



Wise County 4-H Food Show 2021



Junior Entry Form & Information



*8 and in the 3rd, 4th & 5th 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: Clover Kids Junior Intermediate Senior				
Years in Project:	Circle One	Age 5-8	3 rd - 5 th	6 th - 8 th	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	(indicate low-fat, fat-free, etc.)
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.

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 jiggler 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

Junior 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 <u>two minute presentation</u> 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 and Nutrition Project.		_____	_____	_____
(45%) Score for the food – nutrition, texture, appearance of food only, etc. <u>Preparation</u> – How the dish was made? (This includes food safety concerns)		_____	_____	_____
<u>Recipe</u> – Can you make substitution(s) For any ingredient(s)		_____	_____	_____
(45%) MyPlate – Describe MyPlate		_____	_____	_____
(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 2021

Junior Division

1. Why did you choose this recipe?
Example - nutrition, texture, taste, temperature, color, flavor, appearance, etc.
2. How did you make your dish?
3. Tell us about your recipe. What is the purpose of the major ingredients? (An ingredient is a food, spice, etc.) Can you make substitutions for any of your ingredients?
4. List the food groups and the amounts needed related MyPlate.
5. What are the main nutrients of your dish? (Nutrients are one of the following: carbohydrates, fats, minerals, proteins, and vitamins.)
6. How much of your recipe is considered a serving?
7. What community service activities did you participate in this year
8. What did you learn as a result of your food project?

Interview and Contestant Presentation Guidelines

Entry Display

4-H members will carry a single serving of their recipe to the judging table. 4-H'ers will display their food at the judging table. Entry display may only consist of serving dish and the serving utensils. Please note: If participants will be transferring their single serving for interview from a hot dish to their serving plate, they should bring an oven safe mitt, pot holder, or trivet to place the hot dish on to prevent melting the plastic table cover.

Interview

Five Minute Presentation

Each contestant will start with a maximum five-minute 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.

Four Minute Interview

Judges will have the opportunity for a four-minute interview asking questions applicable to the 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.

Serving

At the conclusion of the question and answer period you will have one minute to serve the judges. This will allow them to visually evaluate the dish you have prepared. Contestants are encouraged to practice proper food handling techniques when presenting food to judges.

The judges WILL NOT taste the food. They will be judging the texture and the appearance of the entry.