

LIMESTONE COUNTY 4-H FOOD SHOW

Rules & Guidelines

1. **Participation.** Participants must be 4-H members currently enrolled in a Texas 4-H and Youth Development county program and actively participating in the Food and Nutrition project.

Age Divisions. *All 4-H ages, including Clover Kids*, may participate in the Limestone County 4-H Food Show. Only senior 4-Hers may move on to the district contest and possibly the state contest.

Clover Kids: 5 years old and in Kindergarten up to 2nd grade and 8 years old.

Junior: 8 years old and in the 3rd grade or 9 years to 10 years; born between Sept. 1, 2003 and Aug. 31,

Intermediate: 11 years to 13 years old

Senior: 14-18 years old as of August 31, 2013, with a birthdate between Sept 1, 1994 and Aug 31, 1999.

2. **Entries per county at district.** Each county may enter one senior 4-H member per Food Show category.
3. **Categories.** There are four Food Show categories: Protein, Fruit & Vegetable, Grains, and Dairy. Many recipes can be entered in more than one category. Participants should consult with the website www.choosemyplate.gov when selecting a recipe category.

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.)

4. **Rules & Guidelines.** Seniors will follow all State Food Show rules. Seniors will bring the prepared dish to the contest. No alcohol or alcohol-containing ingredients may be used.



5. **Theme.** The theme for the 2014 Food Show is “Budget Wise Recipes.” This gives you an opportunity to pick your favorite dish – and improve to make it more economical. Good luck and enjoy!
6. **Bring to County Contest:**
 - a. **A close up photo of themselves with their dish** (maximum size 4x6). Contestants should print their name, county, and food category on the back of their photo. This should be paper clipped or stapled to the Limestone County 4-H Personal Information and Certification Form.
 - b. **Prepared dish.** Complete dishes are not required. 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 judges will be served a small portion of food.
 - c. **Serving Utensil.** Serving of the entry dishes will occur during the contestant’s interview time. Disposable plates will be provided for the contestant to serve their food; however, they will need to bring the appropriate serving utensil. Judges will not taste the dish.
 - d. **Project Record Form** – Two copies. Be sure to include a copy of the recipe.
7. **Preparation.** Recipes must be prepared prior to arrival and there is no refrigeration nor ice for cold storage available. It is up to the contestant to keep their dish cold or hot.
8. **Presentation.** All contestants should prepare an oral presentation.
Clover Kids: 30 seconds to one minute
Juniors: 1 minute to 2 minutes
Intermediates: 2 minutes to 3 minutes
Seniors: three-minutes.
In this time, participants should introduce themselves and their dish, and describe their inspiration in choosing that dish and how it relates to current them. Participants may also include their experience in 4-H and the Food and Nutrition Project. Do not spend the entire time giving the recipe. Include only challenging parts of the preparation, experimentation with recipes, etc.
9. **Interview.** Judges will have the opportunity for up to five-minutes interview asking questions applicable to the scorecard. It includes, but is not limited to, basic nutrition, food safety, preparation, and project experiences. It is recommended to look over the score sheet to get ideas of what to talk about in the presentation.
10. **Serving.** At the conclusion of the five-minute interview, the participant will have one minute to serve the judges a portion of the dish. This will allow the judges to visually evaluate the dish you have prepared. Participants should practice proper food handling techniques when presenting food to the judges.

Judges’ Comments. Judges will have four minutes to write comments and score participants.
11. **Awards.** The top scoring individuals in each category will be recognized.

LIMESTONE COUNTY 4-H FOOD SHOW JUDGING QUESTIONS

Judges: Please ask each question as it is written to each participant within an age grouping. If you choose to add questions, write them out and use them with all youth in an age grouping.

Clover Kids

1. What are the four food groups in MyPlate? (dairy, fruits & vegetables, protein, and grains)
2. What did you like best about making your dish?
3. What did you like least?
4. Is there anything else you would like to tell us about your project?

Juniors

1. What are the four food groups in MyPlate? (dairy, fruits & vegetables, protein, and grains)
2. Please describe one community service activity you did in the last year within your Foods & Nutrition project.
3. What were your goals for your foods project and did you meet your goals this year?
4. Is there anything else you would like to tell us about your project?

Intermediates

1. What food safety practices did you use during preparation of your recipe?
2. Please describe one community service activity you did in the last year within your Foods & Nutrition project.
3. What do you consider your most important learning experience in this year's food project?
4. What is considered a serving of your dish?

Seniors

1. What food safety practices did you use during preparation?
2. How do you balance your daily menu to ensure that you get proper amounts of food from the food groups?
3. What is considered a serving of your dish?
4. If substitutions are possible, what are they?
5. Please describe one leadership activity you did in the last year within your Foods & Nutrition project.
6. Please think of a healthy substitution you could make in your recipe and tell me about it.
7. What change(s) have you made in your dietary habits as a result of your 4-H food project this year?

