

DATE: October 25, 2010

TO: All County Extension Agents

FROM: Montza Williams
Assistant Professor and Extension Specialist
4-H & Youth Development

SUBJECT: 2011 East District 5 4-H Food and Nutrition Extravaganza
January 15, 2011 – Stephen F. Austin State University – Nacogdoches, Texas

Food and Nutrition Extravaganza

Entry Requirements

- ✓ Entry on 4-H Connect
- ✓ Registration Fee - \$5.00 Food Show entry
\$5.00 Food & Nutrition Bowl entry
\$7.00 Food Challenge entry
(no fees for Display and Poster contests)

District Deadlines

- 4-H Connect by December 17, 2010
- Entry materials: December 17, 2010, to District Office
- Judging forms: December 17, 2010, to District Office
- Alternate entries due: January 6, 2011, to District Office

Entry Divisions (Ages are as of August 31, 2010)

Junior	8 (and in the 3 rd grade) – 10 years old
Intermediate	11-13 years old
Senior	14-18 years old

Agent Assignments

Specific job assignments for the Food and Nutrition Extravaganza will be forthcoming. *Cleanup will be immediately after the awards ceremony.* **All agents are expected to help.**

Awards

Awards will be presented following each contest.

Entry via 4-H Connect gives permission to the District Office to use the participant's name, photograph, and/or recipe as needed for marketing and promotion purposes.

Special Note: *Some contestants may choose to participate in all the Extravaganza events (Food Show, Food & Nutrition Quiz Bowl and Food Challenge). We will work with counties and participants the best way that we can to ensure a positive educational learning experience for everyone. Please notify your families that may be entered in two or more contests that they need to be prepared for a long day and be prepared to wait between and during contests. They may want to bring snacks and some form of quiet entertainment. A cafeteria is located on the 1st floor if they are looking for a close place to purchase lunch.*

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FOOD SHOW

- Enter on 4-H Connect, \$5.00 registration fee
- One entry per age division
- Score Sheet – one per contestant with top information completed (please type) and recipe printed on the back of this form. Form available at the [District 5 Web page](#). Completed score sheets should be submitted to the district office Attn: Wanda at wsschrader@ag.tamu.edu or via regular mail.
- An electronic version (e-mail) of each county's recipes should be forwarded to the district office Attn: Wanda at wsschrader@ag.tamu.edu. Recipes will then be posted on the [District 5 Web page](#).

Recipe submission instructions:

- All recipes submitted to Wanda Schrader at the district office should be in pdf format with the name of the recipe as the file name – example: creamed corn.pdf .
- Do not use the member's name or the county as the file name.
- The submitted recipes will be uploaded to the District 5 web page – Food and Nutrition Extravaganza/2011 Recipes – and listed under each county name.

Food Show Schedule

8:00 a.m.	Set up Committee
9:30 a.m.	Judges' Orientation/Contestant Orientation
Conclusion of Orientation	Judging begins

Public viewing and awards ceremony immediately following the completion of judging.

Contestant Presentation/Interview (5 minutes per contestant)

Junior	Questions
Intermediate	Questions
Senior	Presentation & Questions

Sample questions and presentation can be located at the [District 5 Web page](#).

While making the presentation, 4-Hers are encouraged to have information learned so that they will not have to rely on using notes. However, if a 4-Her chooses to use note cards, the judges will be instructed to weigh that choice when giving a score. For example, the youth who makes a presentation without notes may score higher than the youth who relies upon written notes even though everything else may remain equal.

Each participant will have FIVE minutes to be judged. Juniors and Intermediates will answer questions for FIVE minutes. Seniors will give their presentation during the first THREE minutes and will have the opportunity to answer the following two questions during the last TWO minutes:

1. Tell me about your community service activities related to the foods project.
2. Tell me about any leadership opportunities that you took advantage of in this year's food project.

This will give the judges a better view of how the 4-Her participated in the foods project.

Display Contest Information

Three place setting awards will be presented in each age division. No entry fee or pre-registration is required for this contest! However, entries must also be Food Show participants. A space 24 inches in width will be allowed for each contestant. Each 4-H member will have his or her dish completed before being seated in the designated area. Entries will be grouped according to the category entered. Only edible garnishes are allowed.

Participants will remove their dish from the place setting and take it to the judging table for the interview. **Food Show Judges will not see the place setting until after the judging.**

NOTES:

- **Parents will not be allowed in judging rooms until the contest is over!**
- Each participant will be expected to serve a small portion of their dish to the judges. The judges will not taste the food. The serving will be used for ingredient inspection, eye appeal, and aroma.
- Participants will need to provide their own serving utensils.
- Gloves will not be required nor will they be furnished this year, since this aspect of food safety is not an issue.
- If possible, encourage your 4-H members to 'down-size' their recipes. For example, if the recipe makes a three pound meatloaf, it would only be necessary to make half or a third of that recipe for the show. This will cut down on waste and food safety concerns.
- Contestants are encouraged to wear clothing consistent with professional and safe food handling practices.

Judges

Since 28 judges are needed, each county should provide two (2) judges. Using the forms provided, please send the name, address, and phone number of the two judges who have agreed to participate at this year's contest. **Please be sure that each judge specifies the class division they would prefer to evaluate (1st choice), as well as their 2nd and 3rd alternate choices. If a judge cancels, you are responsible for getting a replacement!**

The completed "Judges Information" forms are due on Friday, December 17, 2010, and should be sent to Robin Leal who is serving as chair and judging coordinator this year.



