2014-2015 DISTRICT 10 4-H FOOD SHOW PACKET

WHEN: Saturday, December 13, 2014
WHERE: Texas State University

SCHEDULE:
8:00 a.m. Agents arrive and set up registration, etc.
8:30 a.m. Judges and Group Leader Orientation
9:00 a.m. Registration and Prep Area are open to contestants and parents
9:00 a.m. Orientation for Contestants
9:30 a.m. Food Show Judging Begins
3:00 p.m. Presentation of awards following the conclusion of Food Challenge (approximate time)

NOTE: As soon as contestants have been judged and/or have completed Food Challenge, they are free to leave and go eat lunch with their parent/volunteer. Agents will be provided lunch on site.

REGISTRATION:
Regular registration will be conducted on 4-H Connect November 10-21, 2014.

Registration fee will be:
• $10.00

LATE REGISTRATION:
Late registration will be conducted on 4-H Connect November 22-28, 2014.

Registration fee will be:
• $35.00

Counties must pay by one county check or individuals may pay using a credit card. Please make sure all payments are completed by December 1, 2014. No refunds will be given after registration has been certified at the District Level.

RULES: We will follow the 2015 State 4-H Food Show rules except where noted in the District Rules Section of this letter. The 2015 State 4-H Food Show Packet will be available on the web at: http://fcs.tamu.edu/food_and_nutrition/pdf/2015-4H-state-food-show-guidelines.pdf
DISTRICT RULES:

AGE DIVISIONS:

There will be three age divisions. Counties may send 12 participants to the District Show representing the 4 categories in each age division. Age for the food show is determined as the age as of August 31, 2014. The age divisions are:

- Junior - 8 years old and in 3rd grade - 10 years old
- Intermediate - 11-13 years old
- Senior - 14-19 years old

Seniors: 4-H’ers who have won 1st place at the State Food Show in any category, are eligible to participate in any category at State Food Show or District Food Show.

REQUIRED PAPERWORK FOR DISTRICT FOOD SHOW:

**Junior and Intermediate 4-H members only** entering the Food Show will be required to complete the District 10 4-H Food Show Record Form. The paperwork will be sent in to the District Office by December 1st (only ONE COPY is required to be turned in). **All paperwork must be received in the District Office by 5:00 p.m. on Monday, December 1, 2014 (physically in the office, not postmarked by that date).**

**Senior 4-H members** will be required to complete the State Food Show paperwork from the State Packet. One copy of the Senior Food Show Paperwork is **due in the District Office by 5:00 p.m. on Monday, December 1, 2014 (physically in the office, not postmarked by that date).** The four (4) SENIORS that advance to State will be allowed to update their State Food Show paperwork before submitting to the State Food Show Contest Committee. **All state level paperwork must be submitted by County Agent to the State Food Show Contest Committee by May 8, 2015.**

WHAT TO BRING – CONTESTANTS:

The following items are what each contestant will be required to bring to the District Food Show.

- Single serving of your recipe on a disposable OR non-disposable dish/plate.
- Use edible garnishes only for your dish

WHAT NOT TO BRING – CONTESTANTS:

- No decorations are allowed
- Heating tray, chafing dish, electrical appliances, or open flame of any kind

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/](http://www.choosemyplate.gov/) when selecting a recipe category. All four food categories may use ovens during food preparation.

**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.)

**INGREDIENTS:**
No alcohol or alcohol-containing ingredients can be used.

**JUDGING:**
Participants will be interviewed by a team of judges to determine their knowledge of food and nutrition and to judge the food they have prepared. The judges will have the District 10 4-H Food Show Record Form when they judge as a reference.

**SENIOR CONTESTANTS:** The guidelines for Senior contestants will be the same as State Guidelines. Contestants will give a presentation to judges that is no more than 3 minutes long. Following the presentation, judges will ask interview questions. See State Guidelines for more details.

