



# High Rollin'

**District 1 4-H 2009-2010**

**District One 4-H  
Food Show Letter**



## **2009-10 PANHANDLE 4-H DISTRICT 1 FOOD SHOW**

**When: Saturday, November 21, 2009**

9:00 a.m. Agent Orientation

9:00 a.m. Food Show Check-In

9:15 a.m. Food Show Judges' Orientation

9:30 a.m. Food Show Contest

*\*\*No public display\*\**

1:15 p.m. Awards Ceremony

**Where: Bushland High School**

1201 S. FM 2381

Bushland, Texas 79012

*Directions:* Take Bushland exit from I-40; turn north; high school is ½ mile on east side of FM 2381.

### **Important Dates:**

**Monday, November 2<sup>nd</sup>** - 4-H Connect Opens. Go to <http://texas4-h.tamu.edu> to complete/update 4-H profile and register for the Food Show. Cost is \$10.

**Thursday, November 12<sup>th</sup>** – Submit names of judges to Megan Becking, 404 E Denrock, Dalhart TX 79022. Each county must submit *at least 2* names for interview judges.

**Thursday, November 12<sup>th</sup>** – Participant registration closes on 4-H Connect. No late registrations will be accepted. County offices will certify no later than noon, November 13<sup>th</sup>.

**Thursday, November 12<sup>th</sup> 9:00 a.m.** – Submit participant's score cards and records to Linda Bice at the District Office.

**Thursday, November 12<sup>th</sup> - Recipe Book:** Each county is asked to submit their county recipes and county cover sheet electronically to the Gray County office

([jgray@ag.tamu.edu](mailto:jgray@ag.tamu.edu)). Recipes should be typed in *Arial* or *Universal Font, 12 pt.* Each recipe should be identified with the following formation in the upper right hand corner:

**Name**

**Age Division**

**Category**

**County Name**

Printed copies of the books will be given to food show judges. Recipe books will be available on the District website December 1 with winning entries recognized.

**Tuesday November 17th** - Judging and kitchen times will be e-mailed to each county office. Project record forms will be judged by the Food Show Committee at the District Office.

**Committee:** Shonna Covin, Joan Gray-Soria, Peggy Winegarner, Sue Owens, Megan Becking and Jeanenne Montgomery.

**Age Requirements:**

**Junior** - youth will be in 3<sup>rd</sup> grade or age 9 through age 10 **as of** August 31, 2009.

**Intermediate** - youth will be age 11-13 **as of** August 31, 2009.

**Senior** - youth will be age 14 or older **as of** August 31, 2009.

**Categories: Main Dish** – Foods 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, dry beans, casseroles, meat loaves, meat, poultry, fish pies, soufflés, omelets, meat salads, sandwiches, dry peas, soybeans, soups and chowders.

**Fruit and Vegetable** – Side dishes or 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 fruits, relish tray, vegetable casseroles, fruit platters and combination vegetable dishes.

**Bread and Cereal** – Dishes may include quick breads, yeast breads, hot roll or bread mixes, rice dishes and pastas.

**Nutritious Snacks** – *No baking time* allowed with this category. Snacks are commonly eaten between meals by those having higher energy needs (such as teens and children). Snacks should provide energy and enhance diet quality. Suggested dishes may include milk drinks and floats, fruit drinks, dips and dippers, fondues, custards, sandwiches, party foods and refreshments, appetizers, and nutritious no-bake cookies.

If there is a question regarding which category a food item belongs, the decision will be made by the County Extension Agent, 4-H'er and Leader.

**Resources:**  Contestants should be familiar with the information found in the consumer brochure, *"Finding Your Way to a Healthier You: Based on the Dietary Guidelines for Americans"* which is available at <http://www.healthierus.gov/dietaryguidelines/index.html>.

Information found at <http://mypyramid.gov/> provides important information about the MyPyramid.

Senior age contestants will find information (after September 1) about the 2010 4-H Food Show Guidelines located at [http://fcs.tamu.edu/food\\_and\\_nutrition/index.php](http://fcs.tamu.edu/food_and_nutrition/index.php) beneficial in preparing for competition.

