



Food Fair



District & State 4-H O-Rama – Junior & Senior 4-H'ers
Food Science & Human Environmental Sciences

The Food Fair is held so that 4-H members may demonstrate their **interest, knowledge, skills, and achievements** in foods and nutrition subject areas.

OBJECTIVES

Targeted Life Skills: healthy lifestyle choices, disease prevention, critical thinking and decision making, communication, wise use of resources, planning and organizing.

That opportunity will be provided for faculty to share information about **college degree programs** in Food Science and Food, Human Nutrition and Hospitality and **career options** in Food Product Development, Quality Assurance, Regulatory Affairs and Food Labeling, Technical Sales of Food and Nutrition products, Dietetics, Community Nutrition, Hotel or Restaurant Management, or Consumer Services.

4-Hers will:

1. Show knowledge and skills in planning balanced meals and selecting, purchasing and preparing foods
2. Increase understanding and be able to discuss principles of nutrition and the nutritional contribution of selected food items
3. Apply principles of food safety and sanitation to selected foods
4. Be able to discuss and justify decisions made regarding food and its use
5. Develop skills in decision making regarding foods and nutrition; learn to recognize reasons for decisions; and develop the ability to express reasons orally.
6. Develop leadership talents and to work toward achieving the broad objectives of character and effective citizenship.

COMPETITIVE TOPICS (See topic descriptions below)

1. Fruits & Vegetables, Activity Code: FS-18
2. Arkansas Foods (Poultry, Rice, Soybeans, Beef, Dairy, Tomatoes, Catfish), Activity Code: FS-19
3. Breads, Activity Code: FS-20
4. Eggs, Activity Code: FS-21
5. Healthy Snacks, Activity Code: FS-22

ELIGIBILITY

Each county may enter one junior and one senior 4-H member at the District 4-H O-Rama. Seniors placing in the top five at the District 4-H O-Ramas are eligible to compete at the Arkansas 4-H O-Rama.

DISTRICT 4-H O-RAMA

The Activity

Junior Level: The activity will consist of an illustrated talk or a method demonstration, **2-5 minutes** in length.

4-H members should develop a talk about food(s) from one of the five competitive topic areas. Because of time limitations, it is suggested that talks be focused on one specific aspect of the food and its use. Suggestions for possible topics include, but are not limited to:

- Use of the food in a recipe
- Contribution of the food in meeting MyPyramid recommendations
- Nutritional value of the food and its contributions to a youth's diet
- Safety considerations in preparing, serving and storing the food

Senior Level: Prior to the District O-Rama, seniors should select a recipe that is consistent with the Dietary Guidelines for Americans and meets the criteria for their competitive topic area (see page 4). **Participants should bring three copies of the recipe, neatly printed or typed on the attached form, to the District O-Rama. Recipes should include nutrient analysis on a per serving basis. Seniors who fail to bring the 3 copies of the recipe will not receive any of the 5 Bonus Points possible for the recipe.**

The District Activity will consist of an illustrated talk, **5-8 minutes in length**, describing the recipe and reasons for selecting it. Talk should also include a description of knowledge gained in preparing the product and in working with the recipe to prepare for O-Rama. Participants should include the following in their presentations:

- Category they have chosen and why
- Reasons for selecting the recipe
- Use of the product in a menu and analysis of how the proposed menu helps meet the MyPyramid recommendations for teen boys or girls
- Suggestions for revising the recipe to make a healthier product or to add variety to the diet
- Major nutrients in the product and the importance of each nutrient to a teenager's health
- Economic and time management issues related to preparation of the recipe
- Safety practices in preparing, serving and handling leftovers of the product

Judging

The illustrated talk section of both the Junior and Senior portions of the activity will be judged on the standard "Score Sheet for Method Demonstrations and Illustrated Talks." Total points awarded for the junior activity will be based on the illustrated talk (100 points). In the event of a tie, the contestant with the highest score for the body of the talk will be declared the winner of the tie.

For the senior activity, a maximum of 100 points will be awarded for the illustrated talk. Up to 5 Bonus Points may be awarded to seniors providing 3 copies of their recipe neatly printed or typed on the attached form. Placements will be assigned based on total points accumulated. In the event of a tie, the contestant with the highest score for the body of the talk will be declared the winner of the tie.

ARKANSAS 4-H O-RAMA

The Activity and Judging

Illustrated talk. This part of the activity remains the same as for District 4-H O-Rama, senior level. Participants should be ready to answer judges' questions regarding their recipe. In the event of a tie, the contestant with the highest combined score for the body and the summary of the talk will be declared the winner of the tie.

