

August 21, 2019

MEMO TO: County Extension Agents

FROM:



Seth Hall  
Extension Program Specialist 4-H

SUBJECT: **2019 ROLLING PLAINS DISTRICT 3 4-H FOOD SHOW**

**District 4-H Food Show Schedule**

**Wilbarger Auditorium  
2100 Yamparika Street  
Vernon, TX  
November 2, 2019**

**Doors to Wilbarger Auditorium will not be open to 4-H'ers until 9:00 am.**

- 9:00 a.m. Building opens
- 9:00 a.m. Agents and volunteers working with groups report to assigned area.  
Participants can begin setting up.  
Participants report to judging area and check in with agent in charge.
- 9:15 a.m. Judges Arrive
- 9:30 a.m. Orientation for judges and agents working with groups Special exhibits to be set up in foyer area
- 10:00 a.m. Judging will begin:
- 4-H'ers who are competing for the Beef Awards will be directed to the "Beef Judging" tables at appropriate time
  - Judges will complete all judging and have the top five places ranked
  - All 4-H'ers should return to the judging rooms by 11:30 am to be in place for the awards program.

**Awards Assembly will immediately follow judging and tabulation completion.**

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<http://d34-h.tamu.edu>

## **DISTRICT 4-H FOOD SHOW GUIDELINES**

The District 3 4-H Food Show will be held Saturday, **November 2, 2019** at the Wilbarger Auditorium in Vernon.

We will follow the State Food Show Guidelines, with some changes for the District 3 Food Show detailed below. The complete packet of State Food Show Guidelines can be found at the following link: <https://texas4-h.tamu.edu/projects/food-nutrition/>

2019 District 4-H Food Show information and forms will be posted to the District 3 4-H website  
<http://d34-h.tamu.edu/>

The theme for the Food Show is *Food Around the World*. This theme will challenge contestants explore foods and cultures from countries outside the United States. Contestants should let their exploration guide their recipe selection for the food show. Is there a country you dream of traveling to in the future? Consider your family's heritage and/or original place of origin for inspiration. Or simply spin the globe and let your fingers choose a country. Remember to keep in mind good nutrition and healthy preparation methods as you select your recipe. Contestants should discuss in their food show interview the country of inspiration and how they put a healthy and nutritious spin on their dish.

- State rules indicate **“Contestant must be enrolled and actively participating as a 4-H member”**. The 4-H member must also be actively participating in a food and nutrition educational project.
- Seniors must be in the 9<sup>th</sup>, 10<sup>th</sup>, 11<sup>th</sup> or 12<sup>th</sup> grade for the 2019-2020 school year. Intermediates must be in the 6<sup>th</sup>, 7<sup>th</sup> or 8<sup>th</sup> grade for the 2019-2020 school year. Juniors must be least 8 and in the 3<sup>rd</sup>, 4<sup>th</sup> or 5<sup>th</sup> grade for the 2019-2020 school year.

### **CATEGORIES**

The 4 categories that each Junior, Intermediate and Senior 4-H'er may enter are:

- ★Main Dish
- ★Fruits and Vegetables
- ★Breads and Cereals
- ★Nutritious Snacks

There will be no recipes accepted that require baking in the oven longer than 75 minutes in these categories.

- (1) 4-H contestants must enter the same recipe entry that they qualified with at the County level and District level for seniors. However, the same recipe cannot be entered more than once to the State Food Show.
- (2) All 4-H'ers **MUST** complete the District 4-H Participation Form and upload to 4-H Connect to enter the District Food Show.
- (3) Participants will only display a single serving of their entry instead of the entire recipe. It should be

displayed on an appropriate serving dish and may be garnished with an edible garnish. Total dish serving size MUST be included at the bottom of your recipe.