**Recipes:** 4-H'ers are encouraged to select recipes that are relatively simple (i.e., less than 7 ingredients, 1 dish meals, etc.). A 1 hour and 15 minute oven time limit will be instituted for all recipes in the following three categories: Main Dish, Bread & Cereal and Fruit & Vegetable. No oven baking time which includes microwave baking, convection and toaster oven baking is allowed for entries in Nutritious Snacks. Also, no alcohol or alcohol-containing ingredients can be used.

**Registration:** Each county may allow one contestant from each age and food category to register for District competition. 4-H Connect instructions are attached. The Extension Agent will certify their qualifying contestants by 12 Noon, November 13th. Late or incomplete registrations will not be accepted.

**Record Forms:** The proper paperwork for each entry will be placed in a file folder with the following information in the top right-hand corner of the folder (as if you were looking at the folder in a file drawer):

**Name**

**County**

**Age Division**

**Food Category**

Two sets, which include a score card and record form (stapled together), will be submitted in the folder in the following colors:

**Junior – green**

**Intermediate – pink**

**Senior – white**

**Contest:** The entry dish must be prepared before arriving at the Food Show.

There will be **no public display of dishes** during the 2009-10 District 1

**Food Show:**

Trays for transporting the dishes to the judging rooms and food handler gloves will be provided to the 4-H'ers.

All contestants **must** check into the kitchen at their appointed times. 4-H'ers will prep their dishes as necessary for judging before being escorted to their judging rooms. Only warming ovens, chillers and 2 microwaves will be available.

Only 4-H'ers and Agents are allowed in the kitchen and judging hallways.

The competition dish, serving utensil wrapped in napkin, and food handler gloves are the only items that will be allowed on the tray during judging.

4-H'ers will introduce themselves and the name of the entry dish to the judges before being asked questions in the interview.

Interview questions are attached. 4-H'ers will be expected to tell judges the specific quantities from each of the food groups they need daily based on their age, sex and activity level.

Contestants are free to leave the contest facility after their interview is completed, but must return to the auditorium by 1:00 pm for the Awards Program.

**Judging Order:** The order below will be followed in assigning kitchen and judging times. If you need special accommodations, please contact Sue Owens at (806) 935-2594 to make your request.

1. Lipscomb
2. Potter
3. Randall
4. Oldham

5. Armstrong
6. Deaf Smith
7. Carson
8. Hartley
9. Moore
10. Gray
11. Donley
12. Hutchinson
13. Dallam
14. Briscoe
15. Roberts
16. Sherman
17. Hall
18. Hansford
19. Wheeler
20. Hemphill
21. Collingsworth
22. Ochiltree

**Food:** A concession stand, operated by the Bushland High School Booster Club, will be available for 4-H families and friends to purchase food items such as hamburgers, sausage wraps, nachos, and beverages. The concession will offer a meal deal of cheeseburger/hamburger, chips, candy bar/cookies, and a drink of their choice for \$6.00. Please encourage your 4-H families to support the concession. A complimentary meal ticket will be presented to each volunteer contest worker and judge.

**Awards:** An awards ceremony will take place in the Bushland High School Auditorium beginning at 1:15 pm. The top 4 winning individuals in junior and intermediate categories will receive a medal. First place seniors will receive a plaque; 2<sup>nd</sup>, 3<sup>rd</sup>, and 4<sup>th</sup> place seniors will receive a medal.

**State Roundup:** Only the top senior 4-H contestant will qualify for State 4-H Roundup in June 7- 12, 2010. In the event that the first place contestant elects not to go, the second place contestant will have the opportunity to participate. The 4-H'ers eligible to attend State 4-H Roundup are responsible for submitting their records to state by the April, 2010 deadline.

