



Dallas County Food Show

2017-2018

Rules & Guidelines

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

2. Age Divisions. Age divisions are determined by a participant's grade as of August 31, 2017 as follows:

<u>Division</u>	<u>Grades</u>	
Junior	3*, 4, or 5	*Must be at least 8 years old
Intermediate	6, 7, or 8	
Senior	9, 10, 11, or 12*	*Must not be older than 18 years old

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. All four food categories may use ovens during food preparation. However, oven time is limited to 75 minutes in all categories.

a. 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. Example: Dishes that contain meat or meat alternatives such as eggs, dry beans, peas, or peanut butter.

b. 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. Example: Dishes that accompany a main dish (salads, relish trays, cooked fruits and vegetables.)

c. 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. Example: 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 this 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. Example: Dishes selected must contain a minimum of a ½ serving of dairy per serving (macaroni and cheese, drinks, custards, cheese logs, etc.)

4. Advancing to District. The first place entry in each category will advance to District competition. The same recipe entry that was used at the County level must be used at the District level.

5. Rules and Guidelines. Contestants will bring the prepared dish to the contest. No alcohol or alcohol containing ingredients may be used.

6. Theme. The theme for 2017-2018 is “Fresh from the Farm”. We hope everyone can find fun ways to incorporate the importance of agriculture and the farm into your food project! Be sure and take advantage of the food products grown in your area. Year round, there are numerous ways to highlight the ways foods are grown and processed in our communities, state, and nation!

7. Items to Bring to Contest.

a. Food Show Photo Form, Information Form, and Recipe. Contestants should bring two sets of their Food Show Photo Form, Information Form, and Recipe.

b. Prepared dish. 4-H Members are encouraged to bring a single serving of a small dish rather than the whole recipe, so there will not be excessive waste. The judges will only be served a small portion of food.

c. Serving utensil. Serving of the entry dishes will occur during the contestant’s interview time. The dish should be presented to the judges as if it were about to be placed on a table for a family dinner. 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. Serving tray. Serving trays may be used if needed to safely transport the dish. Fancy or elaborate placemats, linens, centerpieces, candles, etc. are not to be included with the dish as it is presented for judging interviews.

8. Preparation. Recipes must be prepared prior to arrival at Food Show. As participants wait to be judged, they can put the finishing touches on their dishes. Participants will only have about 10 minutes for preparation time, clearing their area quickly, and moving their dish to the waiting area. There will be no timers in the judging room for participants to view.

9. **Four Minute Presentation.** All contestants should prepare a four-minute oral presentation to introduce themselves and their dish. Contestants should describe their inspiration in choosing the recipe and how it related to the theme: Family Favorites

10. **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, preparation, as well as project experiences. Being familiar with the information from the recommended study resources in the Guidelines will improve interview success.

11. **Serving.** At the conclusion of the question and answer period, 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 prepared. Participants should practice proper food handling techniques when presenting food to the judges.

12. **Judges’ Comments.** Judges will have four minutes to write comments and score participants.

13. **Awards.** The top five scoring individuals in each category will be recognized.

I have read and understand these guidelines as they pertain to the Dallas County Food Show. I pledge to follow these guidelines.

4-H Member Signature	Date
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Guardian Signature	Date
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**Dallas County Food Show****2017-2018**

Photo Form

Name: _____**Club:** _____

Age Division: ___ Junior ___ Intermediate ___ Senior

Category: ___ Protein ___ Fruit & Vegetable ___ Grains ___ Dairy

Add as an attachment to email or glue a high quality photo of participant with their Food Show dish in the space below. Photo should not exceed space on this page.

**Dallas County Food Show****2017-2018**

Recipe Form

Name: _____**Club:** _____

Age Division: ___ Junior ___ Intermediate ___ Senior

Category: ___ Protein ___ Fruit & Vegetable ___ Grains ___ Dairy

Name of Recipe: _____

Type recipe here: (Check the Texas 4-H Food Show Guide for recipe submission checklist and example format)

Ingredients:**Directions:**

**Dallas County Food Show****2017-2018**

Project Experiences**Name:** _____**Club:** _____

Age Division: ___ Junior ___ Intermediate ___ Senior

Category: ___ Protein ___ Fruit & Vegetable ___ Grains ___ Dairy

Limit to current year's experiences in 250 words or less.