- (4) A name card will mark each contestant's assigned space with a width of approximately 24 inches for preparation area. Contestants are still encouraged to have an appealing "presentation" of their food for the judges which should include: the serving dish, one serving of the recipe, an edible garnish and a serving utensil.
- (5) Participants will serve the judges the single serving of their recipe during their interview. Participants will be serving the judges from their serving dish to the judge's plate. Prior to judging, if participants will be transferring their single serving from a hot dish to their serving dish they should bring a thick place mat, a trivet, or some other type liner to place between their hot dish and the table cover. The table cover is plastic and melts when hot dishes are placed on it.
- (6) Serving dishes and garnishes have been left "open ended" to allow for creativity, however, only the serving dish, single serving of the recipe, edible garnish and serving utensil will be allowed in judging area.
- (7) Contestants must remain at their assigned place until he/she interviews. A tie breaker procedure will be used in the tally room; therefore it will not be necessary for 4-H'ers to stay after they are judged.
- (8) There will be no preparation at the District Food Show. Please be aware that 4-H'ers will not have access to electrical outlets, microwaves, ovens, refrigerators, freezers, sinks, etc. at the District Food Show.
- (9) The decision as to whether a dish qualifies in a category will be left entirely to the discretion of the agent.
- (10) **BEEF AWARD** - To be eligible for a Beef Award, the following guidelines will apply:

In the Main Dish category, a serving of the dish should contain 3-4 ounces of beef. **NUMBER OF SERVINGS MUST BE INDICATED ON RECIPE.**

(To calculate the number of ounces of beef in a serving, take the total amount of beef in the dish, change the amount to ounces (16 oz = 1 lb), and divide by the number of servings in the dish. Example: The recipe calls for 2 lbs. of beef and serves 8 people (32oz. divided by 8 servings = 4 oz. beef per serving.)

There will be a separate judging for the beef awards. Members of the Wichita Falls Area Cattle Women's Organization will serve as judges. 4-H'ers entering the beef award will be judged twice — once in the Main Dish division and again for the beef award. During the beef award, judging questions will be centered around beef, its importance in the diet, cooking methods, ways to serve, etc.

**Those participants eligible for the beef award will need to bring an additional single serving of their recipe for the Beef Award judging.**

The Beef Awards will be given by the Wichita Falls Area Cattle Women. Awards will be cash awards in the **Main Dish Category Only** (Junior, Intermediate, and Senior).

Prizes will be 1<sup>st</sup> place - \$50.00, 2<sup>nd</sup> place \$20.00

## **Additional Contestant Information**

Adults may assist contestants to carry all necessary items to the door of the appropriate judging room. Leaders, parents, and family members will not be allowed inside the judging areas. Assistance will be provided for 4-H'ers. Parents and leaders are encouraged to wait for their child in the foyer or auditorium or leave the premises until their child has interviewed. Contestants are asked to return to their respective judging rooms to line up for the awards program.

Contestants may leave the premises with appropriate adult after they have been judged and their assigned space has been cleaned up and items put away.

No electronic devices or jewelry (except for medically required) is allowed in contest. This includes cell phones, smart watches, or other communication devices. Contestants may bring in an electronic kitchen timer for time management purposes.

### **All 4-H'ers should return to the judging rooms by 11:30 am to be in place for the awards program.**

Awards will be presented in the main auditorium at the conclusion of judges' deliberations.

Personal appearance along with poise and voice is part of the score. Clothes do not have to fit a theme or be special for the show however, contestants will want to look nice, clean, and neat. Participants are asked not to change prior to the Awards program.

Ribbons will be awarded to the first five places in each category of each age division. All other entries will receive a participant ribbon.

**Due to the “single serving” entry there will not be food available for a public viewing. Therefore, we will not have public viewing. This will also eliminate the need for participants to decorate their table area.**

Paper products and disposable silverware will be available for judges to check food quality and texture of food products. Food handler's gloves will be available from agents in each of the categories if 4-H members need them in serving the judges a sample.