**Reference:** **Guidelines, Rules, and Regulations for 2010 State 4-H Food Show**

## **2009-2010 PANHANDLE I 4-H DISTRICT FOOD SHOW**

### **RESPONSIBILITIES**

**NOVEMBER 21, 2009**

| <b>ASSIGNMENT</b>  | <b>PERSON(S) RESPONSIBLE</b>   |
|--|--|
| Contest Managers and Agent Orientation   | Shonna Covin   |
| Program Cover & Contents <i>(confirm theme &amp; clip art by August 18<sup>th</sup> to Linda Bice)</i> | Megan Becking  |
| Food Show Set-Up:  | Committee  |
| Meal Plans   | Fri. Nov. 20th – 9:30 am District Office to set up.<br>Sue Church  |
| Registration of Contestants & Guests   | Katy Williams, Sue Owens, Brenda Gladney   |
| Publicity  | Susie Spurlock and Ryan Hoelscher  |
| Secretaries to Judges  | <b><u>Juniors</u></b> – Brandy Daugherty and Saunna Blacksher  |
| <i>(timers, door keepers, secure 4-H'ers, check items on contestant's tray)</i>                        | <b><u>Intermediates</u></b> - Leesa Wood Calvi and Rebekah Cathey  |
| Tabulators   | <b><u>Seniors</u></b> - MaryRuth Bishop, Peggy Winegarner<br><b><u>Juniors</u></b> – Molly Foreman and Amy Wagner  |
| Kitchen Hostesses  | <b><u>Intermediates</u></b> - Jeanene Montgomery<br><br><b><u>Seniors</u></b> - Joan Gray-Soria, Sandra Duke<br>Kay Rogers, Leicia Redwine, and Dawn Watson (Bring a few dish towels to help with cleanup) |
| Awards Program and Stage Set-Up  | Susie Spurlock<br><br><b><u>Announce Winners</u></b> –Foods Ambassadors  |
| Cleanup  | <b><u>Top Awards</u></b> –Joan Chandler<br><b>All Agents, 4-H'ers &amp; and leaders</b>  |
| Judging of Senior Records November 3 <sup>rd</sup> District Office                                     | F&N Committee, Sue Church, and Kristi Synatschk  |
| Hall Hostess   | Kristy Synatschk and Brenda Gladney  |
| Scorecard Runners  | Brenda Gladney and District 4-H Council representative   |
| Recipe Book Assembly   | Joan Gray-Soria  |
| Judge's Orientation  | Megan Becking  |

\*Responsibilities are subject to change due to number of participants, lack of attendance or if you have a team in a division that you have been assigned to judge. Please remember to be flexible.

# 2010 4-H Food Show Record Form

Name: \_\_\_\_\_ Age (as of Aug 31, 2009) \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_

County: \_\_\_\_\_ District: \_\_\_\_\_

Birthdate: \_\_\_\_\_ Years in 4-H: \_\_\_\_\_ Gender: \_\_\_\_\_

Food Category: \_\_\_\_\_ Years in project: \_\_\_\_\_

**Project Goals:**

(Attach separate sheet if necessary)

\*\*\*\*\*

**RECIPE**

**Leadership:**

**Community Service:**

**Knowledge & Skills Learned:**

**Project Activities:**

**Project Summary:**

I certify the above information to be 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: \_\_\_\_\_

## CHECK SHEET FOR RECIPE WRITTEN IN STANDARD FORM

(Also see example recipe following.)

I. Does Your Recipe Have All of These Parts?    Yes    No

a. Name of recipe

b. Complete list of ingredients

(Size cans, packages, cans, etc. given; example – 10 ounce box

chopped frozen spinach NOT spinach, box of spinach or frozen spinach)

c. Description for combining all ingredients

II. List of Ingredients

a. Ingredients are listed in order in which they are used

b. Ingredients listed as they are measured; the word describing is in the correct place. (Example - 1/4 cup chopped onion, not 1/4 cup onion, chopped; 1 green pepper, chopped, not 1 chopped green pepper)

c. Measurements given in common fractions (Example – 1/4 cup, 2/3 cup)

d. All measurements are spelled out

(Example – cup, teaspoon, tablespoon, 4-ounce can, etc.)

e. Avoid brand names. Include complete description of ingredients,

(Example - low-fat, packed in syrup, reduced fat, etc.)

III. Directions 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. Given the temperature and cooking time

f. Included the number of servings or how much the recipe would make

Janie Jo Johnson

Junior

Fruits & Vegetables

Home County

Example of Recipe **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

1 tablespoon lime juice

1-ounce can mandarin oranges, drained **(always include size)**

8-ounce can pineapple tidbits, drained

2 cups 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 whipped topping, thawed

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.