The senior receiving the highest score on an illustrated talk/method demonstration in the Eggs (Activity Code: FS-21) topic area will be eligible to represent the University of Arkansas 4-H program at the National Egg Preparation Contest in Louisville, KY.

AWARDS

District 4-H O-Rama: In both senior and junior divisions, a trophy will be awarded the first-place winners and ribbons will be awarded to the second-, third-, fourth-, and fifth-place winners.

Arkansas 4-H O-Rama: A trophy will be awarded to the sweepstakes winner and ribbons to second-, third-, fourth-, and fifth-place winners.

SUGGESTED RESOURCES

Dietary Guidelines for Americans <http://www.cnpp.usda.gov/dietaryguidelines.htm>

MyPyramid <http://www.mypyramid.gov/>

Fight Bac! Fact Sheets – linked on this page:

<http://www.fightbac.org/>

http://www.fightbac.org/storage/documents/flyers/clean_%20fightbac_factsheet_2010_color.pdf

http://www.fightbac.org/storage/documents/flyers/separate_fightbac_factsheet_2010_color.pdf

http://www.fightbac.org/storage/documents/flyers/cook_fightbac_factsheet_2010_color.pdf

http://www.fightbac.org/storage/documents/flyers/chill_%20fightbac_factsheet_2010_color.pdf

FDA Brochure: Safe Handling of Raw Produce and Fresh-Squeezed Fruit and Vegetable Juices

<http://www.fda.gov/Food/ResourcesForYou/Consumers/ucm114299>

PREPARED BY

Dr. Rosemary Rodibaugh, Professor – Nutrition Specialist

Note: Work done in connection with the district and state food and nutrition activities should be reported in 4-H journals. When appropriate, this work may also be reported in journals under related areas such as health, home management, consumer education, household equipment, safety, etc.

The Arkansas Cooperative Extension Service offers its programs to all eligible persons regardless of race, color, national origin, gender, age, disability, marital or veteran status, or any other legally protected status, and is an Affirmative Action/Equal Opportunity Employer.

CRITERIA FOR FOOD FAIR COMPETITIVE TOPICS

Fruits and Vegetables (FS-18)

1. Must contribute at least one serving of a fruit or vegetable per recipe serving. A serving is a medium piece of fruit, ½ cup cut or cooked fruit or cooked vegetable, ¾ cup (6 ounces) juice, 1 cup leafy greens, or ¼ cup dried fruit.
2. A recipe may not have more than 30% calories from fat; not more than 10% calories from saturated fat; not more than 100 milligrams of cholesterol; and not more than 480 milligrams sodium per serving.

Arkansas Foods (Poultry, Rice, Soybeans, Beef, Dairy, Tomatoes, Catfish) (FS-19)

1. Recipes must contain at least ½ cup of rice, soybeans, or tomatoes per serving; 2 ounces cooked or 3 ounces raw beef, poultry or catfish per serving; 1 cup of milk or yogurt or 1½ ounces of cheese per serving.
2. Participants should include information on the contributions of their Arkansas Food to the state's economy when preparing a presentation in this food topic.

Breads (FS-20)

1. Items made of flour and liquid with leavening and additional flavorings and baked. Recipes may be for either Quick Breads or Yeast Breads.
2. Recipes involving the use of purchased mixes will be disqualified.

Eggs (FS-21)

To be considered an Egg dish, a recipe must:

1. Include a minimum of:
 - * One-half egg per serving if an appetizer or snack
 - * One-half egg per serving if a dessert
 - * One egg per serving if a main dish(Note: Numbers above represent eggs to be broken; use of the entire egg is not required. For example, a dessert serving six may be made from three egg whites).
2. Allow for adequate cooking of the eggs. Recipes containing uncooked eggs in the finished product are not acceptable (food safety).

Healthy Snacks (FS-22)

A recipe may not include more than 30% calories from fat; not more than 10% calories from saturated fat; not more than 100 milligrams of cholesterol; and not more than 480 milligrams sodium per serving. This topic includes any food that can be used as an appetizer or between meal snack.

RECIPE

Name _____ County _____

Recipe Title _____

Circle Competitive Topic:	Fruits & Vegetables FS-18	Arkansas Foods FS-19	Breads FS-20	Eggs FS-21	Healthy Snacks FS-22
---------------------------------	---------------------------------	-------------------------	-----------------	---------------	----------------------------

Number of Servings _____ Serving Size: _____

Ingredients: (in order used)

Instructions:

Nutrition information per serving: