



Wise County 4-H Food Show 2021



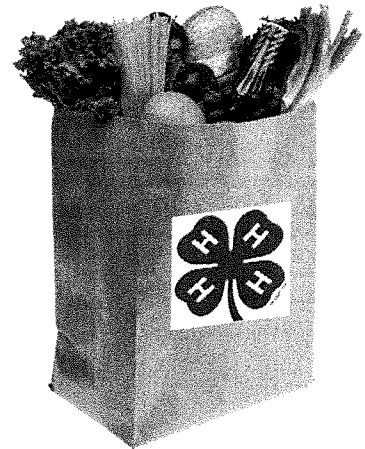
Intermediate Entry Form & Information

*6th, 7th and 8th grade
as of August 31, 2021*



Contents:

- * Entry Form
- * Recipe Submission Checklist
- * Sample Score Card
- * Recommended Presentation Ideas
- * Interview & Contestant Presentation Guidelines



2021 WISE COUNTY 4-H FOOD SHOW

Entry Form Due: Monday, October 25, 2021 to Extension office

Name:		Age (as of August 31, 2021):			
Address:		City:		Phone:	
4-H Club:	Food Category Circle One				
Birth date:	Appetizer	Main Dish	Side Dish	Healthy Dessert	
Years in 4-H:	Age Division:				
Years in Project:	Circle One	Clover Kids Age 5-8	Junior 3 rd - 5 th	Intermediate 6 th - 8 th	Senior 9 th - 12 th
Exhibit Entry Title:			News Article Title:		
INTERMEDIATES AND SENIORS ONLY –SKILL SHOWCASE					
Circle the skill you are demonstrating to the judges. Just choose one.					
Measure:	Flour	Water	Oil	Baking Powder	
Knife Safety:	Slice Bread		Dice, Chop or Julienne a Vegetable		
Gadget:	Vegetable Peeler	Zester	Juicer	Apple Slicer	Edible, Decorative Garnish

Recipe

Please type (if possible) using 10 or 12 point font
Please email recipes to lwashburn@ag.tamu.edu



WISE COUNTY 2021 4-H FOOD SHOW 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.

- **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.

Recipe: When selecting a recipe, please remember:

- Recipes should be written in the standard recipe format using the included Recipe Submission Checklist as a guide.
- No alcohol or alcohol-containing ingredients can be used

RECIPE SUBMISSION CHECKLIST

Recipes for Texas 4-H Food Show should adhere to the guidelines below. Please use this checklist to ensure recipes are correctly written.

	YES	NO
DOES YOUR RECIPE HAVE ALL OF THESE PARTS?		
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	_____	_____

RECIPE EXAMPLE

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	
½ teaspoon lime juice	
6-ounce can mandarin oranges, drained	(always include size)
8-ounce can pineapple tidbits, drained	
2 cups green 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 low-fat whipped Topping, thawed	
3-ounce package lime gelatin	(indicate low-fat, fat-free, etc.)
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.

In order to make the 4-H Shamrock gelatin jigglers, dissolve the 3-ounce package lime gelatin in 1 ½ 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 try for color variety. Yield 8 ½ cup servings. (Note number of servings is listed.)

2021 Wise County 4-H Food Show

SCORECARD

Intermediate Division

Entry Class _____ Protein _____ Fruit/Vegetable
(Check One) _____ Grains _____ Dairy

Name _____

Judges Initials: _____

Name of Dish _____

Years in Food Show: _____

FACTORS TO CONSIDER

Comments

Excellent

Fair

Needs

Improvement

(5%) **Introduction/Presentation**

Each contestant will start with a maximum two-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 & Nutrition Project.

(45%) **Score for the food** – nutrition, texture, appearance of food only, etc.

Preparation – How the dish was made?
(This includes food safety concerns and science based information.

Recipe – Can you make substitution(s) for any ingredient(s)

(45%) **MyPlate**

Discuss the dietary guidelines

What are the main nutrients in your dish?

How much of your recipe is considered a serving?

(5%) **Effectiveness of Communication** – Voice, eye contact, poise in answering questions

What did you learn in your food project? Did you participate in any other food & nutrition activities in addition to the food show?

ADDITIONAL COMMENTS

Recommended Presentation Ideas & Interview Questions

Wise County 4-H Food Show

Intermediate Division

1. Why did you choose this recipe?
Example - nutrition, texture, taste, temperature, color, flavor, appearance, etc.
2. How did you make your dish? What new methods of food preparation did you learn in your project this year? (Methods of food preparation are skills used in cooking and/or knowledge needed to successfully prepare a recipe. Example: kneading bread is a skill; why it is necessary to knead the bread is the knowledge.)
3. Tell us about your recipe. What are the purposes of the major ingredients? (An ingredient is a food, spice, etc.)
4. Discuss MyPlate & the Dietary Guidelines for Americans 2010 Executive Summary.
5. What are the main nutrients of your dish/recipe? How do these main nutrients function in the body? (Nutrients are one of the following: carbohydrates, fats, mineral, proteins, and vitamins.)
6. What is the number of servings in your dish/recipe? What is the cost per serving? How much of your recipe is considered a serving?
7. What leadership and community service activities did you participate in this year.