**REMEMBER - There will be NO tasting by judges, agents, 4-H'ers or parents at the County, District, or State Food Shows. This will be for all age divisions and food categories including beef judging. No one will be given the option or opportunity to taste before, during, or after the Food Show due to food safety and liability issues being addressed.**

- (11) **SPECIAL OPPORTUNITIES** - There will be two special opportunities offered in 2019 in conjunction with the District 4-H Food Show to give 4-H'ers additional opportunities to be involved in District wide activities related to the Food and Nutrition project. These will be excellent opportunities for 4-H'ers who prepare record books to have District-level activities and activities for “Promote 4-H”. The opportunities are Exhibit and News Writing.

Participants are not required to participate in the District Food Show to take part in these special opportunities. However, registration for the District Food Show within 4-H Connect is still required. Those participating in the Special Opportunities will select the **Exhibit** and/or **News Writing** choice within 4-H Connect to receive a certificate.

**Exhibit** - Exhibits may be entered by an individual or a group (such as a 4-H Food & Nutrition Group). Exhibits should be related to some area of the Food and Nutrition Project. The exhibits must be card table size. Nothing can be attached to walls. An easel may be used behind the table to hold a sign, poster, etc. Contestants must provide their own easel. There will be 8' tables set up in the foyer of the auditorium. There will be no access to electricity. The exhibits may or may not be manned by the participants. All 4-H'ers setting up an exhibit will receive a certificate. 4-H'ers should set their exhibit up in the foyer of Wilbarger Auditorium by 9:30 a.m. Exhibits should remain in place until after the Awards Program. Each exhibit should include a sign that lists the County name and name(s) of 4-H'ers who developed the exhibit. 4-H'ers with exhibits DO NOT have to attend the Food Show, however, they must make arrangements to get their exhibits to and from the show.

**News Writing** - A 4-H'er in any age division may write a news article promoting the food and nutrition project, the food show, food safety, health or any other subject matter area of the Food and Nutrition Project. These articles can be displayed at the event. The articles should contain the 4-H'ers name, county and age in the top right hand corner. They should be typed, double-spaced on standard 8½ x 11 inch white paper.

## 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.

**Main Dish** – Food classified as main dish usually contain a meat or meat alternate such as cheese, eggs, dry beans, or peas and peanut butter. They also may contain other foods. Dishes may include beef, veal, pork, variety meats, poultry, eggs, fish and shellfish. Other possible dishes include meat loaves, soufflés, omelets, soups and chowders.

**Fruits & Vegetables** – Side dishes are foods that are usually served along with a main dish or as accompaniments to the main course. Foods in this category should be those in which the main ingredient is a fruit or a vegetable. Suggested dishes may include salads, cooked vegetables, cooked fruit, and combination vegetable dishes.

**Breads & Cereals** – The foods in this category should contain foods made from wheat, oats, rice rye, barley, millet, quinoa and / or corn. Examples of entries for this category include quick breads such as muffins and biscuits, yeast breads, oatmeal and pasta.

**Nutritious Snacks** – For this category, look for recipes high in nutrients which provide lasting energy to sustain an individual between meals. Examples of nutritious snacks include: red pepper hummus, oven roasted chickpeas, or oatmeal energy balls.

### **Recipe: When selecting a recipe for county and district competition, please remember:**

- ❖ Recipes should be written in the standard recipe format using the included Recipe Submission Checklist as a guide.
- ❖ When choosing a recipe, please keep in mind what ingredients will be available in College Station. (Seniors)
- ❖ No alcohol or alcohol-containing ingredients can be used

### *Special Notes for State:*

*State qualifying food show contestants must enter the same recipe that they qualified with at the District level. The same recipe cannot be entered more than once to the State Food Show.*

*At state, contestants will be assigned specific preparation facility times and preparation time limits based on number of entries and recipes. Depending on the number of entries and recipes, contestants may be limited to 2 to 2.5 hours in the facility; this time limit will include final cooking and/or baking of their dish. Oven time is limited to 75 minutes. Refer to #9 in state food show rules for more information on time limits.*

