

2009 Harris County 4-H Food Show & Food Challenge Information Packet



Saturday~November 14, 2009

Harris County Extension Office

Registration: 9 AM

Participant Orientation: 9:15 AM

Food Show Judging: 9:30 AM

Food Challenge will begin immediately following Food Show Judging.

ENTRIES DUE TO EXTENSION OFFICE BY NOVEMBER 6th!!



Cooperative Extension Program
Prairie View A&M University

Links to Resources

<http://d94-h.tamu.edu/>

(District Rules and Guidelines)

<http://fcs.tamu.edu>

(State Rules and Guidelines)

Food & Nutrition Project Objectives

The food & nutrition project helps participants learn to make healthy food choices, reduce disease & illness risks, & gain knowledge of nutrition. Major learning experiences are centered around nutrition, menu planning, food buying & preparation, food safety, careers, & cultural influences.

The Food Show is open to all 4-H members. The Food Show provides for educational & personal development & recognizes youth who excel in the 4-H Food & Nutrition program.

Categories Description

Please note the following categories from the 2010 State Food Show Packet for all age divisions to follow. It is strongly urged that 4-Hers choose recipes that are relatively simple. A 1 hour & 15 minute time limit for cooking will be instituted for all recipes in the three categories of Main Dish, Bread & Cereal, & Fruit & Vegetable. NO oven baking time will be allowed for foods entered in the Nutritious Snacks category.

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 & shellfish, dry beans, casseroles, meat loaves, meat, fish pies, soufflés, omelets, meat salads, sandwiches, dry peas, soybeans, soups & chowders.

2. **Fruit & Vegetable Category**

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 & combination vegetable dishes.

3. **Bread & Cereal Category**

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

4. **Nutritious Snacks Category (no baking time)**

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

Eligibility

To participate in the county or district Food Show, members must be enrolled in a 4-H Food & Nutrition Project. The following criteria apply:

- ✓ Clover Kids: 5 years to 8 years & in the 2nd grade
- ✓ Juniors: 8 years & in the 3rd grade to 10 years
- ✓ Intermediates: 11 to 13 years
- ✓ Seniors: 14 to 18 years

Harris County Entry Requirements

Entries are due to the Extension office NO LATER than 4 PM, November 6th!!

- ✓ Clover Kids
 - 4-H Food Show Record Form
 - One page summary including the entry recipe with written guidelines; includes personal information, project goals, recipe, leadership, community service, knowledge & skills, project activities, & a project summary.
- ✓ Juniors, Intermediates, & Seniors
 - 4-H Food Show Record Form
 - One page summary including the entry recipe with written guidelines; includes personal information, project goals, recipe, leadership, community service, knowledge & skills, project activities, & a project summary.
 - Declaration of Eligibility Form (HB 72 Form)
 - This form is to be used for ALL 4-H events during the whole year. It is your responsibility to have this form filled out, signed, and brought to the Extension office BEFORE you participate in the County Food Show.
 - \$3 entry fee (Checks made payable to Harris 4-H Fund.)

Recipe Books

- ✓ All recipes will be made into a recipe cookbook.
- ✓ Each 4-H family involved in the Food Show will receive a copy of the cookbook.

Preparation

- ✓ Microwave ovens will be available to reheat foods in the preparation area.
- ✓ You will NOT have time to prepare your dish at the Food Show!!
- ✓ Please plan a way to keep cold foods cold.
- ✓ Participants will need to bring hot pads, dish towels, etc.
- ✓ Participants are responsible for cleaning their preparation area.
- ✓ Participants will also need to bring serving utensils to serve their dish to the judge(s).

Display

- ✓ Each 4-H member should enter the judging area with serving utensil(s), a napkin to place their serving utensil on prior to serving, & their food in containers appropriate & necessary to present & serve the dish to be judged.
- ✓ The 4-Her may stand or sit behind the display while the judges sit facing the participant across the table.
- ✓ Only edible garnishes are allowed on dishes.

