



## 4-H Food Show

The theme for the 2013-2014 Food Show is “Budget Wise Recipes.” This gives you an opportunity to pick your favorite dish – and improve on it to make it more economical. Good luck and enjoy!

### Objectives

- Practice and know recommended food preparation skills including food safety.
- Understand connection of recipe to food category, while also learning about how to make such a recipe more economical.
- Learn the nutrients in your dish and food category and the health benefits they provide to your body

### Components of Contest

#### 1. Introduction/Presentation

- a. – *Junior and Intermediates – introduce yourself to the judges*
- b. *Presentation - Seniors*

Each senior contestant will start with a maximum three-minute presentation to introduce themselves and their dish, and may describe briefly their inspiration in choosing that dish, or their experience in 4-H and the Food and Nutrition Project.

#### 2. Question and Answer

- a. *Juniors and intermediates will answer questions only from the judges.*

Judges will have the opportunity to spend additional minutes asking questions applicable to the attached scorecard. It includes but is not limited to basic nutrition, food safety, preparation and project experiences.

3. Only a single serving will need to be presented to the interview panel.

4. Forms – Entry Form for Travis County Food Show – see 4<sup>th</sup> page (all aged participants)

Jr. and Intermediate forms are posted on website

Senior forms may be found on the following link:

[http://fcs.tamu.edu/food\\_and\\_nutrition/pdf/2014-4-h-state-food-show-guidelines.pdf](http://fcs.tamu.edu/food_and_nutrition/pdf/2014-4-h-state-food-show-guidelines.pdf)

\*\*\* As senior participants read the information, please note that at the county and district contests, seniors will take only a single serving of their dish into the judges. If any of the information is confusing, please talk with Cory.\*\*\*

### STUDY RESOURCES

- MyPlate  
<http://www.choosemyplate.gov/>
- Food Safety  
<http://www.fightbac.org/>
- 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)
- American Diabetes Association: Holiday Meal Planning  
<http://www.diabetes.org/food-and-fitness/food/planning-meals/holidaymeal-planning/>
- University of Illinois Extension : Modifying Recipes for Better Health  
<http://urbanext.illinois.edu/thriftyliving/tl-modifyrecipe.html>
- American Heart Association: Nutrition Center – Healthy Cooking

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[http://www.heart.org/HEARTORG/GettingHealthy/NutritionCenter/HealthyCooking/HealthyCooking\\_UCM\\_001183\\_SubHomePage.jsp](http://www.heart.org/HEARTORG/GettingHealthy/NutritionCenter/HealthyCooking/HealthyCooking_UCM_001183_SubHomePage.jsp) □ American Heart Association: Smart Substitutions  
[http://www.heart.org/HEARTORG/GettingHealthy/NutritionCenter/HealthyCooking/Smart-Substitutions\\_UCM\\_302052\\_Article.jsp](http://www.heart.org/HEARTORG/GettingHealthy/NutritionCenter/HealthyCooking/Smart-Substitutions_UCM_302052_Article.jsp)

□ Dietary Guidelines for Americans 2010

<http://www.cnpp.usda.gov/dgas2010-policydocument.htm>

## 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 (macaroni and cheese, drinks, custards, cheese logs, etc.)

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# RECIPE SUBMISSION CHECKLIST

## Tips for Success

	Yes	No
<b>I. Does Your Recipe Have All of These Parts?</b>		
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 all ingredients	_____	_____
<b>II. List of Ingredients</b>		
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.	_____	_____
<b>III. Directions</b>		
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. Give temperature and cooking time	_____	_____
f. Included the number of serving or how	_____	_____

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# Travis County 4-H Food Show Entry Form



Submit form to Travis County Extension Office by  
October 22, 2013

Name: \_\_\_\_\_

4-H Club: \_\_\_\_\_

Valid Email: \_\_\_\_\_

**Age Division (please circle one – age as of August 31, 2013):**

Clover (K – 2) Favorite Snack only	Junior (8 – 10)	Intermediate (11 – 13)	Senior (14 – 19)
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**Category (please check):**

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o EX: Dishes that contain meat or meat alternative such as eggs, dry beans, peas or peanut butter.

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o EX: Dishes that accompany a main dish (salads, relish trays, cooked fruits and vegetables)

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o EX: Quick, yeast, bread mixes, rice, pasta

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o EX: Dishes selected must contain a minimum of a half serving of dairy (macaroni and cheese, drinks, custards, cheese logs, etc.)

**This entry form must be submitted to the Travis County Extension Office by 5:00 p.m. Tuesday, October 22, 2013**

**Please complete the Food Show Record Form and bring it with you the day of the contest.**

**First place entries in each category for each age division will advance to the district contest on Saturday, November 16, 2013 in Kerrville.**

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