**AWARDS:**
The awards program will begin approximately at 3:30 p.m., after the completion of Food Challenge

**AGENT PAPERWORK FOR DISTRICT FOOD SHOW:**

1. Entries - Youth must register on 4-H Connect:
   a. Regular Registration: November 10-21, 2014
   b. Late Registration: November 22-28, 2014
2. Agents must have all participants approved by December 1, 2014.
3. Food Show Record Form for Juniors/Intermediates and Senior State Food Show Forms are due to the District Office by December 1, 2014 (must be physically in the office, not postmarked by this date!).
4. Names and addresses of confirmed judges and helpers, each county needs to provide a minimum of two volunteers to work Food Show - complete the Excel Spreadsheet (Volunteer Form) and return to the District Office by Monday, December 1, 2014 (email).
5. Names of senior 4-H’ers to assist with awards program - Due to District Office by Tuesday, December 1, 2014 (email)
6. Be sure to work with your local schools to make sure all contestants are academically eligible to compete in the District Food Show.

Dress for the day will be professional casual with comfortable shoes. No tennis shoes or jeans, please.
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6. District 10 4-H Food Show Recipe Form – Juniors and Intermediates
7. State 4-H Food Show Paperwork - Seniors
8. 4-H Food Show Scorecard – All Age Divisions
9. District 10 4-H Food Show Interview Questions - Juniors and Intermediates
10. Maps
Agent Reports
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Information
4-H Volunteer Members for the District 10 4-H Food Show Awards Program

Each county can only submit one name plus one alternate to represent their county on the program. Fill out form and return it to the District Office by **December 1, 2014**. Selections will be made and 4-H’ers will be notified by e-mail.

Circle the part you would like to help with:

- Presiding
- Motto and Pledge
- Prayer
- Welcome
- Introduction of Guests
- Food and Nutrition Program and Objectives
- Explanation of Project Development Committee
- Presentation of Awards
- Presentation of Winners
- Closing Prayer
- Closing Comments
- Ushers

Name:

________________________________________________________________________

Telephone _____________________________ Age ___________________

County ___________________________ Email _________________

Alternate Name: ________________________________________________________

Telephone (______) __________________________ Age _________________

County ___________________________ Email _________________________________

Fax (or email) to the District Office by December 1, 2014 FAX #: (830)278-4008.

Agent Signature: ________________________________________________________
Agent Assignments & Position Descriptions
AGEN T ASSIGNMENTS (Tentative)

Agents have been assigned responsibilities at the District 4-H Food Show. If there is a reason you cannot fulfill your assigned responsibilities, contact your District Administrator. As you complete your responsibilities, evaluate them carefully and try to determine ways we can more effectively and efficiently conduct District 4-H events. We want to offer good, positive learning experiences for youth and there may be some ways we can improve the District event experience for 4-H members, volunteers and agents. Agents may be assigned to a different role with the contest. We will notify you of your official roles after all entries and volunteers have been accepted.

<table>
<thead>
<tr>
<th>TASK</th>
<th>PERSON RESPONSIBLE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Food Show Committee</td>
<td>Nathan Tucker (Chair), Krystal Batten, Shea Nebgen, Marcie Owen, Janie Pineda, Gretchen Sanders, Jessica Stapper</td>
</tr>
<tr>
<td>Registration</td>
<td>Dolores Sandmann, Micah Walker</td>
</tr>
<tr>
<td>Orientation</td>
<td>Youth – Gretchen Sanders, Judges – Shea Nebgen</td>
</tr>
<tr>
<td>Lunch Coordinator</td>
<td>Janie Pineda, Jason Mangold</td>
</tr>
<tr>
<td>Recruit Volunteers</td>
<td>All Agents</td>
</tr>
<tr>
<td>Food Show Judges and Group Leaders (Food Challenge Committee has not been assigned so that they can get Food Challenge Set-Up)</td>
<td>Krystal Batten, Natalie Cervantes, Angela Fiedler, Molly Flores, Amber Halfmann, Martha Joyce, Sandy Kunkel, Matt Miranda, Jana Osbourn, Marcie Owen, Laura Petty, Connie Sheppard, Nelda Speller, Jessica Stapper, Stacy Teston, Stacy Teston, Carissa Wilhelm</td>
</tr>
<tr>
<td>Judges Gifts, Paperwork, Signs, and Awards</td>
<td>District Office</td>
</tr>
<tr>
<td>Awards Ceremony Coordination</td>
<td>Cory Talley, Joslyn Kotzur</td>
</tr>
<tr>
<td>Tabulation</td>
<td>Shea Nebgen, Gretchen Sanders, Nathan Tucker</td>
</tr>
<tr>
<td>Clean up</td>
<td>Everyone</td>
</tr>
</tbody>
</table>
GROUP LEADER RESPONSIBILITIES

1. Check to be sure the participants are in the right location. You will have a food group in one age category (example: Junior - Dairy).