POSTER CONTEST

The theme for the 2011 poster contest is "Don't Supersize Your Life: Portion Control". Five places will be awarded in each age division. Neither entry fee nor pre-registration is required for this contest!

Participants in the poster contest do not have to be entered in the Food Show nor be present to win! No entry fee or pre-registration is required to participate in this contest.

There is no limit to the number of posters that each county can enter; however, each child is limited to one poster. The poster must be on a poster board that measures 28"x22". **NO FOAM BOARD OR OTHER MATERIALS PLEASE.** The posters will be judged on creativity and the nutritional message that the poster conveys. This contest is open to all age divisions. We will give a ribbon to the top five places in each age division as appropriate.

The following information must be included on the back of each poster:

Contestant Name:
County:
Age Division:

If this information is missing from the poster, it will not be judged. Please submit a list of entries the day of the event to the Poster Contest Coordinator so that we will have a complete list of entries.

If you have questions regarding the Food show, contact Robin Leal or Mandy Patrick or the District 5 4-H office.



NUTRITION QUIZ BOWL

Only team entries are eligible for this contest.

Enter on 4-H Connect, \$5.00 registration fee.

Counties may submit up to three teams per appropriate age division. Teams consist of three or four members of the same age.

The Food & Nutrition Quiz Bowl will begin at approximately 10:30 a.m. Teams will be randomly selected using the computer program Tournament Builder. Teams will need to register by 10:00 with an orientation for team members and coaches to begin as soon as permissible in coordination with the Food Show.

The study guide for the Food & Nutrition Quiz Bowl along with the reference material list can be located on the web at http://fcs.tamu.edu/food_and_nutrition/pdf/2011-quiz-bowl-study-guide.pdf.

Questions to aid groups in learning the material were distributed in late September 2006. These questions may or may not be used word for word during the contest. Participating teams are STRONGLY ENCOURAGED TO SUBMIT QUESTIONS to be used in the contest no later than December 17, 2010. Questions must come from the recognized resources and be in the following format:

- | | |
|-------------|---|
| 1. Category | 4. Source |
| 2. Question | 5. Page Number |
| 3. Answer | 6. Division (Junior, Intermediate, Senior or all) |

If you have questions regarding Quiz Bowl, contact Alyson Hoffman, Joey O'Dowd, or the District 5 4-H Office.



FOOD CHALLENGE



Enter on 4-H Connect, \$7.00 registration fee.

PARTICIPANT RULES

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

2. Age. Age divisions are determined by a participant's age as of August 31 of the current 4-H year.

- | | |
|----------------------|--|
| Junior: | 8 years old and in 3rd grade, 9, or 10 |
| Intermediate: | 11 to 13 years old |
| Senior: | 14 to 18 years old |
| Mixed: | consists of multiple age divisions (will not compete against other age divisions nor be eligible to advance to state). This division should only be used in the event there are too few members to make a complete team in one of the other age divisions. |

3. Teams per county. Each county may enter up to **3 teams per age division**. The first-placed senior team in each of the 4 food challenge food categories will advance to state. Teams advancing to state will not automatically be assigned to the same category as they were at district.

- 4. Members per team.** Each team will have at least three and no more than five members. Teams may not include members in different age divisions except for in the “Mixed” age division. See rule #2.
- 5. Entry fee.** Each team member will be required to register on 4-H Connect and pay a \$7 registration fee.
- 6. Food categories.** There will be four food categories in each age division: Main Dish, Fruits and Vegetables, Bread and Cereal, and Nutritious Snacks. Teams will be randomly assigned to a category, but assignments will not be announced until check-in the morning of the contest.
- 7. Attire.** Each team will have the option of wearing coordinated clothing, aprons or hair coverings.
- 8. Resource materials provided at contest.** Resource materials will be provided for each team at the contest. These include *MyPyramid*, *FightBac*, *Nutrient Needs at a Glance*, *Cooking Food Safely is a Matter of Degrees*, *Altering Recipes for Good Health*, *Food Challenge Worksheet*, and copies of grocery receipts. No other resource materials will be allowed. Teams may not use their personal copies of the resources during the contest.
- 9. Supply box.** Each team must supply their own equipment for the challenge. Teams may bring only the supplies listed in the supply box section and any extra equipment named by the contest committee and/or District Office. All other “extra” equipment will be confiscated and the team may be disqualified. The supply list can be located at the [District 5 Web page](#).
- 10. Awards.** The top five high scoring food challenge teams in each food category will be recognized with “place ribbons” during the awards program.
- 11. Participants with disabilities.** Any competitor who requires auxiliary aids or special accommodations must contact the District Extension Office at least 2 weeks before the competition or note such needs when registering on 4-H Connect.

For more details on the rules of play and resources for this contest, please refer to this website:

http://texas4-h.tamu.edu/food_challenge/index_food_challenge.php

If you have questions regarding the Food Challenge, contact Wendi Green, Kari Aycock or the District 5 4-H office.

cc Dr. Chris Boleman
Mrs. Shelia Lewis
Dr. Susan Balabina