Limestone County 4-H Food Show - SENIORS SCORECARD 2013/2014

NAME: _____

ENTRY CATEGORY: ☐ Protein ☐ Fruit & Vegetable ☐ Grains ☐ Dairy

	Rating				Comments	Points
	Outstanding	Good	Fair	Needs Improvement		
I. PRESENTATION						
Effectiveness of Communication: Voice; poise; personal appearance	10-8	7-6	5-3	2-1		(15)
II. THE INTERVIEW						
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 lifestyle choices based on dietary guidelines	20-15	14-10	9-5	4-1		(25)
Nutrient Knowledge: Knows what this dish contributes to the diet	15-11	10-6	5-3	2-1		(15)
Food Preparation: Knows the key steps in preparation of food and function of ingredients	15-11	10-6	5-3	2-1		(15)
Food Safety Concerns and Practices: Knows food safety concerns in preparation and storage of dish	10-8	7-6	5-3	2-1		(10)
4-H Food and Nutrition Project Activities: Community service; leadership; workshops, etc.	10-8	7-6	5-3	2-1		(10)
III. Food Evaluation						
Food Presentation/Quality: Appearance of food (texture, uniformity); garnishing	10-8	7-6	5-3	2-1		(10)
ADDITIONAL COMMENTS:						Total Points: (100 poss.)

Revised 6/2013

Limestone County 4-H Food Show - INTERMEDIATES SCORECARD 2013/2014

NAME: _____

ENTRY CATEGORY: ☐ Protein ☐ Fruit & Vegetable ☐ Grains ☐ Dairy

	Rating				Comments	Points
	Outstanding	Good	Fair	Needs Improvement		
I. PRESENTATION						
Effectiveness of Communication: Voice; poise; personal appearance	10-8	7-6	5-3	2-1		(30)
II. THE INTERVIEW						
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 lifestyle choices based on dietary guidelines	20-15	14-10	9-5	4-1		(20)
Food Preparation: Knows the key steps in preparation of food and function of ingredients	15-11	10-6	5-3	2-1		(15)
Food Safety Concerns and Practices: Knows food safety concerns in preparation and storage of dish	10-8	7-6	5-3	2-1		(10)
4-H Food and Nutrition Project Activities: Community service; leadership; workshops, etc.	10-8	7-6	5-3	2-1		(15)
III. Food Evaluation						
Food Presentation/Quality: Appearance of food (texture, uniformity); garnishing	10-8	7-6	5-3	2-1		(10)
ADDITIONAL COMMENTS:						Total Points: (100 poss.)

Revised 6/2013

Limestone County 4-H Food Show - JUNIORS SCORECARD 2013/2014

NAME: _____

ENTRY CATEGORY: _____ Protein _____ Fruit & Vegetable _____ Grains _____ Dairy

	Rating				Comments	Points
	Outstanding	Good	Fair	Needs Improvement		
I. PRESENTATION						
Effectiveness of Communication: Voice; poise; personal appearance; effort	10-8	7-6	5-3	2-1		(40)
II. THE INTERVIEW						
Knowledge of MyPlate: Food groups: Dairy, Grains, Protein, Fruits & Vegetables; knowledge of personal healthy lifestyle choices based on dietary guidelines	20-15	14-10	9-5	4-1		(10)
Nutrient Knowledge: Knows what this dish contributes to the diet	15-11	10-6	5-3	2-1		(10)
Food Preparation: Knows the key steps in preparation of food and function of ingredients	15-11	10-6	5-3	2-1		(10)
Food Safety Concerns and Practices: Knows basic food safety concerns in preparation and storage of dish	10-8	7-6	5-3	2-1		(10)
4-H Food and Nutrition Project Activities: Community service; leadership; workshops, etc.	10-8	7-6	5-3	2-1		(10)
III. Food Evaluation						
Food Presentation/Quality: Appearance of food (texture, uniformity); garnishing	10-8	7-6	5-3	2-1		(10)
ADDITIONAL COMMENTS:						Total Points: (100 poss.)

Revised 6/2013

Limestone County 4-H Food Show – CLOVER KIDS SCORECARD 2013/2014

NAME: _____

ENTRY CATEGORY: ☐ Protein ☐ Fruit & Vegetable ☐ Grains ☐ Dairy

	Rating				Comments	Points
	Outstanding	Good	Fair	Needs Improvement		
I. PRESENTATION						
Effectiveness of Communication: Voice; poise; personal appearance; effort	10-8	7-6	5-3	2-1		(50)
II. THE INTERVIEW						
Knowledge of MyPlate: Food groups – Dairy, Protein, Fruits & Vegetables, Grains	20-15	14-10	9-5	4-1		(10)
Food Preparation: Knows generally how he or she made the recipe	15-11	10-6	5-3	2-1		(10)
Food Safety Concerns and Practices: Knows to wash hands before cooking	10-8	7-6	5-3	2-1		(10)
4-H Food and Nutrition Project Activities: Any food related activities	10-8	7-6	5-3	2-1		(10)
III. Food Evaluation						
Food Presentation/Quality: Appearance of food (texture, uniformity)	10-8	7-6	5-3	2-1		(20)
ADDITIONAL COMMENTS:						Total Points: (100 poss.)

Revised 6/2013

D8 4-H FOOD CHALLENGE & FOOD SHOW

Map to Limestone County Fairgrounds

Limestone County Fairgrounds – FCS/Exhibit Building

922 N. Tyus St.

Groesbeck, TX 76642

(254) 747-5204 – Vanessa's cell for evening of contest

The FCS / Exhibit Building is the small building across from the Show Barn – bring a flashlight!