2. Remind them to relax and leave their dishes packed as long as possible.

3. Judging should be done in order listed on tally sheet unless a member requests a specific change for a valid reason. Food Challenge participants will be noted with an *.

   Food Challenge contestants will be worked into the front of the judging lineup.

4. Introduce yourself to the judges and answer any questions.

5. Assist the contestants to the judges. They may only take their food entry: (a serving size of their recipe), (no utensils, candles, placemats, etc.)

6. See that contestants have equal time with the judges (about 8 minutes for Seniors and 5 minutes for Intermediates and Juniors). Use the timer and keep the judges on schedule. Remember that Seniors give a 3 minute presentation first then answer questions from the judges.

7. When a contestant has been judged, they may take dish, ice chest, etc. to car.

8. **Do not taste** contestants’ food or allow contestants or judges to taste food.

9. Clean up the area, especially the judges’ table. Make sure all trash with all food items is put in trash bags.

10. Contestants may leave the judging area after being judged but should return in time for awards presentation.

11. Turn in all the paperwork and ranking/placing sheets for all contestants as you finish a category.

12. Assist your division during the awards program. Make sure all contestants are seated in designated area. You are responsible for announcing the results for your category. A copy of the results will be provided to you prior to the awards program.

13. After the awards program, be sure no one has forgotten or left articles in your area.

14. It’s best not to comment to others about any contestant. You can easily be misunderstood.

15. Plan to stay until after Awards have been presented and clean-up is completed.
Materials for Contestants
MEMO TO: Food Show Contestants and Parents

SUBJECT: District 10 4-H Food Show

DATE: Saturday, December 13, 2014

PLACE: Texas State University

SCHEDULE:

8:00 a.m. Agents arrive and set up registration, etc.
8:30 a.m. Judges and Group Leader Orientation
9:00 a.m. Registration and Prep Area are open to contestants and parents
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3:30 p.m. Presentation of awards following the conclusion of Food Challenge (approximate time)

NOTE: As soon as contestants have been judged and/or have completed Food Challenge, they are free to leave and go eat lunch with their parent/volunteer. Agents will be provided lunch on site.

Congratulations on being eligible to participate in the District Show! This letter will provide details that will help you to be prepared for the Food Show.

When you arrive, please check in at the registration desk and then proceed to the location where your orientation will be as outlined in the schedule above. Special arrangements can be made if a contestant has a conflict and notifies their County Extension Agent ahead of time.

REGISTRATION:
Regular registration will be conducted on 4-H Connect November 10-21, 2014.

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- $10.00

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Educational programs of the Texas A&M AgriLife Extension Service are open to all people without regard to race, color, religion, sex, national origin, age, disability, genetic information or veteran status.

The Texas A&M University System, U.S. Department of Agriculture, and the County Commissioners Courts of Texas Cooperating
Food Show Record Form for Juniors/Intermediates and Senior State Food Show Forms are due to your County Extension Office by _____________________________(must be physically in the office, not postmarked by this date!).

RULES: We will follow the 2015 State 4-H Food Show rules except where noted in the District Rules Section of this letter. The 2015 State 4-H Food Show Packet will be available on the web at: http://fcs.tamu.edu/food_and_nutrition/pdf/2015-4H-state-food-show-guidelines.pdf

WHAT TO BRING – CONTESTANTS:
The following items are what each contestant will be required to bring to the District Food Show.

- Single serving of your recipe on a disposable OR non disposable dish
- Use edible garnishes only for your dish

We look forward to seeing you on December 13th. Good Luck!

Sincerely,

County Extension Agent
Age Division: (Circle One):   Junior  Intermediate

Food Show Category (Check One):  ____Protein  ____Fruits & Vegetables  ____Grains  ____Dairy

Name:______________________________  Birth
Address:____________________________  Date:____________________________
City, Town, Zip________________________  Age (as of Aug. 31, 2014): ______________
County:_____________________________  District:____________________________

Years in 4-H:________________________  Years in project:______________________

(Attach an additional sheet if necessary to complete your recipe)

****************************************************************************************

RECIPE
Please Summarize your Food and Nutrition Project Experiences
(250 words or less in no less than 11 point font)

I certify that the above information is true and correct and completed during the current project year.