***Contestants should keep these items in mind when selecting recipes at county and district levels.***

# RECIPE SUBMISSION CHECKLIST

## Tips for Success

I. Does Your Recipe Have All of These Parts?	Yes	No
a. Name of Recipe	<hr/>	<hr/>
b. Complete list of ingredients Size cans, packages, etc. given EX: 10 oz. box chopped frozen spinach NOT Spinach, box of spinach or frozen spinach	<hr/>	<hr/>
c. Description for combining ingredients	<hr/>	<hr/>
II. List of Ingredients	<hr/>	<hr/>
a. Ingredients are listed in order in which they are used	<hr/>	<hr/>
b. Ingredients listed as they are measured, i.e. the word describing is in the correct place. EX: $\frac{1}{4}$ cup chopped onion, not $\frac{1}{4}$ cup onion chopped	<hr/>	<hr/>
EX: 1 green pepper, chopped, not 1 chopped green pepper	<hr/>	<hr/>
c. Measurements given in common fractions i.e. $\frac{1}{4}$ cup, 2 tablespoons, 1 teaspoon	<hr/>	<hr/>
d. All measurements are spelled out, not abbreviated. EX: cup, teaspoon, tablespoon, size can, etc. (i.e. 4-ounce can)	<hr/>	<hr/>
III. Directions	<hr/>	<hr/>
a. Used clear instructions for every step of combining and cooking the ingredients.	<hr/>	<hr/>
b. Used short, clear sentences	<hr/>	<hr/>
c. Used the correct word to describe combining and cooking processes	<hr/>	<hr/>
d. Stated the size of pan	<hr/>	<hr/>
e. Give temperature and cooking time	<hr/>	<hr/>
f. Included the number of servings or how much the recipe would make	<hr/>	<hr/>

# 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)

# Interview and Contestant Presentation Guidelines

## ENTRY DISPLAY

4-H members will carry a single serving of their recipe to the judging table. 4-H'ers will display their food at the judging table. Entry display may only consist of a serving dish and the serving utensils.

## INTERVIEW

### 1. *Introduction/Presentation*

Each contestant will start with a maximum **five-minute presentation** to introduce themselves and their dish. To earn maximum points, participants must use the 5 minute presentation to describe their inspiration in choosing your recipe, how recipe relates to the current food show theme, and the following areas of the score card: Knowledge of MyPlate, Nutrition Knowledge, Food Preparation, and Food Safety Concerns.

### 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, food preparation, chronic disease prevention, age related nutrition, or other areas of health, as well as project experiences. Judges may ask additional questions related to general food and health, food systems, food safety, or food/health issues.

### 3. *Serving*

At the conclusion of the question and answer period you will have **one-minute to serve the judges**. This will allow the judges to visually evaluate the dish you have prepared. Contestants are encouraged to practice proper food handling techniques when presenting food to judges. The judges **WILL NOT** taste the food. They will be judging the texture and the appearance of the entry.

**Contestants qualifying for the State 4-H Food Show** must complete and submit the Texas 4-H Food Show Contest Information Form included in this packet and available online at <https://texas4-h.tamu.edu/projects/food-nutrition/>

State 4-H Food Show recipe submission **will be processed ONLINE**. Participants will upload their food show recipe at the same time they register through 4-H Connect for the State 4-H Roundup. Failure to upload the recipe at time of registration may result in disqualification.

The only required paperwork is Food Show Recipe. Recipes should be typed in the standard recipe format using the Recipe Submission Checklist as a guide.

By submitting the recipe, the contestant releases the recipe for use by Texas 4-H Youth Development and Texas A&M AgriLife Extension.

