



Eastland County 4-H Food Show

Event Date: Friday, October 27, 2023

Event Time: 9:00 am

Schedule will be released on Monday, October 23, 2023

Agents and volunteers should arrive by 8:30 am

Location: Judge Scott Bailey Event Center

102 N Lamar Street

Eastland, TX 76448

Entry Deadline: Friday, October 13, 2023

Entry Fee: \$0

Resources: <http://texas4-h.tamu.edu/events/roundup/>

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

<https://d84-h.tamu.edu/events-and-activities/food-challenge-food-show/>

<https://eastland.agrilife.org/event/food-challenge-and-food-show/>

Eastland County 4-H Food Show



Rules & Guidelines

- Categories.** There are four Food Show categories: Appetizer, Main Dish, Side Dish, and Healthy Dessert.
 - **Appetizer** – Traditionally an appetizer is a small dish or food that is eaten prior to the main course. When selecting recipes for this category, contestants should consider foods that are lower in fat, sodium, and calories so as to not ruin one's appetite.
 - **Main Dish** – The main dish is usually the heaviest, heartiest, and most substantial dish in a meal. In a meal consisting of several courses, the main dish is served during the main course and is the featured dish of the meal. The key ingredient is usually meat or another protein food, but they may contain other foods.
 - **Side Dishes** – Side dishes are foods that are usually served along with a main dish or as accompaniments to the main course. Suggested dishes may include salads, cooked vegetables, cooked fruit, pasta or rice dishes, and/or combination vegetable dishes.
 - **Healthy Desserts** – Healthy can still mean delicious when it comes to desserts. Dishes in this category should be served at the end of the meal or for special occasions. Contestants should modify traditional recipes with healthy substitutions and consider MyPlate and Dietary Guidelines when selecting recipes for this category.
- Advancing to District.** The first-place entry in each category of each age division will advance to district. The same recipe entry that was used at County level must be used at District level.
- Recipe.** When selecting a recipe for competition, please remember:
 - Recipes should be written in the standard recipe format using the included Recipe Submission Checklist.
 - Oven time limit is 75 minutes in each category.
 - No alcohol or ingredients containing alcohol may be used.
 - Keep in mind what ingredients will be available or in season for all levels of competition: county, district, and state. Additionally, please consider if ingredients will be available in local grocery stores as needed for competition.
 - Contestants must enter the same recipe at district that they qualified with at the county level. Seniors must also enter the same recipe at state that they qualified with at the district level.
- Garnishes.** Only edible garnishes are allowed. Participants will be asked to remove any other material besides a serving utensil, napkin, and edible garnish from the serving tray.
- Rules & Guidelines.** Contestants will follow all State and District Food Show rules.
 - **Please note.** The state rules are written for Seniors who have qualified for the Food Show at Texas 4-H Roundup. The state rules discuss preparation at a contest site. For the Eastland County and District 8 Food Show, contestants will bring their prepared dish to the contest. Contestants should prepare their own dishes at home; parents may supervise but should not be preparing the food.

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6. **Theme.** This year's 4-H Food Show theme is **"Food Through the Decades"** ...What's your favorite family dish that has passed from generation to generation, maybe grandma's specialty, something that brings back memories? Don't be afraid to showcase your culinary skills by experimenting with flavors and dishes commonly found in your family kitchen, family cookbook or even an old magazine from the past! Maybe it is Watergate Salad, King Ranch Casserole, Tuna Casserole, or 7-up Cake, or Sloppy Joes. You can always add your own twist to old recipes too. Remember to keep in mind good nutrition and healthy preparation methods as you select your recipe.

7. **Contest 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.

8. **Nutrition Resources**

- MyPlate
<http://www.choosemyplate.gov/>
- Food Safety
<https://texas4-h.tamu.edu/projects/food-nutrition/>
- 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
- Nutrient Needs at a Glance
http://fcs.tamu.edu/food_and_nutrition/pdf/nutrient-needs-at-a-glance-E-589.pdf

9. **Theme Resources**

10 Tips: Save More at the Grocery Store

- <https://www.choosemyplate.gov/ten-tips-save-more-at-the-grocery-store>

20 Money Saving Grocery Shopping Tips

- <https://www.eatright.org/food/planning-and-prep/eat-right-on-a-budget/20-money-saving-grocery-shoppingtips>

10 Tips for Healthy Grocery Shopping

- <https://www.webmd.com/food-recipes/features/10-tips-for-healthy-grocery-shopping#1>

Eating Better on a Budget

- <https://choosemyplate-prod.azureedge.net/sites/default/files/tentips/DGTipsheet16EatingBetterOnABudget.pdf>

Smart Shopping for Veggies and Fruits

- <https://choosemyplate-prod.azureedge.net/sites/default/files/tentips/DGTipsheet9SmartShopping.pdf>

Stretch Your Food Dollars At the Grocery Store

- <https://hgic.clemson.edu/factsheet/stretch-your-food-dollars-part-2-at-the-grocery-store/>

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10. **Contestants Bring to Eastland County 4-H Food Show Contest:**

- **Eastland County 4-H Food Show Recipe Form & Project Experiences Form.** Judges will be provided copies of each contestant's paperwork.
 - i. **Juniors & Intermediates** – Junior and Intermediate paperwork only includes the Eastland County 4-H Food Show Recipe Form. (Please note that if you qualify for district you will need to use the district forms.)
 - ii. **Seniors** – Senior paperwork includes the Eastland County 4-H Food Show Recipe Form and Project Experiences Form. (Please note that if you qualify for district you will need to use the district forms.)
- **Prepared dish.** 4-H members are encouraged to bring a single serving or a small dish rather than the whole recipe, so there will not be as much waste if the food needs to be thrown away. The dish should be presented to the judges as if it were about to be placed on a table for a family dinner. **Contestants will present only one serving to the judges. They will not be serving the judges.**

11. **Orientation.** Participant orientation for Food Show will be available for participants before the contest.