Contestant Signature: _______________________________    Date: ________________

I certify that the 4-H member named above has provided accurate and correct information.

Agent Signature: _______________________________    Date: ________________
TEXAS 4-H FOOD SHOW
SCORECARD 2015

NAME: ___________________________ COUNTY: ___________________________

ENTRY CATEGORY: ____ Protein ____ Fruit & Vegetable ____ Grains ____ Dairy
AGE DIVISION: ____ Junior ____ Intermediate ____ Senior

<table>
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<tr>
<th></th>
<th>Rating</th>
<th>Comments</th>
<th>Points</th>
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<tbody>
<tr>
<td></td>
<td>Outstanding</td>
<td>Good</td>
<td>Fair</td>
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<td>I. PRESENTATION</td>
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<tr>
<td>Effectiveness of Communication: Voice, poise; personal appearance</td>
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<td>7-6</td>
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<tr>
<td>II. THE INTERVIEW</td>
<td></td>
<td></td>
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<tr>
<td>Knowledge of MyPlate: 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</td>
<td>20-15</td>
<td>14-10</td>
<td>9-5</td>
</tr>
<tr>
<td>Nutrition Knowledge: Knows what this dish contributes to the diet</td>
<td>15-11</td>
<td>10-6</td>
<td>5-3</td>
</tr>
<tr>
<td>Food Preparation: Knows the key steps in preparation of food and function of ingredients</td>
<td>15-11</td>
<td>10-6</td>
<td>5-3</td>
</tr>
<tr>
<td>Food Safety Concerns &amp; Practices: Knows food safety concerns in preparation and storage of dish</td>
<td>10-8</td>
<td>7-6</td>
<td>5-3</td>
</tr>
<tr>
<td>4-H Food &amp; Nutrition Project Activities: Community service, leadership, workshops, etc.</td>
<td>10-8</td>
<td>7-6</td>
<td>5-3</td>
</tr>
<tr>
<td>III. Food Evaluation</td>
<td></td>
<td></td>
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</tr>
<tr>
<td>Food Presentation/Quality: Appearance of food (texture, uniformity); garnishing</td>
<td>10-8</td>
<td>7-6</td>
<td>5-3</td>
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<tr>
<td>IV. PAPERWORK</td>
<td></td>
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<tr>
<td>Complete Recipe</td>
<td>5-4</td>
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</tr>
<tr>
<td>Summary of Experiences</td>
<td>5-4</td>
<td>3</td>
<td>2</td>
</tr>
<tr>
<td>ADDITIONAL COMMENTS:</td>
<td></td>
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</tbody>
</table>

Total Points: ___________________________
2014-2015 District 10 4-H Food Show Questions

Suggested Questions – Juniors and Intermediates

1. What are the food groups included in My Plate? What portion does each group take up?

2. What are the key nutrients you would get from your recipe? Why do you need these nutrients?

3. What are the preparation steps in your recipe and why are they important?

4. What did you learn about food safety in your foods & nutrition project?

5. Tell me about one of the ingredients in your dish and why it is important in your recipe? (Function of ingredients)

6. What have you learned in your foods project about healthy eating?

7. Give one example of a food from each My Plate section.

8. Other than My Plate, what should you consider when planning a meal?

9. What did you learned in your foods and nutrition project that you thought was most important in Community Services, Leadership and Workshops?

10. Could you substitute anything in your recipe to make it healthier or modify the taste?

11. What is the cost of your dish?

12. Give one example of how you brought Texas to the table with your dish.
Take exit #206 off of I-35.

1. Turn West on Aquarena Springs Drive/Loop 82.
2. You will pass two traffic lights and cross over a railroad track. Bobcat Stadium will be on your left. You will pass another traffic light and then over the San Marcos River.
3. At the next light turn right onto Sessom Drive.
4. You will pass three lights and at the top of the hill turn left at the three-way stop onto Comanche Street.
5. Turn left at the first street, Student Center Dr.
6. Turn right before the stop sign to enter the public parking garage.

LBJ STUDENT CENTER 3RD FLOOR