# **Study Resources**

*Participants are encouraged to use the following resources as a foundation to learning nutrition, food safety, and food preparation knowledge. Participants should not solely rely on these resources but seek other credible resources to expand their knowledge and expertise.*

## **NUTRITION RESOURCES**

MyPlate

<http://www.choosemyplate.gov/>

Food Safety

<http://www.fightbac.org/>

Dietary Guidelines for Americans

<http://health.gov/DietaryGuidelines/>

Preparation Principles & Function of Ingredients

<https://texas4-h.tamu.edu/wp-content/uploads/Preparation-Principles-and-Function-of-Ingredients.pdf>

Know Your Nutrients

[https://texas4-h.tamu.edu/wp-content/uploads/Know-Your-Nutrients\\_FINAL.pdf](https://texas4-h.tamu.edu/wp-content/uploads/Know-Your-Nutrients_FINAL.pdf)

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**

Altering Recipes for Good Health

[http://texas4-h.tamu.edu/wp-content/uploads/2015/09/healthy\\_food\\_Challenge\\_altering\\_recipes.pdf](http://texas4-h.tamu.edu/wp-content/uploads/2015/09/healthy_food_Challenge_altering_recipes.pdf)

Easy, Tasty, Healthy: Simple Ingredient Substitutions for Your Recipes

<https://www.ksre.k-state.edu/humannutrition/nutrition-topics/easytasty.html>

Food and Culture by Kittler, Sucher, and Nelms

<http://people.wku.edu/barry.kaufkins/330/Food%20and%20Culture.pdf>

Food in every country

<http://www.foodbycountry.com>

International Recipes

<https://www.carolinescooking.com/eat-world-international-recipes/>

Recipes around the world

<https://recipesaroundtheworld.com>

Modifying a Recipe to be Healthier

<https://www.ksre.k-state.edu/humannutrition/nutrition-topics/easytasty-documents/Ohio.pdf>

# 10 tips

Nutrition  
Education Series

# choose MyPlate

## 10 tips to a great plate



### Making food choices for a healthy lifestyle can be as simple as using these 10 Tips.

Use the ideas in this list to *balance your calories*, to choose foods to eat *more often*, and to cut back on foods to eat *less often*.

#### 1 balance calories

Find out how many calories YOU need for a day as a first step in managing your weight. Go to [www.ChooseMyPlate.gov](http://www.ChooseMyPlate.gov) to find your calorie level. Being physically active also helps you balance calories.

#### 2 enjoy your food, but eat less

Take the time to fully enjoy your food as you eat it. Eating too fast or when your attention is elsewhere may lead to eating too many calories. Pay attention to hunger and fullness cues before, during, and after meals. Use them to recognize when to eat and when you've had enough.



#### 3 avoid oversized portions

Use a smaller plate, bowl, and glass. Portion out foods before you eat. When eating out, choose a smaller size option, share a dish, or take home part of your meal.

#### 4 foods to eat more often

Eat more vegetables, fruits, whole grains, and fat-free or 1% milk and dairy products. These foods have the nutrients you need for health—including potassium, calcium, vitamin D, and fiber. Make them the basis for meals and snacks.



#### 5 make half your plate fruits and vegetables

Choose red, orange, and dark-green vegetables like tomatoes, sweet potatoes, and broccoli, along with other vegetables for your meals. Add fruit to meals as part of main or side dishes or as dessert.

#### 6 switch to fat-free or low-fat (1%) milk

They have the same amount of calcium and other essential nutrients as whole milk, but fewer calories and less saturated fat.



#### 7 make half your grains whole grains

To eat more whole grains, substitute a whole-grain product for a refined product—such as eating whole-wheat bread instead of white bread or brown rice instead of white rice.

#### 8 foods to eat less often

Cut back on foods high in solid fats, added sugars, and salt. They include cakes, cookies, ice cream, candies, sweetened drinks, pizza, and fatty meats like ribs, sausages, bacon, and hot dogs. Use these foods as occasional treats, not everyday foods.

#### 9 compare sodium in foods

Use the Nutrition Facts label to choose lower sodium versions of foods like soup, bread, and frozen meals. Select canned foods labeled "low sodium," "reduced sodium," or "no salt added."



#### 10 drink water instead of sugary drinks

Cut calories by drinking water or unsweetened beverages. Soda, energy drinks, and sports drinks are a major source of added sugar, and calories, in American diets.



