



SEPTEMBER 3, 4, & 5, 2020

Registration deadline: August 11, 2020

**South Dakota State Fairgrounds, Huron, SD
Nordby Exhibit Hall for 4-H, Youth, and Community**

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In This Packet:

- Qualification
- Required Contestant Forms
- State Fair Family Entry Process
- County Entry Process
- Contest Reminders
- South Dakota 4-H Score Sheets
- Special Foods Worksheets



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 11, 2020**. 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 choosemyplate.gov/resources/MyPlatePlan into the URL of your web browser
 - o Click on **START** at *Get Your MyPlate Plan* 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 Scroll down the page to find the age group/ calorie level table. Click on the suggested calorie level within your age group to obtain your MyPlate Daily Checklist.
 - o View as PDF and print your 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 in your family.

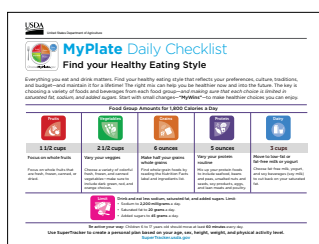
State Fair Family Entry Process

Entries must be registered by August 11th in Fair Entry. No adjustments will be allowed after August 11th.

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 11th.

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" (**LIGHT PINK PAPER**)
- 1 copy of the "Menu Worksheet" (**LIGHT BLUE PAPER**)
- 1 copy of the "Serving Size Worksheet" (**LIGHT YELLOW PAPER**)
- 1 copy of the "MyPlate Daily Checklist" (**WHITE PAPER**)
- County Offices - Please remind your exhibitors of their selected shift.

Entries must be postmarked by **August 12, 2020**.

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 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.
- All place settings will remain up through the current shift.

Thermometers and Safe Cooking Temperatures

Under Food Safety in the Special Foods Handbook, 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 2020 State Special Foods Contest will be held at the Nordby Hall with awards for each shift following the participant's shift on the 4-H stage.

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 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: _____
 Recipe Name: _____ # of Servings: _____
 Place Setting Occasion: _____ If using protein: _____

| Knowledge or Skills | Points | Comments |
|--|------------|----------|
| Nutrition Interview | 28 | |
| 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) | 2 | |
| 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> | 5 | |
| Snack or meal menu provides foods from at least 2 food groups | 2 | |
| Special Foods Worksheets completed and accurate | 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, including serving dish or pitcher | 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 | 32 | |
| 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 | 7 | |
| 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: _____

Recipe Name: _____ # of Servings: _____

Place Setting Occasion: _____ If using protein: _____

| 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 | 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 and accurate | 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, including serving dish or pitcher | 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: _____
 Recipe Name: _____ # of Servings: _____
 Place Setting Occasion: _____ If using protein: _____

| 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 1 way 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 and accurate | 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, including serving dish or pitcher | 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 | 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



Special Foods Recipe Worksheet



Name _____ County _____ 4-H Age _____

Food Group _____ Recipe Name _____

Age Division: _____

Please write the exact recipe to be prepared for the Special Foods Contest in the area provided below. Include the ingredients, amount of each ingredient, and complete directions to prepare the dish.



Choose My Plate
choosemyplate.gov/resources/MyPlatePlan



Name: _____
 County: _____ 4-H Age: _____ Age Division: _____
 Recipe Name: _____ # of Servings _____
 Food Group Selected: _____

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



Name: _____ County: _____ 4-H Age: _____

Recipe Name: _____

Place Setting Occasion: _____

Directions: Write your menu below. Keep in mind the guidelines for writing menus. Label each meal (**Beginners:** snack or one meal; **Juniors:** one meal; **Seniors:** a full day menu.)

Judge's Initials