

State 4-H Food Show

Guidelines, Rules and

Regulations 2009



Contents

Qualifying for the 2009 State 4-H Food Show

Objectives	2
Eligibility Requirements	2
Membership	2
Senior Division	2
Alternates	2
Certification	2
Entry Categories	4
Main Dish	4
Fruit and Vegetable	5
Bread and Cereal	5
Nutritious Snacks	5

Competing in the 2009 State 4-H Food Show During State 4-H Roundup

Food Preparation	5
Judging Area	6
District Judging Order	6
Presenting the Dish to be Judged	7
Judging Criteria	7

Scholarship Information

Scholarship Conditions	8
------------------------	---

Schedules

Judging Schedule	9
Activity Schedule	10

Forms, Form Guidelines, Instructions and Examples

2009 Texas State 4-H Food Show Personal Information Page and Certification Form	12
2009 Texas State 4-H Food Show Record	13
2009 Texas State 4-h Food Show Record Form and Guidelines	15
Check Sheet for Recipe Written in Standard Form	16
Example Recipe	17
2009 4-H Food Show Scorecard	18
Interview and Contestant Guidelines, Judging and Scoring the State 4-H Food Show	19

2009 State 4-H Food Show

QUALIFYING FOR THE STATE 4-H FOOD SHOW

Objectives

In addition to those included in the 4-H Opportunities Handbook the objectives for the State 4-H Food Show are:

To promote a sound image of the 4-H Food and Nutrition Program, both within the Texas AgriLife Extension and throughout the state.

To provide senior 4-H members an opportunity for additional learning experiences; and

To provide senior 4-H members an opportunity to be recognized for their achievements in the 4-H Food and Nutrition Program

Eligibility Requirements

Membership

A contestant must be enrolled and actively participating as a 4-H member. The 4-H member must also be actively participating in a county 4-H food and nutrition educational program.

Senior Division

Participants must have passed their 14th but not their 19th birthday before August 31, 2008. Participants must have been born during the period beginning September 1, 1989 and ending August 31, 1994. **4-H'ers who have won first place in any category, in any year, at the State 4-H Food Show are ineligible to participate in any category at State Food Show.**

Alternates

An alternate *cannot* participate in the State Food Show unless the contest superintendent is notified prior to Roundup Registration closing. It is imperative that the contest superintendent be notified as soon as possible in order to make program and other changes.

Certification

Each 4-H'er must be certified by his or her District Extension Administrator or District 4-H Specialist as the top-scoring individual in one of the four entry categories in the Senior Division of the District 4-H Food Show and that the 4-H'er has not previously won a category at State Food Show. Use the ***2009 Texas 4-H Food Show Personal Information Page and Certification Form*** on page 12.

Recipe

4-H contestants must enter the same recipe entry that they qualified with at the District level.

After the district competition is completed, the county Extension agent should submit (through the district office) to the AgriLife Extension Nutrition Office, on or before April 20, 2009, the following in **three folders, each labeled with the contestant name, category and district**:

1. **2009 Texas State 4-H Food Show Personal Information Page and Certification Form.** Send the original form, along with two copies. (Form available later in document.)
2. **2009 Texas State 4-H Food Show Record Form.** Send the original copy of the form, along with two copies, available in this guide. Hard copies of the form will be returned to the contestant, however, it is recommended that a photocopy be made and retained by the contestant. The record should cover one year's 4-H work from State 4-H Food Show to next year's Food Show. The document, **2009 Texas 4-H Food Show Record Form Guidelines** may offer guidance in completing the **Record Form**.
3. **Contestant Entry Recipe.** There is a section on the **2009 Texas State 4-H Food Show Record Form** to use in submitting the printed entry recipe for the State Food Show. Recipes should be written according to the **Check Sheet for Recipe Written in Standard Form**. (Also see example of recipe written in correct form along with Check Sheet.)
4. **2009 4-H Food Show Scorecard.** Contestant's information completed in the top section only. Send original, along with two copies.