To make the 4-H Shamrock gelatin jigglers, dissolve the 3-ounce package lime gelatin in 1½ cups boiling water. Pour into shallow pan, 24x16x1 inches. Chill until set. Cookie cut the jiggle 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 tray for color variety. Yield: 8 ½ cup servings. **(Note number of servings is listed)**

## **Junior & Intermediate Interview Questions**

1. What are the MyPyramid food groups? How many ounces or cups do you need daily from each one based on your age, sex and activity level?
2. What are the key nutrients you would get from this recipe? Why do you need these nutrients? What could happen to the body if you do not eat these foods and their nutrients daily?
3. How did you prepare your dish?
4. What temperature would you safely store leftovers of your recipe?
5. What food safety steps did you take when shopping for ingredients and preparing your dish?
6. Did you have any leadership roles this year in your food project?
7. What community service projects did you participate in this year?
8. Have you changed any of your eating habits or tried new foods as a result of your Foods and Nutrition project?
9. What did you enjoy the most about your food project? What was the most interesting thing that you learned?

# JUNIOR & INTERMEDIATE SCORE CARD

FOOD ENTRY CLASS

NAME

COUNTY

NAME OF FOOD EXHIBITED

| A.The Exhibitor -85 points     | COMMENTS   | POSSIBLE  | ACTUAL     |
|--------------------------------|--|-----------|------------|
|                                |  | SCORE     | SCORE      |
|                                | Knows the food groups from the MyPyramid   | 10        |            |
|                                | Knows the number of ounces or cups exhibitor needs daily from each food group based upon age, sex, and activity level. | 10        |            |
|                                | Knows what nutrients are in the dish and what they contribute to the diet  | 20        |            |
|                                | Knows the steps in the preparation of the food   | 10        |            |
|                                | Food Safety (Knows related Food Safety Steps)  | 15        |            |
|                                | Communication and Presentation Skills, & Poise   | 10        |            |
|                                | Leadership   | 5         |            |
|                                | Community Service  | 5         |            |
| <b>Total for Part A</b>        |  | <b>85</b> |            |
| B.The Food Exhibited - 10 pts. |  | 10        |            |
|                                | Texture, temperature, color, aroma & appearance  | 5         |            |
| Record Complete - 5 pts        |  |           |            |
|                                | <b>TOTAL SCORE</b>   |           | <b>100</b> |

Revised 6/18/2007

## Senior Interview Questions

1. As a result of your enrollment in a food and nutrition project, what new foods have you added to your diet? What contribution has this change made to your diet?
2. What is the most critical step in preparing your recipe?
3. What major nutrients are supplied by your recipe and why are they needed by the body?
4. What is the most important ingredient in your recipe? Why?
5. Were there any special steps taken to retain and preserve nutrients in your recipe?
6. Are there any ingredients in your recipe that could be changed, such as amount, form, etc., without changing the quality of the finished product?
7. What are the food groups of MyPyramid and how many ounces or cups do you need daily based on your age, sex and activity level? What major nutrients are found in each group?
8. How would you categorize your dish in terms of its calorie content?
9. How much did it cost to make this recipe? What is the cost per serving?
10. How many servings does your recipe provide? How much is a serving?
11. What food safety steps did you take when shopping for ingredients and preparing your dish?
12. What steps did you take in handling and storing your ingredients and your dish to keep them safe to eat?
13. At this stage of your growth and development, do you feel that you need to limit calories for weight control and/or maintenance? Why?
14. What leadership roles have you taken in your project this year?
15. What community service projects have you participated in this year through your food project?