Display Contest

- ✓ Special contest held on day of county show
- ✓ Judged separately from Food Show
- ✓ Extra points will not be given to the 4-Hers on their Food Show scorecard if they enter the Display Contest.
- ✓ 4-Hers are encouraged to use centerpieces, table decorations, place mats, etc. to decorate their table space.
- ✓ Table space limitations include: do not exceed 20 inches in height & a maximum of 25 inches in width & depth. Displays cannot include sound, fire, or any other hazardous equipment. Candles may be used, but not lit.

- ✓ The appearance should coordinate with the dish that is being served or with the theme of the Food Show.
- ✓ For entry & scoring purposes, 4-Hers need to enter the contest in their specific age division. One award will be given for the best display in each age division.
- ✓ There is not an interview process for this contest.
- ✓ **Please check “Yes” on your entry form if you wish to enter. There is a \$3 entry fee, separate from the Food Show entry fee.**

Judging

- ✓ Participants will be judged on an individual basis.
- ✓ The same panel of judges will conduct the contestant interview & also judge the Project Record Form.
- ✓ Numerical scores will not be used.
- ✓ Judges will use a ranking system to determine placing.
- ✓ All participants should register & attend the participant orientation at the scheduled time.
- ✓ Participant Orientation will begin at 9:15 AM. The leader will inform all participants in how the Food Show will run, tell when the participant judging time will be, & answer any questions the participants may have.
- ✓ Clover Kids
 - Approximately a 5 minute presentation, serving, & interview session. All Clover Kids will receive an award.
- ✓ Juniors & Intermediates
 - Will have a 5 minute timed interview with the judges. The judges will ask the participants questions. Participants should review the scorecard & be prepared to answer questions about their dish & their Food & Nutrition Project experiences according to the scoring sections on the scorecard. Participants may have a copy of their recipe for reference. Toward the end of the session, judges will ask the participant to serve a small portion of their dish.
- ✓ Seniors
 - Seniors will use the District 9 Food Show Scorecards. Seniors will have a 7 minute presentation, serving, & interview session. The Seniors should start with a 2 minute presentation which will be followed by a 5 minute session of questions from the judges. To start the judging, participants should first introduce themselves with their name & entry dish name. The following information can then be added:
 - Project activities from current year’s project
 - Special learning experiences 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
 - New foods experienced
 - Special food needs
 - Special diet information
 - Why the entry/dish was selected
 - The judges will follow the 2 minute presentation with a 5 minute interview to address topics listed below as well as topics listed above that were not addressed by the participant.
 - Preparation principle(s) or critical step(s) in preparation of entry dish
 - Function of ingredient(s) in entry dish
 - Substitutions for ingredient(s) in entry dish
 - Nutrients & nutrient functions as they relate to the food groups & entry dish
 - Relationship of the entry dish to Dietary Guidelines
 - Approximate calorie content & cost for a serving of the entry dish

- Food safety concerns during the purchasing, preparing, serving, & storing of the entry dish
- Menu ideas to compliment entry dish
- Toward the end of the session, judges will ask the participant to serve a small portion of their dish.

Tasting of Entrees

Due to food safety concerns, there will be no tasting of participants' foods.

Sample Interview Questions

- ✓ What were some of the learning experiences you had in this year's Food & Nutrition Project? (Ex: trips, tours, interesting meetings, or speakers, etc)
- ✓ Tell what you consider to be the most important knowledge gained in the project.
- ✓ What was the most important preparation principle or critical step in preparing your dish?
- ✓ Tell me what substitutions can be made in 1 or 2 of your ingredients.
- ✓ Which major nutrients are in your dish?
- ✓ What foods from the Food Guide Pyramid are included in your dish?
- ✓ What did you learn in this project about Food Safety?
- ✓ What other foods would you add to this dish to make a complete menu for this meal?