Note: Double check to make sure that all parties, agent, District Extension Administrator or District 4-H Specialist, 4-H'er, leader, and parent or guardian, **have signed** each form.

Additional Guidelines and HELP documents:

1. Texas 4-H Food Show Record Form Guidelines – page 15
2. Check Sheet for Recipe Written in Standard Form and Example Recipe – page 16
3. Interview and Contestant Presentation Guidelines – page 19
4. Judging and Scoring the 4-H Food Show – page 19

Do not send these materials to the State 4-H Office. Mail them to:

Robin See
Administrative Assistant
220 Kleberg Center
2253 TAMU
College Station, TX 77843-2253
979-847-9227

E-mail recipes to robin-see@tamu.edu Materials must be in the AgriLife Extension Nutrition Office no later than **Friday, May 1, 2009.**

Entry Categories

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.

Sometimes a decision needs to be made concerning into which category a specific recipe/dish should be entered. It is suggested that the decision reside with the county Extension agent, 4-H'er and leader.

It is strongly urged that 4-H'ers choose recipes that are relatively simple (i.e. less than 7 ingredients, 1 dish meals, etc.) Once again, a 1 hour and 15 minute oven baking time limit will be instituted for all recipes in the three categories of Main Dish, Bread and Cereal and Fruit and Vegetable. Preparation Center Supervisors will monitor this. No oven time will be available for foods entered in the Nutritious Snacks category (this includes microwave, convection and toaster oven.) There are 12 district contestants in each food preparation lab and oven time and space are limited. Courtesy is encouraged.

Preparation Centers will be open from 8:00 a.m. to 4:30 p.m. (or until interviews are completed) on Thursday, June 11, 2009. Contestants should have dishes ready by the scheduled interview time, keeping in mind lab and oven space is limited. Contestant presentations and interviews are scheduled from 1:00 to 4:20 p.m.

Encourage contestants to select recipes that follow sound dietary practices. A healthy diet is described in the consumer brochure especially the section on food safety. **Finding Your Way to a Healthier You: Based on the Dietary Guidelines for Americans.** 4-H participants should be familiar with the information contained in this brochure. The consumer brochure is available at <http://www.cnpp.usda.gov/Publications/DietaryGuidelines/2005/2005DGConsumerBrochure.pdf>

Contestants should also be familiar with the information contained in the 2 page handout, **MyPyramid: Mini Poster.** The handout is available at <http://www.mypyramid.gov/downloads/MiniPoster.pdf>

Many recipes can be entered in more than one category. Examples are salad bread bowl, broccoli cheese casserole, vegetable soup, and macaroni and cheese. Participants may have to explain their recipe category if asked by a judge. Participants should consult with their county Extension agent or 4-H Leader when selecting recipe category.

1. Main Dish Category

Foods classified as main dishes usually contain a meat or meat alternate such as cheese, eggs, dry beans or peas, or peanut butter. They may also contain other foods. Dishes to enter in this category may include: beef, veal, pork, variety meats, poultry, eggs, fish and shellfish, dry beans, casseroles, meat loaves, meat, poultry, fish pies, souffles, omelets, meat salads, sandwiches, dry peas, soybeans, soups and chowders.

2. **Fruit and Vegetable Category**

Side dishes are foods that are usually served along with a main dish or as accompaniments to the main course. These are usually fruit or vegetable dishes. Suggested dishes to enter in this category may include: salads, cooked vegetables, cooked fruits, relish tray, vegetable casseroles, fruit platters and combination vegetable dishes.

3. **Bread And Cereal Category**

Suggested dishes to enter in this category may include: quick breads, yeast breads, hot roll or bread mixes, rice dishes and pastas.

4. **Nutritious Snacks Category (no oven time)**

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 to enter in this category may include: milk drinks and floats, fruit drinks, dips and dippers, fondues, custards, sandwiches, party foods and refreshments, appetizers, and nutritious no-bake cookies.

Ingredients

- ❖ When choosing a dish, please remind contestants to keep in mind what ingredients will be available in College Station in June.
- ❖ No alcohol or alcohol-containing ingredients can be use.