TEXAS AGRILIFE EXTENSION SERVICE

The Texas A&M University System

## 2010 4-H Senior Food Show Scorecard

Name \_\_\_\_\_

County \_\_\_\_\_ District \_\_\_\_\_

Category:  Main Dish  Fruit and Vegetable  Bread and Cereal  Nutritious Snacks

| Comments | Category   | Poor | Fair | Avg | Good | Exc |
|----------|--|------|------|-----|------|-----|
|          | <b>1. Interview and Contestant</b>                             |      |      |     |      |     |
|          | <b>Presentation (45 points)</b>                                | 1    | 2    | 3   | 4    | 5   |
|          | a. Experiences   | 1    | 2    | 3   | 4    | 5   |
|          | b. Knowledge gained  | 1    | 2    | 3   | 4    | 5   |
|          | c. Preparation principles                                      | 1    | 2    | 3   | 4    | 5   |
|          | d. Function of ingredients and<br>substitutions                | 1    | 2    | 3   | 4    | 5   |
|          | e. Nutrients & functions                                       | 1    | 2    | 3   | 4    | 5   |
|          | f. Dietary guidelines & relationship<br>with dish              | 1    | 2    | 3   | 4    | 5   |
|          | g. Calorie content & menu<br>considerations (nutrient density) | 1    | 2    | 3   | 4    | 5   |
|          | h. Food safety concerns  | 1    | 2    | 3   | 4    | 5   |
|          | i. Dietary/lifestyle choices                                   | 1    | 2    | 3   | 4    | 5   |
|          | <b>2. Communication Skills (15 points)</b>                     |      |      |     |      |     |
|          | a. Voice   | 1    | 2    | 3   | 4    | 5   |
|          | b. Poise   | 1    | 2    | 3   | 4    | 5   |
|          | c. Presentation organization                                   |      |      |     |      |     |
|          | <b>3. Food (10 points)</b>                                     |      |      |     |      |     |

|                             |   |   |   |   |   |
|-----------------------------|---|---|---|---|---|
| a. Appearance/appeal        | 1 | 2 | 3 | 4 | 5 |
| b. Quality                  | 1 | 2 | 3 | 4 | 5 |
| <b>4. Recipe (5 points)</b> | 1 | 2 | 3 | 4 | 5 |
| <b>5. Form (25 points)</b>  | 1 | 2 | 3 | 4 | 5 |
| a. Leadership               | 1 | 2 | 3 | 4 | 5 |
| b. Community service        | 1 | 2 | 3 | 4 | 5 |
| c. Knowledge & skills       |   |   |   |   |   |
| d. Project activities       |   |   |   |   |   |
| e. Goals & summary          |   |   |   |   |   |

points deducted      (20)      (40)      (60)      (80)      (100) Total Possible Score:      100      Penalty  
                                  \_\_\_\_\_      Score      \_\_\_\_\_

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## CONTEST POINTERS

The participant will come to the team of judges with the entry display. The 4-H'er will stand behind the display while the judges sit facing the participant across the table. Entry display will **only** consist of one to two servings of the entry serving dish and serving utensil wrapped in a napkin. **Only** edible garnishes are allowed. Remember, food handler gloves and cafeteria-style trays will be provided to participants. A copy of the contestant's recipe will be given to the judge. It will not be necessary for the contestant to carry an extra copy.

To begin the interview, each participant will introduce herself or himself to the judges with their name, county and the entry dish name. Following the introduction, **juniors** and **intermediates** will be asked most, if not all, of the questions found earlier in the food show packet. Their interview time will be six minutes.

Following their introduction, **seniors** will be allowed a maximum of three minutes to present information on any combination of the following topics. It will be an oral presentation with no handouts or visuals.

- ⇒ Project activities from current year's project
- ⇒ Special learning experiences from current year's project
- ⇒ Leadership activities from current year's project
- ⇒ Career options explored in current year's project
- ⇒ Dietary lifestyle choices explored in current year's project examples:
  - *new foods experienced*
  - *special diet information*
  - *special food needs*
  - *why the entry dish was selected*
  - *category selection - why you chose to submit your recipe in this category*

The judges interviewing seniors will have 8 minutes following the participant presentation to ask questions from the recommended list found previously in the packet for seniors. During the judges' questioning session, the participant should **only answer the question asked by the judges**.

Participants will serve the judges, but due to risk management issues, judges **will not** taste the dish. The committee recommends that 4-H'ers use proper food safety when handling food products, serving techniques (part of presentation skills & food safety). Be reminded that texture, temperature, color, aroma, & appearance will still be judged even though the judges won't taste the dish.

# INFORMATION SHEET ON FOOD SHOW INTERVIEW

## JUDGES

Please complete this information sheet on the people you have contacted from your county to help judge the District 1 4-H Food Show on Saturday, November 21, 2009.

Please check to see that they are available before submitting their names.

**Each county must submit at least two names for judges!**

**Return this form by November 12th, 2009 to:**

*Megan K. Becking  
401 Denrock  
Dalhart, Texas 79022*

County:

Daytime Phone:

Evening Phone:

Cell Phone:

Name of Judge:

Mailing Address of Judge:

Experience in area of Foods, Nutrition, 4-H, Etc.

- Prefer to judge what division and category (if any)?
- Prefer not to judge what division and category?
- No Preference