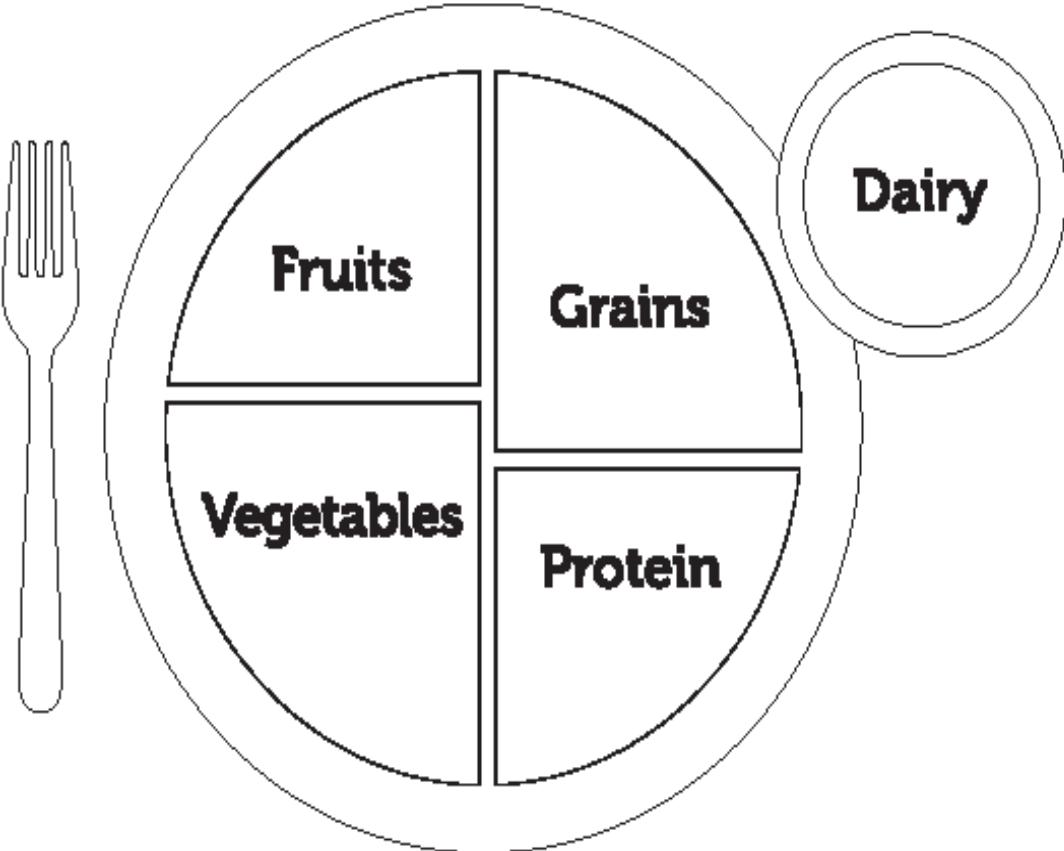
Center for Nutrition  
Policy and Promotion

Go to [www.ChooseMyPlate.gov](http://www.ChooseMyPlate.gov) for more information.

DG TipSheet No. 1

June 2011

USDA is an equal opportunity provider and employer.