COMPETING IN THE STATE 4-H FOOD SHOW

Food Preparation

1. **ALL Food entered in the Food Show must be prepared in the assigned kitchens at the Preparation Centers.** Contestants cannot be permitted in the preparation areas before or after the specified times. Ingredient measuring and preparation (i.e. chopping of onions) must be performed in the preparation center as indicated by the recipe.
2. Contestants will be penalized for up to .5 points for either (a) remaining in the preparation centers beyond the specified times and/or using more than the specified oven baking times permitted, (b) entering foods that were not prepared in the designated kitchens or (c) not cleaning up adequately after preparation. Deduction points will be determined by the Site Supervisor.
3. Contestants are encouraged to wear clothing consistent with professional and safe food handling practices.
4. Contestants must prepare their own dishes. Foods that are not part of the contestant's entry cannot be prepared in the Preparation Centers.

5. There are 12 contestants who must share limited number of work surfaces, sinks, stoves and refrigerators. Therefore, should an unforeseen mishap occur and a student can remake their recipe within their allotted time and work space. The Site Supervisor will determine if they can remake their recipe.
6. The Preparation Centers will be open at 8:00 a.m. on Thursday and close at 4:30 p.m. All supplies have to be out of the center by 4:30 p.m. when the contestant presentations and interviews are completed.
7. Only contestants are permitted in the Preparation Centers. Others must remain outside at all times. Contestants can be assisted with transporting boxes from parking lots to the kitchen door.
8. Only ranges, refrigerators, ovens, food freezers, work tables and counter tops are available for contestants to use in preparing their recipes. Microwaves may not be available. Special equipment or appliances must be provided by the contestant. Contestants who will be using an oven in the preparation of their dish in the allowed categories are encouraged to bring an oven thermometer for use in the oven at the Center. Oven temperatures vary widely, so it is a good idea for contestant to use a thermometer at home when preparing their recipes to determine the temperature that is most appropriate.
9. Contestants must provide cutlery, cutting boards, cleaning supplies, dish towels, paper towels, pot holders, ingredients for recipe and any appliances not listed above.
10. Contestants must *check-in* and *check-out* upon entry and exit of the Preparation Centers. Contestants who have oven baking times must schedule baking times with the Preparation Supervisor in the prep labs. The Supervisor at each center will also be available to answer questions and provide assistance.
11. Centers must be left clean and orderly. One-half point will be deducted from the final contest score of participants who do not leave areas clean. Preparation Center Supervisors will monitor this.
12. Contestants may change their clothes prior to their scheduled interview if they choose.
13. Contestants are encouraged to use safe food handling practices when serving judges.

Judging Areas

Contestants will be interviewed in a room near the kitchen. The Preparation Center Supervisor will inform each contestant when and where to take his/her dish to be judged. The order in which each district will be judged has been randomly selected; see the schedule on page 9.

Presenting the Dish To Be Judged

The contestant's dish will be presented in a serving dish, or if appropriate, the dish in which the food was cooked or baked. In some instances, it is not necessary to present the entire recipe. For example, if a recipe makes two loaves of bread, only one loaf needs to be presented for judging. Serve judges only a small portion of food. Serving of the entry dishes will occur during the contestant's interview time. Serving trays will be provided by the Preparation Center Supervisor if needed.

Contestants are encouraged to practice proper food handling techniques when presenting to the judges.

Fancy or elaborate placemats, linens, centerpieces, candles, etc., are not to be included with the dish as it is presented for judging interviews. Contestants should use only serving dishes and utensils appropriate and necessary to present and serve the dish to be judged. Agents and leaders are encouraged to use discretion regarding this manner when counseling 4-H'ers for the state show.

Dishes that are displayed during the public viewing and the Awards Ceremony can be more elaborately presented. However, large table cloths, silver trays, etc., are not appropriate, since each contestant will be allowed a space that is only about 24 inches wide and 18 inches deep.

Judging Criteria

Contestants will be judged according to the criteria listed on the revised **2009 4-H Food Show Scorecard**. Judges will use the contestant's recipe (as originally submitted) as a reference during the interview. The recipe's correctness upon submission will be judged as part of the recipe section of Part 2 of the scorecard.

