



AUGUST 30 & 31, SEPTEMBER 1, 2018

Registration deadline: August 20, 2018

South Dakota State Fairgrounds, Huron SD

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- Required Contestant Forms
- County Entry Process
- Contest Reminders
- South Dakota 4-H Score Sheets
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Qualification

Refer to the Special Foods Handbook and State Fair Book for information about participating in and qualifying for State 4-H events. The 4-H Special Foods Handbook includes rules, nutrition knowledge and guidelines for preparing exhibits.

Required Contestant Forms

1 copy of each of the following forms must be completed and submitted to your local county 4-H office before **August 20, 2018**. Use the hyperlinks below to download copies of the forms.

- Special Foods Registration Materials (submitted to your county office on **WHITE PAPER**):
 - o Recipe Worksheet
 - o Serving Size Worksheet
 - o Menu Worksheet
- “MyPlate Daily Checklist” (**WHITE PAPER**). To create a “MyPlate Daily Checklist”:
 - o Create a customized “MyPlate Daily Checklist.” To create a customized plan:
 - o Enter www.choosemyplate.gov/MyPlate-daily-checklist into the URL of your web browser
 - o Click on [MyPlate Daily Checklist](#)
 - o Enter your age, sex, weight (in pounds), height (feet & inches), and select a physical activity level from the dropdown list; then click ‘Calculate Food Plan’
 - o Click on the blue button ‘Food pattern and plan for maintaining current weight’ to download the PDF version of your *MyPlate Daily Checklist*
 - o Print page 1 of *MyPlate Daily Checklist* (see below)

- o Include *MyPlate Daily Checklist* with other contestant forms. Be sure to include name, age, physical activity level (in minutes/day) and county on the print out.
- o Include ‘*MyPlate Daily Checklist*’ with other contestant forms.
- o Repeat process as needed for additional Special Foods contestants

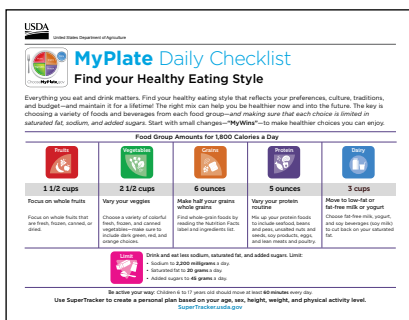
Family Entry Process

Entries must be registered by August 20th in Fair Entry. No adjustments will be allowed after August 20th.

Families must register through Fair Entry; select a lot (grain, protein, fruit, vegetable, dairy), select a sub-lot (American Lamb, beef, game, general, goat, pork, rabbit, or soy), choose one (1) shift and answer applicable questions. Please note, the shift you selected will be your assigned shift. Please submit Special Foods forms to your county office on **WHITE PAPER** by August 20.

Shift Schedule

| SHIFT | DAY | TIME |
|-------|----------|------------------|
| 1 | Thursday | 12:30 - 2 pm |
| 2 | Thursday | 2:30 - 4 pm |
| 3 | Friday | 8:30 - 10 am |
| 4 | Friday | 10:30 am - 12 pm |
| 5 | Friday | 12:30 - 2 pm |
| 6 | Friday | 2:30 - 4 pm |
| 7 | Saturday | 8:30 - 10 am |
| 8 | Saturday | 10:30 am - 12 pm |
| 9 | Saturday | 12:30 - 2 pm |
| 10 | Saturday | 2:30 - 4 pm |



County Entry Process

The county office will be responsible for mailing legible copies of the forms to:

SDSU Extension 4-H Youth Development
Attn: Special Foods
1910 West Kemp Ave.
Watertown, SD 57201

- 4 copies of age appropriate division score sheet with the top portion completed (**WHITE PAPER**)
- 4 copies of the "Recipe Worksheet" (**PINK PAPER**)
- 1 copy of the "Menu Worksheet" (**BLUE PAPER**)
- 1 copy of the "Serving Size Worksheet" (**YELLOW PAPER**)
- 1 copy of the "MyPlate Daily Checklist" (**WHITE PAPER**)

Entries must be postmarked by **August 20, 2018**.

