOT** needed

The contest will consist of twenty (20) Texas agricultural products selected from the Texas Agriculture Product List (part of the Food Extravaganza packet) and will be exhibited at separate stations. Contestants will select the correct identification of each product from four possible answers on their answer sheet. We will not be using scantrons at the district contest. Each station will also have one multiple choice question pertaining to the product on display. Questions may be: a) general to the industry that produced the product (i.e. Texas' national ranking, economic impact to Texas, general nutritional content, region of production); or b) specific to the individual product that is on display (i.e. cooking method, use, growing season, specific nutrition of the cut or variety). Contestants will be allowed 40 seconds at each station before they are asked to advance to the next station.

Contestants will receive five (5) points for each product that is correctly identified and five (5) points for each question that is correctly answered. However, for points to be awarded on questions pertaining directly to the product displayed, the product must be correctly identified. Points will be awarded for correct answers to questions general to the industry regardless of the product being correctly identified. A total of 200 points is possible for each individual. Team scores can reach 600 points (high three scores counted).

Five (5) stations will be selected as tie breakers in advance of the contest. Teams with the highest cumulative scores at these five stations will win any ties. If ties still remain, winners will be determined by the toss of a coin.

*If you have questions regarding the Ag Product ID contest, contact **Sarah Bolt** or the District 5 4-H office.*



## **SOMETHING NEW**

Be looking for new opportunities to learn something new during your time at SFA. We are preparing to have different educational stations available for both members and parents.

cc Dr. Chris Boleman  
Ms. Shelia Lewis  
Ms. Paula Butler