12. **Preparation.** Food must be prepared prior to arrival at the Eastland County 4-H Food show. There will be tables available for participants to set their dish as they wait to be judged. They can put the finishing touches on the dishes in that area immediately prior to judging. Participants will have only about 10 minutes for preparation time, clearing their area quickly, and move their dish to the waiting area. There will be no timers. There will be LIMITED prep time. **Parents are not allowed in the judging area.**

13. **Five Minute Presentation.** All contestants should prepare a maximum five-minute oral 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 scorecard: Knowledge of MyPlate, Nutrition Knowledge, Food Preparation, and Food Safety Concerns.

14. **Four Minute Question & Answer.** Judges will have the opportunity for a maximum 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.

15. **Serving.** At the conclusion of the question-and-answer period, the participant will present their serving to the judges to evaluate further. Judges will not taste the food. The contestant will take the serving with them when they leave the judging area.

16. **Skills Showcase.** There will be no skills showcase at the Eastland County 4-H Contest or District 8 4-H Contest.

17. **Judges' Comments.** Judges will have four minutes to write comments and score participants.

18. **Knowledge Showcase.** There will be no knowledge showcase at the Eastland County 4-H Contest or District 8 4-H Contest.

19. **Awards.** An awards program will be held after both contests have been completed. Contestants do not have to be present.

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Recipe Submission Checklist

Recipes for 4-H Food Show should adhere to the guidelines below. Please use this checklist to ensure recipes are correctly written. This form does not need to be submitted at the Food Show. This form is for guidance only.

DOES YOUR RECIPE HAVE ALL OF THESE PARTS?

YES

NO

Name of recipe

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

Description for combining all ingredients

LIST OF INGREDIENTS

Ingredients are listed in order in which they are used in directions

Ingredients listed as they are measured.

*EX: ¼ cup chopped onion, not ¼ cup onion chopped.

*EX: 1 green pepper, chopped, not 1 chopped green pepper

Measurements given in common fractions

*Ex: 1/4 cup, 2 tablespoons, 1 teaspoon

All measurements are spelled out, not abbreviated.

*Ex: cup, teaspoon, tablespoon, size can, etc.

*Ex: 4-ounce can

No brand names are used.

Complete description of ingredients is included

*EX: low-fat; packed in syrup; reduced fat; etc.

DIRECTIONS

Clear instructions used for every step of combining and cooking the ingredients

Short, clear sentences used

Correct wording used to describe combining and cooking processes

Size and type of pan stated

Oven temperature and cooking times given

Number of servings or how much the recipe would make included

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Sample Questions

1. How do you balance your daily menu to ensure that you get proper amounts of food from the food groups?
2. Name food groups and amounts that are required from each food group each day.
3. What function does each ingredient perform in the recipe?
4. What are the basic preparation principles involved in preparing this dish?
5. What food safety practices did you use during preparation?
6. What is considered a serving of your dish?
7. If substitutions are possible, what are they?
8. What and what amount of important nutrients are found in your dish?
9. What is the function of the nutrients found in your dish?
10. What change have you made in your dietary habits as a result of your 4-H food project?
11. Tell about your community service and leadership through the year's food project?
12. What were your goals for your foods project and what are some activities you did in this project?
13. What do you consider your most important learning experience in this year's food project?
14. Is there anything else you would like to tell us about your project?

These are sample questions. Judges are free to ask any question related to the 4-H Food & Nutrition Project.

Eastland County 4-H Food Show

2023 Eastland County 4-H Food Show
 Recipe Form – All Age Divisions

Name _____ County _____

Age Division ___ Junior ___ Intermediate ___ Senior

Category ___ Appetizer ___ Side Dish ___ Main Dish ___ Healthy Dessert

Name of Recipe _____

Prep Time: _____ Cook Time: _____ Cost: _____

Type recipe here: *(Check the Texas 4-H Food Show Guide for Recipe Submission Checklist and Example format.)*

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2023 Eastland County 4-H Food Show
 Project Experiences – Seniors Only

Name _____ **County** _____

Age Division _____ Senior

Category _____ Appetizer _____ Side Dish _____ Main Dish _____ Healthy Dessert

Name of Recipe _____

*Limit to current year's experiences, including project activities, community service, and leadership.
 Limited to space below.*

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2023 Eastland County 4-H Food Show Score Sheet

Name _____ **County** Eastland
Age Division Junior Intermediate Senior Clover Kid
Category Appetizer Side Dish Main Dish Healthy Dessert
Name of Recipe _____

	Comments	Points	Score
I. Presentation			
Theme: Is theme represented in this entry?		(10)	
Knowledge of MyPlate: <ul style="list-style-type: none"> • 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)	
Nutrition Knowledge: <ul style="list-style-type: none"> • Contestant understands what this dish contributes to the diet 		(10)	
Food Preparation: <ul style="list-style-type: none"> • Knows the key steps in preparation of food and function of ingredients 		(10)	
Food Safety Concerns & Practices: <ul style="list-style-type: none"> • Knows food safety concerns in preparation and storage of dish 		(10)	
II. Interview (category specific)			
Judge's Questions		(15)	
4-H Food & Nutrition Project Activities		(15)	
III. Food Evaluation			
Food Presentation/Quality: <ul style="list-style-type: none"> • Appearance of food (texture, uniformity) • Garnishing 		(10)	
IV. Effectiveness of Communication			
<i>Voice, poise, personal appearance</i>		(10)	
Additional Comments:		Total Points	Possible (100)
		Final Score	

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