Contest Reminders

Cell phones are not a permitted timer.

Food Group

When selecting a food group consider the following:

- One serving of your recipe must include at least one serving from the food group in which it is entered.

A food that falls primarily into the fats, sweets, and/or alcohol group will not be accepted. Use the resources in the Special Foods Handbook (31-35) to determine if your recipe qualifies for the contest.

Place Settings

- Beginners: Centerpieces are **NOT** required. If a Beginner participant chooses to include a centerpiece, it will be judged.

Thermometers and Safe Cooking Temperatures

Under Food Safety in the Special Foods Handbook (pages 25-30), there is information concerning different types of thermometers and how to use them, along with temperatures certain food need to reach before considered fully cooked.

State Special Foods Contest and Award Location

The 2018 State Special Foods Contest will be held at the Nordby Hall with awards for each shift following the participant's shift in a determined location. More information will be provided as the State Fair approaches.

Due to food safety and allergies the finished product will not be shared with other contestants or the public at the conclusion of each shift.

Bring along a container with lid in order to take home the remainder of your recipe if you so choose.

You may want to consider a separate container or large zip top bag to transport dirty dishes as washing facilities are not available.

Parents will not be allowed to enter the kitchen until the time has expired or all contestants have completed the contest.



Day: _____ Shift: _____ Time: _____
 Name: _____ County: _____ 4-H Age: _____
 Years in Club Work: _____ Years in Project: _____ Food Group: _____
 Special Foods Recipe: _____

Place Setting Occasion (circle): Family Guest Party Holiday Picnic Snack

If using protein (circle): Beef Fresh Pork Lamb Goat Poultry Rabbit Egg Fish/Wild Game Soy Bean

| Knowledge or Skills | Points | Comments |
|--|------------|----------|
| Nutrition Interview | 30 | |
| Choose MyPlate – know the 5 basic food groups | 5 | |
| Know the 6 major nutrients | 6 | |
| Know the main vitamins and/or minerals present in your recipe (at least 1) | 1 | |
| Know the number of servings or the amount for each food group based on your age and activity level | 5 | |
| Know how recipe ingredients match up with <i>MyPlate</i> | 3 | |
| Know the 5 Key Elements of Health Eating Patterns | 5 | |
| Snack or meal menu provides foods from at least 2 food groups | 2 | |
| Special Foods Worksheets completed | 3 | |
| Food Quality | 20 | |
| Taste – Appealing flavor, proper serving temperature, balanced seasoning appropriate for the dish | 10 | |
| Variety – textures (crisp, chewy, hard, soft), tastes (salty, spicy, mild, sweet) | 5 | |
| Appearance of individual serving – attractive, color, shapes, looks inviting (eye appeal) | 5 | |
| Aesthetics and Hospitality | 20 | |
| Place setting is correct | 5 | |
| Place setting is appropriate for occasion chosen | 4 | |
| Design – coordination of tableware (dishes, utensils, mats and napkins). Consider color, shape, textures, theme | 3 | |
| Recipe and snack or meal menu organized and neatly written on an index card. Display next to place setting. | 2 | |
| Plate, bowl, or glass contains appropriate serving size for the food prepared | 4 | |
| Exhibit appropriately garnished | 2 | |
| Technique | 30 | |
| Personal Grooming | 4 | |
| Correct weighing and/or measuring techniques (at least 3 ingredients, and no more than 2 pre-measured) | 6 | |
| Knowledge of food preparation and techniques | 6 | |
| Knowledge of food safety issues and procedures – food thermometer used if preparing recipe with raw meat or eggs | 6 | |
| Organization, neatness, and personal safety | 5 | |
| Able to finish in 90 minutes | 3 | |
| TOTAL | 100 | |

| Circle Appropriate Ribbon Placing | | | |
|-----------------------------------|--------------------------|-------------------------|----------------------------|
| Purple (100 – 92) | Blue (91 – 85) | Red (84 – 75) | White (74–below) |

 Judge's Initials



Day: _____ Shift: _____ Time: _____
 Name: _____ County: _____ 4-H Age: _____
 Years in Club Work: _____ Years in Project: _____ Food Group: _____
 Special Foods Recipe: _____