# Choose**MyPlate**.gov

**USDA** Center for Nutrition  
Policy and Promotion

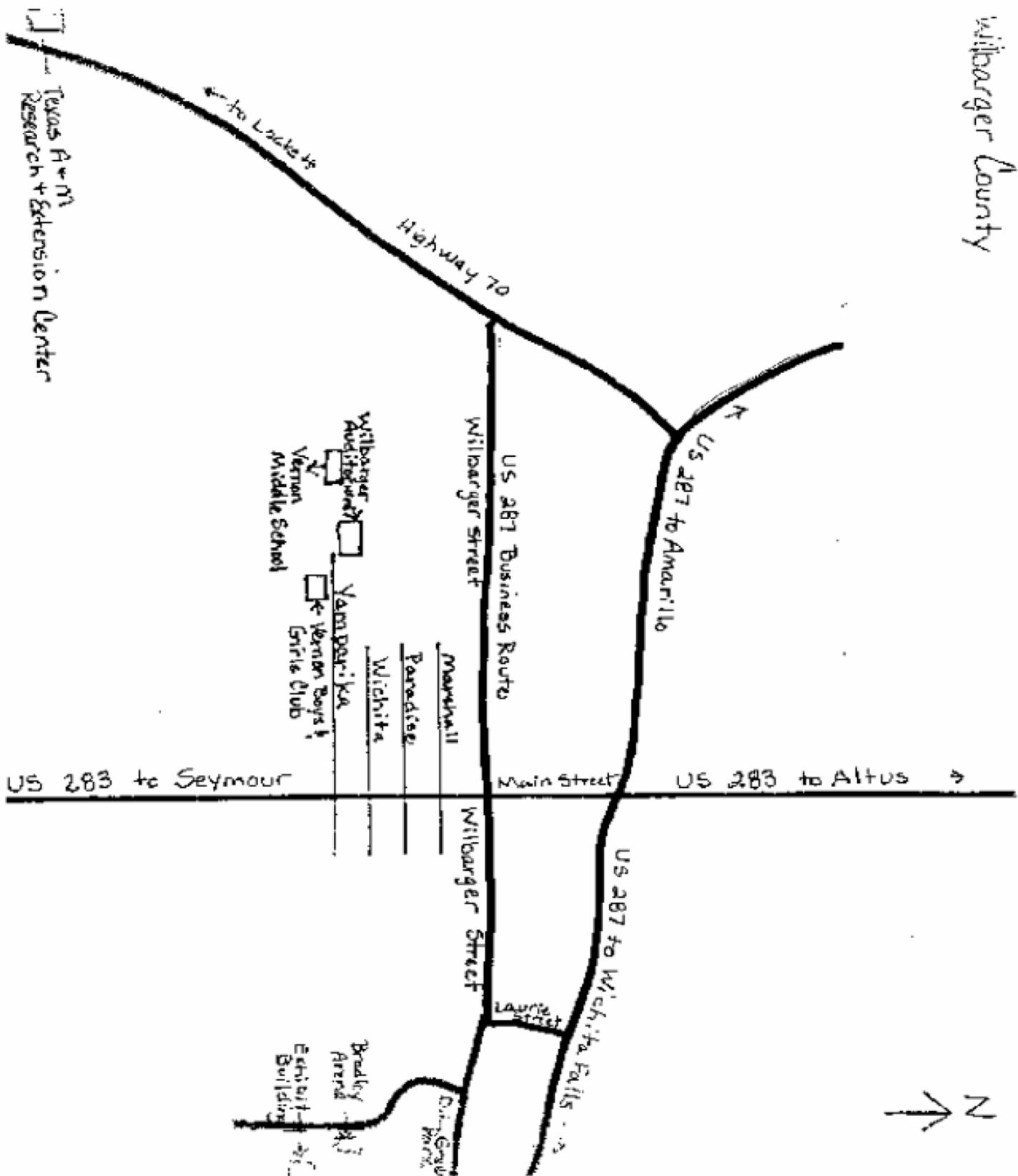
# DISTRICT 3 4-H FOOD SHOW RECIPE SUBMISSION PAPERWORK

<b>CONTESTANT NAME:</b>				
<b>AGE DIVISION</b> <i>(Please check one)</i>	Junior	Intermediate	Senior	
<b>CATEGORY</b> <i>(Please check one)</i>	Breads & Cereal	Fruits & Vegetables	Main Dish	Nutritious Snack
<b>BEEF AWARD</b> <i>(Main dish only) (Please check one)</i>			Yes	No
<b>COUNTY</b>				
<b>Name of Recipe:</b>				
<b>Prep Time:</b>	<b>Cook Time:</b>			

Type Recipe Here:

# Wilbarger County

N



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