SCHOLARSHIP INFORMATION FOR CATEGORY WINNERS

Scholarship Conditions

- Scholarships are pending donor participation.
- Scholarships will be paid in full upon registration in a college or university.
- County Extension Agents should make requests for the scholarship through the State 4-H Office
- Payment will be made to the dean of admissions of the college or university wherein enrolled.
- Scholarship will *not* be paid if member fails to enter a college or university.
- At the time the scholarship recipient is chosen, an equal number of alternates will be selected on a descending scale. If, for any reason, the recipient of the scholarship does not use the grant, it shall be offered to the first alternate.
- Contact the 4-H office for details concerning the use of scholarship funds. The address is:

Texas 4-H Foundation
7607 Eastmark, Suite 101
2473 TAMU
College Station, TX 77843-2473

STATE 4-H FOOD JUDGING SCHEDULE

June 11, 2009



District Contestant Judging Time

10	1:00 – 1:15
8	1:15 – 1:30
12	1:30 – 1:45
11	1:45 – 2:00
5	2:00 – 2:15
7	2:15 – 2:30

BREAK

6	2:35 – 2:50
3	2:50 – 3:05
4	3:05 – 3:20
1	3:20 – 3:35
2	3:35 – 3:50
9	3:50 – 4:05

Note: Judges will interview contestants in 15 minute intervals — 3 minutes for presentation and 8 minutes interview by judges and serving of dish, 4 minutes between contestants.

4:30 – 5:30	Dinner and Travel Break
5:30 – 6:00	Instructions and rehearsal for Awards Program, location to be announced
6:00 – 6:30	Awards Program

****Scheduled interview times cannot be changed.**

State 4-H Food Show
Activity Schedule
June 10 – 11, 2009

Wednesday, June 10

4:30 – 5:30 p.m.
(tentative) Registration and Orientation for Food Show

Thursday, June 11

8:00 a.m. Preparation Labs Open

8:00 a.m. – 4:30 p.m. Preparation in Labs (until last contestant is finished)

8:00 a.m. – 11:30 a.m. Judging of 4-H Records (Judges)

Lunch Break as Appropriate

1:00 p.m. – 4:05 p.m. Judging Interviews

4:30 p.m. – 5:30 p.m. Dinner and Travel Break

5:30 p.m. – 6:00 p.m. Instructions and rehearsal for Awards Program

6:00 p.m. Awards Program

FORMS REQUIRED FOR 2009 STATE 4-H FOOD SHOW Forms Required: (*Three manilla file folders, labeled with contestant's name, district and category, must be sent in. One folder should contain a complete set of the originals. The other two folders should each contain a complete set of photocopies of the original forms.*) ½ point will be deducted for incomplete or incorrect paper work.

1. **2009 Texas State 4-H Food Show Personal Information Page and Certification Form.**
Send the original form, along with two copies.
2. **2009 Texas State 4-H Food Show Record Form.** Send the original copy of the form, along with two copies, available in this guide. Hard copies of the form will be returned to the contestant, however, it is recommended that a photocopy be made and retained by the contestant. The record should cover one year's 4-H work for State 4-H Food Show to next year's Food Show. The document, **2009 Texas 4-H Food Show Record Form Guidelines** may offer guidance in completing the **Record Form**. Please make sure to complete this year's form, and fill out all sections, including gender.
3. **Contestant Entry Recipe.** (1) There is a section on the **2009 Texas State 4-H Food Show Record Form** to use in submitting the printed entry recipe for the State Food Show. Recipes should be written according to the **Check Sheet for Recipe Written in Standard Form**. (Also see example of recipe written in correct form along with Check Sheet.) **Also please email a 3 or 4 sentence bio and recipe in Microsoft Word to Robin See at robin-see@tamu.edu. For example the bio can include how long they have been in 4-H, how long in the Food & Nutrition Program, 2 or 3 major accomplishments during the contestants current 4-H year.**
4. **2009 State Food Show Scorecard.** Contestant's information completed in the top section only. Send original, along with two copies. **Please make sure to submit the current scorecard included in these guidelines!**

Note: Double check to make sure that all parties, agent, District Extension Administrator or District 4-H Specialist, 4-H'er, leader, and parent and guardian, has signed each form and that the recipe adheres to the **Check Sheet for Recipe Written in Standard Form**.