Place Setting Occasion (circle): Family Guest Party Holiday Picnic Formal

If using protein (circle): Beef Fresh Pork Lamb Goat Poultry Rabbit Egg Fish/Wild Game Soy Bean

| Knowledge or Skills | Points | Comments |
|--|------------|----------|
| Nutrition Interview | 35 | |
| Choose MyPlate – know the 5 basic food groups and number of servings or the amount for each food group based on your age and activity level | 5 | |
| Know the 6 major nutrients and one function in the body for each nutrient | 9 | |
| Know the main vitamins and/or minerals present in recipe prepared (at least 2) | 2 | |
| Name the 5 Key Elements of Health Eating Patterns and at least one way to achieve each of them | 6 | |
| Able to describe appropriate serving sizes for foods in each of the food groups | 5 | |
| Know how recipe ingredients match up with <i>MyPlate</i> | 2 | |
| Junior Menu provides foods from at least 4 of 5 different food groups | 4 | |
| Special Foods Worksheets completed | 2 | |
| Food Quality | 20 | |
| Taste – Appealing flavor, proper serving temperature, balanced seasoning appropriate for the dish | 10 | |
| Variety – textures (crisp, chewy, hard, soft), tastes (salty, spicy, mild, sweet) | 5 | |
| Appearance of individual serving – attractive, color, shapes, looks inviting (eye appeal) | 5 | |
| Aesthetics and Hospitality | 20 | |
| Place setting is correct | 4 | |
| Place setting is appropriate for occasion chosen | 3 | |
| Design – coordination of tableware (dishes, utensils, mats and napkins). Consider color, shape, textures | 3 | |
| Centerpiece appropriate in proportion to table décor and place setting | 2 | |
| Recipe and meal menu organized and neatly written on an index card. Display next to place setting. | 2 | |
| Plate, bowl, or glass contains appropriate serving size for the food prepared | 4 | |
| Exhibit appropriately garnished | 2 | |
| Technique | 25 | |
| Personal Grooming | 3 | |
| Correct weighing and/or measuring techniques (at least 3 ingredients, and no more than 2 pre-measured) | 5 | |
| Knowledge of food preparation and techniques | 5 | |
| Knowledge of food safety issues and procedures for preparing foods in food group entered – food thermometer used if preparing raw meat or egg dish | 7 | |
| Organization, neatness, and personal safety | 3 | |
| Able to finish in 90 minutes | 2 | |
| TOTAL | 100 | |

| Circle Appropriate Ribbon Placing | | | |
|-----------------------------------|--------------------------|-------------------------|----------------------------|
| Purple (100 – 92) | Blue (91 – 85) | Red (84 – 75) | White (74–below) |

Judge's Initials



Day: _____ Shift: _____ Time: _____
 Name: _____ County: _____ 4-H Age: _____
 Years in Club Work: _____ Years in Project: _____ Food Group: _____
 Special Foods Recipe: _____

Place Setting Occasion (circle): Family Guest Party Holiday Picnic Formal

If using protein (circle): Beef Fresh Pork Lamb Goat Poultry Rabbit Egg Fish/Wild Game Soy Bean