Form Guidelines, Instructions, & Examples

The following guidelines are designed to help 4-Hers better understand & utilize the State Food Show Record Form. Please read and consider each one carefully as 5 points will be deducted from total score for incorrect submissions.

1. Type size & font must be legible & easily read.
2. No additional lines or pages may be added.
3. No 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 2009 Food Show participant is determined by age as of August 31, 2009.
7. For "years in 4-H" & "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 & the number of servings. Please refer to the sample recipe & check sheet for detailed instructions on how to submit recipes.
11. **Leadership** is worth 5 points of your total score. List volunteer, elected/appointed, & promotional leadership experiences in Food & 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 & 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 & 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 Summary** is worth 5 points of your total score. Compose a brief & concise summary of your Foods & Nutrition project within the current year. Numbers may be helpful, & you might want to include how you met your goals. This summary is limited to the space provided.
16. Sign & date your form. This is a contract & your signature certifies that the information shown is true & completed in the current project year.

Harris Co. 4-H Food Show Record Form
CLOVER KID JUNIOR INTERMEDIATE SENIOR
(CIRCLE ONE)

Name: _____ Age (as of Aug 31, 2009): _____

Address: _____

County: _____ District: 9

Birth date: _____ Years in 4-H: _____

Food Category: _____ Years in project: _____

Project Goals: _____

(Attach separate sheet if necessary)

RECIPE

Leadership

Community Service

Knowledge & Skills Learned

Project Activities

Project Summary

Statement by 4-H Member

I personally have prepared this report & certify that it accurately reflects my work. I also give permission to have my recipe & name released by the State Food & Nutrition &/or State 4-H office.

Date _____, 2008 Signed: _____
(4-H Member)

Approval of this Report

We have reviewed this report & believe it is correct:

Date _____, 2009 Signed: _____
(Parent or Guardian)

Date _____, 2009 Signed: _____
(4-H Club Manager or Leader)

Date _____, 2009 Signed: _____
(County Extension Agent)

Example of Recipe

4-H Shamrock Salad

6-ounce package lime gelatin (not just 1 package/ what amount of the package)
2 cups boiling water
1 cup lemon-lime soda
8-ounce package low-fat cream cheese, softened (not just 1 package/ what kind? – low-fat, fat free, 2% fat, etc.)
½ teaspoon vanilla
11-ounce can mandarin oranges, drained (not just 1 can - always include size)
8-ounce can pineapple tidbits, drained
2 cups red 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 whipped topping, thawed in refrigerator
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 and vanilla 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 Clover gelatin jigglers, dissolve the 3-ounce package lime gelatin in the 1 ½ cups boiling water. Pour into shallow pan, 24x16x1 inches. Chill until set. Cookie cut the jiggle gelatin into 4-H Clover shapes. Serve salad squares on lettuce-lined plate. Top with 4-H Clovers. Garnish with remaining whipped topping. Chill until serving time. May add other garnishes to serving tray for color variety. Yield: 8 servings. **(Note number of servings is listed)**

Name, County, District

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 Size cans, packages, cans, etc. given EX: 10 oz box chopped frozen spinach NOT spinach, box of spinach or frozen spinach.	_____	_____
c. Description for combining <u>all</u> 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: 1/4 cup chopped onion, not 1/4 cup onion chopped. EX: 1 green pepper, chopped, not 1 chopped green pepper	_____	_____
c. Measurements given in common fractions i.e. 1/4 cup, 2 tablespoons, 1 teaspoon	_____	_____
d. All measurements are spelled out, not abbreviated. EX: cup, teaspoon, tablespoon, size can, etc. (i.e. 4-ounce can)	_____	_____
e. Avoid brand names. Include complete description of ingredients, i.e. low-fat, packed in syrup, reduced fat, etc	_____	_____
III. Directions		
I have.		
a. Used clear instructions for every step of combining and cooking the ingredients	_____	_____
b. Used short, clear sentences	_____	_____
c. Used the correct word to describe combining and cooking processes	_____	_____
d. Stated the size of pan	_____	_____
e. Given the temperature and cooking time	_____	_____
f. Included the number of servings or how much the recipe would make	_____	_____