Additional Guidelines and HELP documents.

1. Texas 4-H Food Show Record Form Guidelines
2. Check Sheet for Recipe Written in Standard Form and Example Recipe
3. Interview and Contestant Presentation Guidelines
4. Judging and Scoring the 4-H Food Show

Do not send these materials to the State 4-H Office. Mail them to:

Robin See
Administrative Assistant
220 Kleberg Center
2253 TAMU
College Station, TX 77843-2253

Materials must be in the Extension Nutrition Office no later than **Friday, May 1, 2009.**

**2009 Texas State 4-H Food Show Record Form
SENIOR**

Name: _____ Age (as of Aug 31st, 2008) _____

Address: _____

County: _____ District: _____

Birth date: _____ 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: _____

FORM GUIDELINES, INSTRUCTIONS AND EXAMPLES

2009 Texas 4-H Food Show Record Form Guidelines

The following guidelines are designed to help 4-H'ers better understand and utilize the State Food Show Record Form. Please read and consider each one carefully as **0.5 points will be deducted from total score for incorrect submissions.**

1. Type size and font must be legible and easily read.
2. No additional lines or pages may be added.
3. No written menu is required.
4. The project form is worth 25% of your overall score.
5. Do not leave any blanks this information is necessary for participation.
6. Age of a 2009 Food Show participant is determined by age as of August 31, 2008.
7. For "years in 4-H" and "years in project", include the current year.
8. The state foods & nutrition project year for the State Food Show runs from State Food Show to State Food Show.
9. **Project Goals:** may be listed or in paragraph form, but must fit within the allotted space. Goals are things that you had hoped to learn or accomplish at the beginning of the project year. A goal may also be ongoing for one or more years. **There is no set number of goals required.**
10. **Recipe:** include the complete recipe for your dish, including any substitutions or variations, as well as preparation procedures and the number of servings. Please refer to the sample recipe and check sheet for detailed instructions on how to submit recipe.
11. **Leadership** is worth 5 points of your total score. List volunteer, elected/appointed and promotional leadership experiences in Foods & Nutrition in the current project year.
12. **Community Service** is worth 5 points of your total score. List any community service experience in Food & Nutrition for the current project year. **Note:** this section should not contain activities already listed under leadership.
13. **Knowledge and Skills Learned** is worth 5 points of your total score. Summarize what you have learned in Foods & Nutrition in the current project year. Points for overall of the project record, including recipe, will be accounted for in this category.
14. **Project Activities** is worth 5 points of your total score. List Foods and Nutrition activities for the current project year, such as contests, workshops, project meetings, etc. Do **not** include activities already reported under community service and leadership.
15. **Project Goals & Summary** is worth 5 point of your total score. Compose a brief and concise summary of your Foods & Nutrition project within the current year. Numbers may be helpful and you might want to include how you met your goals. This summary is limited to the space provided.
16. Sign and date your form. This is a contract and your signature certifies that the information shown is true and completed in the current project year.

**CHECK SHEET FOR RECIPE WRITTEN IN STANDARD FORM
(Also see example recipe following.)**

	Yes	No
I. Does Your Recipe Have All of These Part?		
a. Name of Recipe	_____	_____
b. Complete list of ingredients Size cans, packages, cans, etc. given EX: 10 oz 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, i.e. the word describing is in the correct place. EX: ¼ cup chopped onion, not ¼ cup onion chopped. EX: 1 green pepper, chopped, not 1 chopped green pepper	_____	_____
c. Measurements given in common fractions i.e. ¼ cup, 2 tablespoons, 1 teaspoon	_____	_____
d. All measurements are spelled out, not abbreviated. EX: cup, teaspoon, tablespoon, size can, etc. (i.e. 4-ounce can)	_____	_____
e. Avoid brand names. Include complete description of ingredients, i.e. 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. Give temperature and cooking time	_____	_____
f. Included the number of serving or how Much the recipe would make	_____	_____

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	
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 pecan	(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.