| Knowledge or Skills | Points | Comments |
|--|------------|----------|
| Nutrition Interview | 40 | |
| Choose MyPlate – know the 5 basic food groups and number of servings or the amount for each food group based on your age and activity level | 5 | |
| Know the 6 major nutrients and at least 2 functions of each of the 6 major nutrients | 12 | |
| Know the main vitamins and/or minerals present in recipe prepared (at least three) | 3 | |
| Name the 5 Key Elements of Health Eating Patterns and at least 2 ways to achieve each of them | 8 | |
| Know how recipe ingredients match up with <i>MyPlate</i> | 2 | |
| Able to describe appropriate serving sizes for foods in each of the food groups | 5 | |
| Senior Menu meets minimum daily requirement for my MyPlate Daily Checklist | 4 | |
| Special Foods Worksheets completed | 1 | |
| Food Quality | 20 | |
| Taste – Appealing flavor, proper serving temperature, balanced seasoning appropriate for the dish | 10 | |
| Variety – textures (crisp, chewy, hard, soft), tastes (salty, spicy, mild, sweet) | 5 | |
| Appearance of individual serving – attractive, color, shapes, looks inviting (eye appeal) | 5 | |
| Aesthetics and Hospitality | 18 | |
| Place setting is correct | 4 | |
| Place setting is appropriate for occasion chosen | 3 | |
| Design – coordination of tableware (dishes, utensils, mats and napkins). Consider color, shape, textures | 3 | |
| Centerpiece appropriate in proportion to table décor and place setting | 2 | |
| Recipe and full day meal menu organized and neatly written on an index card. Display next to place setting. | 2 | |
| Plate, bowl, or glass contains appropriate serving size for the food prepared | 3 | |
| Exhibit appropriately garnished | 1 | |
| Technique | 22 | |
| Personal Grooming | 3 | |
| Correct weighing and/or measuring techniques (at least 3 ingredients, and no more than 2 pre-measured) | 2 | |
| Knowledge of food preparation and techniques | 5 | |
| Knowledge of food safety issues & procedures for preparing foods in food group entered – food thermometer used if preparing raw meat or egg dishes | 8 | |
| Organization, neatness, and personal safety | 3 | |
| Able to finish in 90 minutes | 1 | |
| TOTAL | 100 | |

| Circle Appropriate Ribbon Placing | | | |
|-----------------------------------|--------------------------|-------------------------|----------------------------|
| Purple (100 – 92) | Blue (91 – 85) | Red (84 – 75) | White (74–below) |

 Judge's Initials



Choose My Plate

www.choosemyplate.gov/myplate/index.aspx



| | | | | |
|-----------------------------------|------------|----------------|--------|---------------------|
| Name: _____ | | | | |
| County: _____ | | 4-H Age: _____ | | |
| Circle One: | Beginner | Junior | Senior | |
| Recipe Name: _____ | | | | # of Servings _____ |
| Food Group Selected (Circle One): | | | | |
| Grains | Vegetables | Fruits | Dairy | Protein |

- Step 1:** List the amount of each ingredient in your selected food group (circled above). **Complete only one of the columns below.**
- Step 2:** Total the amount (cups or ounces) in the recipe for all of the ingredients in the **food group** you selected.
- Step 3:** Divide the **Total Cups or Ounces** (depending on the food group) by the number of servings in the recipe.
- Step 4:** Check **"Yes"** if your recipe contains the minimum serving size for the food group or **"No"** if it does not. All recipes entered in the Special Foods Contest must meet the minimum number of servings for the food group that was selected.

| GRAINS <small>Expressed in ounces or ounce equivalents</small> | VEGETABLES <small>Expressed in cups</small> | FRUITS <small>Expressed in cups</small> | DAIRY <small>Expressed in cups</small> | PROTEIN <small>Expressed in ounces or ounce equivalents</small> |
|--|--|--|--|--|
| | | | | |
| _____ Total ounces in recipe _____ ÷ Servings in recipe _____ = Ounces per serving Is there at least one ounce per serving? <input type="checkbox"/> Yes <input type="checkbox"/> No | _____ Total cups in recipe _____ ÷ Servings in recipe _____ = Cups per serving Is there at least ½ cup per serving? <input type="checkbox"/> Yes <input type="checkbox"/> No | _____ Total cups in recipe _____ ÷ Servings in recipe _____ = Cups per serving Is there at least ½ cup per serving? <input type="checkbox"/> Yes <input type="checkbox"/> No | _____ Total Cups in recipe _____ ÷ Servings in recipe _____ = Cups per serving Is there at least 1 cup per serving? <input type="checkbox"/> Yes <input type="checkbox"/> No | _____ Total ounces in recipe _____ ÷ Servings in recipe _____ = Ounces per serving Is there at least 1½ – 2 ounces per serving? <input type="checkbox"/> Yes <input type="checkbox"/> No |

NOTE TO 4-H MEMBER: Be prepared to answer questions on the recommended daily amounts from the food group you select.