Harris County 4-H Food Show Scorecard

Junior Intermediate Senior

Name _____

County HARRIS District 9

Category: Main Dish Fruit and Vegetable
 Bread and Cereal Nutritious Snack

Display Contest? Yes No

Category	Comments	Percent Value
1. Interview and Contestant Presentation of Food and Nutrition Project		
a. Project Learning Experiences		10%
b. Knowledge and skills gained		10%
c. Leadership		5%
d. Community Service		5%
f. Goals and Summary		5%
g. Preparation principles		5%
h. Function of ingredients and substitutions		5%
i. Nutrients and functions		10%
j. Dietary guidelines and relationship with dish		10%
k. Calorie content (nutrient density)		5%
l. Food safety concerns		10%
m. Interview skills		5%
2. Recipe		5%
3. Food		
a. Appearance/appeal		5%
b. Quality		5%

THE 4-H FOOD CHALLENGE

This year, along with the Harris County Food Show, food & nutrition project members will have the opportunity to participate in a fun & innovative food & nutrition competition. Youth do not have to compete in the Food Show to compete in the Food Challenge. Here are some general guidelines of the 4-H Food Challenge:

- Teams will consist of 3-5 members. Individuals may enter & will be placed on a team if they do not have one. Teams will be divided into 2 age divisions:
 1. Juniors/Intermediates (4-H age 13 & under)
 2. Seniors (4-H age 14 & older)
- Each team will be required to furnish a set of utensils such as mixing bowls, cutting boards, etc. A detailed list will be provided prior to the contest.
- Your team will be directed to a cooking/preparation station where you will find a set of ingredients (but NO recipe).
- You will be provided some general guidelines & instructions that will assist your team in meeting the objectives of the food & nutrition project:
 - Preparation:** You have the ingredients, so create a dish using them. Let's see how creative your team can be. You will find a blank recipe card on your table. Write down the recipe you invent. Please be exact on ingredients used, preparation steps, cooking time, temperature, etc. You will be given a hint for the type of dish to prepare
 - Food Safety:** At each station you will see a FIGHT BAC! brochure. Follow the steps listed: *clean, separate, cook, chill*. An adult volunteer will keep a close eye on each group because we do not want to compromise our judge's health. Be prepared to discuss food safety concerns of your dish with the judges.
 - Nutrition:** We will provide you with nutrition resources/references. You must name 5 key nutrients in your dish & their functions and identify where your dish belongs on My Pyramid. Please take the nutritional information provided at your station into consideration.
 - Cost Analysis:** You will be provided some receipts. You must find your ingredients on the list. Calculate the price of the dish, along with the price per serving.
 - Presentation:** Appearance/appeal of the dish is very important. In addition, you must be able to communicate with the judges effectively, completing the challenge ENTIRELY & EFFICIENTLY!!
- When time is called, your team will present your dish & the above information to a panel of judges.
- Teams will be scored on presentation & meeting the objectives as stated above. Prizes will be awarded!
- Participants & volunteers will be asked to complete an evaluation of the activity.

This opportunity is open to anyone who has participated in the food & nutrition project; just find 3-4 other 4-H members and form a team. Each team will pay a **\$15** entry fee to participate. If you are interested in this fun competition, form a team & turn in your registration form. Food Challenge awards will be presented in conjunction with the Food Show awards.

Harris County 4-H Food Challenge Entry Form

\$15 per team (3-5 members/team) or \$3 for an individual

JUNIOR

(13 & under as of 08.31.09)

SENIOR

(14 & older as of 08.31.09)

Team Members

Birth date