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)**

TEXAS AGRILIFE EXTENSION
The Texas A&M System
2009 4-H Food Show Scorecard

Name _____

County _____ District _____

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

Comments	Category	Poor	Fair	Avg	Good	Exc
	1. Form (25 points)					
	a. Leadership	1	2	3	4	5
	b. Community service	1	2	3	4	5
	c. Knowledge & skills	1	2	3	4	5
	d. Project activities	1	2	3	4	5
	e. Goals & summary	1	2	3	4	5
	2. Recipe (5 points)	1	2	3	4	5
	3. Communication Skills (15 points)					
	a. Voice	1	2	3	4	5
	b. Poise	1	2	3	4	5
	c. Presentation	1	2	3	4	5
	4. Interview (45 points)					
	a. Experiences	1	2	3	4	5
	b. Knowledge gained	1	2	3	4	5
	c. Preparation principles	1	2	3	4	5
	d. Ingredient	1	2	3	4	5
	e. Nutrients	1	2	3	4	5
	f. Dietary guidelines My Pyramid	1	2	3	4	5
	g. Calorie & serving sizes	1	2	3	4	5
	h. Food safety	1	2	3	4	5
	i. Dietary/lifestyle choices	1	2	3	4	5
	5. Food (10 points)					
	a. Appearance/appeal	1	2	3	4	5
	b. Quality	1	2	3	4	5

(20) (40) (60) (80) (100)
Penalty points deducted _____

Score _____

Educational programs conducted by Texas AgriLife Extension are open to all people without regard to race, color, sex, disability, religion, age or national origin.
The Texas A&M System, U.S. Department of Agriculture, and the County Courts of Texas Cooperating

- A. Leadership.** Leadership means taking the lead in giving direction, planning and organizing. Effective leadership depends on help and assistance from others, but helping is a supportive role, not leadership. Examples include conducting a meeting or giving a demonstration or talk.
- B. Community Service.** This is what the participant as an individual or with a group performs to help the community. Community service is for an audience that is not 4-H and that is not the family of the contestant.
- C. Knowledge and skills.** Specific skills or items learned by the contestant during this project. The written recipe evaluation will be counted in this category.
- D. Project activities.** Includes the six learning experiences that explain how the knowledge and skills were gained. It might include demonstrations, tours, internet, project meetings, exhibits, experiments, workshops, self study, research, reading, etc.
- E. Goals and summary.** This section explains how and/or why goals were selected and what implications this has for the future.

2. RECIPE

The recipe category will account for the contestant's ability to correctly write a recipe in the format given in this guide.

Comments	Category	Poor	Fair	Avg	Good	Exc
	2. Recipe (5 points)	1	2	3	4	5

3. COMMUNICATION SKILLS

Communicating is ability to exchange information effectively and will score voice, poise and presentation organization in Section 3.

Comments	Category	Poor	Fair	Avg	Good	Exc
	3. Communication Skills (15 points)					
	a. Voice	1	2	3	4	5
	c. Poise	1	2	3	4	5
	d. Presentation	1	2	3	4	5

A. Voice. Vocal diction, inflection, tone and expressions of participants. Contestant speaks clearly and in the tone that can be heard and understood.

B. Poise. Eye contact, posture, gestures and self-confidence of participants. Participant makes good eye contact, has good posture and no distracting mannerisms.

C. Presentation organization. Methodical, organized way of presenting and information in the three-minute presentation and in organizing answers to the questions. Presentation should show planning and follow a logical order

4. INTERVIEW

This section will score knowledge gathered from the three-minute presentation required of each participant as well as from questions judges will ask each contestant following their presentation.

The participant will come to the team of judges with the entry display. The 4-H'er may stand or sit behind the display while the judges sit facing the participant across the table. Entry display may **only** consist of the entry serving dish, serving utensil and napkin for serving utensil. **Only** edible garnishes are allowed. Cafeteria-style trays will be provided to carry the dish to the judges.

To start the interview, each participant will introduce herself or himself to the judges with their name and the entry dish name. Following the introduction, each participant is 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 did you choose to submit your recipe in this category?

The judging team will have 8 minutes following the participant presentation to address topics listed below as well as topics listed above that were not addressed by the participant. During the judges' questioning session, the participant should **only answer the question asked by the judges.**

- Preparation principle(s) or critical step (s) in preparation of entry dish
- Function of ingredients (s) in entry dish
- Substitutions for ingredient (s) in entry dish
- Nutrients and nutrient functions as they relate to the food groups and entry dish
- Relationship of the entry dish to Dietary Guidelines as explained in the consumer brochure, *Finding Your Way to a Healthier You*
- Approximate calorie content and cost for a serving of the entry dish

- Food safety concerns during the purchasing, preparing, serving and storing of the entry dish
- Menu ideas to complement the entry dish

This section evaluates information on the participants' Texas State 4-H Food Show Record Form. The explanation of each item scored follows.

Comments	Category	Poor	Fair	Avg	Good	Exc
	4. Interview (45 points)					
	a. Experience	1	2	3	4	5
	b. Knowledge gained	1	2	3	4	5
	c. Preparation principles	1	2	3	4	5
	d. Ingredients	1	2	3	4	5
	e. Nutrients	1	2	3	4	5
	f. Dietary guidelines My Pyramid	1	2	3	4	5
	g. Calories & serving size	1	2	3	4	5
	h. Food safety	1	2	3	4	5
	i. Dietary/lifestyle choices	1	2	3	4	5

A. Experiences. Project activities, special learning experiences/opportunities, leadership activities, and career exploration—this is the how and why of project.

B. Knowledge Gained. How were the skills and knowledge acquired used and how will they affect the future.

C. Preparation principles. Explanation of the critical steps in the preparation of the dish (i.e. cooking items, proper measurements, correct method of cooking a particular food)

D. Ingredients. Importance of ingredients and their effects on the outcome of the recipe, modifications that can be made in recipe and the outcomes.

E. Nutrients. Key nutrients (vitamins, minerals, protein, carbohydrates, fat, fiber) in the dish and their function in the diet.

F. Dietary guidelines My Pyramid. How does the recipe relate to the dietary guidelines as explained in the consume brochure, *Finding Your Way to a Healthier You* and the *MyPyramid* Mini Poster.

G. Calorie & serving sizes. The nutrient value of a serving of food relative to the number of calories it contains.

H. Food Safety. Concerns during the purchase of ingredients and the preparation, serving and storage of entry dish to protect against cross contamination and food borne illness.

I. Dietary/lifestyle changes. New food experiences, special food needs, special diet information and why the entry dish was selected. 4-H participants should be able to describe a meal menu containing their entry.

5. FOOD

This section focuses on the food that is being exhibited by participant. Contestant will present the entry dish to the judges following the three-minute presentation. After the interview, the participant will remove the display from the judging area.

This following explains the items scored in Section 5.

Comments	Category	Poor	Fair	Avg	Good	Exc
	5. Food (10 points)					
	a. Appearance/appeal	1	2	3	4	5
	b. Quality	1	2	3	4	5

6. PENALTY POINTS of ½ point for the following:

- Failure to prepare all food in site during allotted time
- Failure to clean area after completing dish
- Failure to submit correct and complete paperwork

7. SCORING

Score the contestant on each of the points on the scorecard. Add the scores and write the total in the blank labeled “score”. Make sure every section is scored and that the total is correct. The judging supervisor will confer with site supervisor concerning cleanliness of preparation site; and with the contest superintendent regarding correct entry.

8. COMMENTS

In the left section of the scorecard is the place for constructive comments. Use this space to point out good features and suggest improvements to be made. Judges’ scores are removed after the scores are tabulated but the comments are sent to the contestants to help them learn as much as possible from their Food Show experience.