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# Food Fair



**District & State 4-H O-Rama**  
**Junior & Senior 4-H'ers**



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The Food Fair competition allows 4-H members to demonstrate their knowledge and skills in food, nutrition, and the link between food and health.

## OBJECTIVES

Targeted Life Skills: healthy lifestyle choices, disease prevention

4-Hers will:

1. Demonstrate skills in planning and preparing foods that contribute to an overall healthy diet pattern.
2. Explain nutritional contribution of selected food items and discuss how select foods and nutrients can contribute to wellness and/or disease prevention.
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.

## COMPETITIVE TOPICS

1. Fruits and/or Vegetables
2. Breads and/or Whole Grains
3. Eggs
4. Healthier Oils
5. Arkansas Foods that are not included in other categories: (Poultry, Rice, Soybeans, Beef, Pork, Dairy, Tomatoes, Catfish)
6. Cultural foods

## 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 seven at the District 4-H O-Rama's are eligible to compete at the State O-Rama.
- A senior placing first in Food Fair in any previous year is not eligible to compete again.

## DISTRICT 4-H O-RAMA

**Junior Level District Activity:** The activity will consist of an illustrated talk 2-5 minutes in length. A food demonstration may be included as a supplement to the talk, but is not required and should only be included if it enhances the audience's understanding of the topic. The illustrated talk should focus on food(s) from one of the Competitive Topic areas listed on page 1.

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:**

- Contribution of the food in meeting recommendations of either MyPlate or Dietary Guidelines for Americans
- Nutritional value of the food and its contributions to a youth's diet
- Food safety considerations in preparing, serving and storing the food
- Use of the food in a recipe

**Senior Level District Activity:** Prior to the District O-Rama, seniors should select a recipe that is consistent with the Dietary Guidelines for Americans and/or Mediterranean Diet Pyramid<sup>^</sup> or D.A.S.H Diet Pattern **and** meets the criteria for their competitive topic area (see page 4). Participants should bring three (3) copies of the recipe, neatly printed or typed on the attached form (page 6) or in the same format as outlined on page 6, to provide to the contest judges. Recipes should include nutrient analysis on a per serving basis. The presentation will consist of 1) an illustrated talk and 2) tasting of a prepared recipe **or live** demonstration of the recipe preparation. The presentation should be 5-8 minutes in length and should describe/discuss the recipe, reasons for selecting it, and how the food can contribute to a healthy diet pattern. Talk should also include a description of knowledge gained in preparing the product and in working with the recipe. Safe food handling practices should be exhibited.

## O-RAMA STATE COMPETITION

Participants should expand on their district presentation by following all of the **same** criteria/instruction listed in district activity (Senior Level) above, including the provision of printed recipes. (One exception: in the state competition, participants are not required to discuss the reasons for selecting this recipe or their knowledge gained in preparing the food.) For the state competition, participants should additionally discuss/expand on the following topics:

- Suggestions for revising the recipe to make a healthier product or to add variety to the diet
  - Discussion of any recipe modifications they have attempted, and the result
  - Reasons this recipe may contribute to health, wellness, and/or disease prevention
- (Continued on next page)

- 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, and food safety risks with this recipe/food

## 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." (100 points.)

Participants speaking on topics other than the Competitive Topic areas listed on page one will not receive any points for the body of the talk.

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. If the body of the talk also results in a tie, the winner will be determined by a coin toss.

## AWARDS

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

**Arkansas 4-H O-Rama:** Ribbons will be awarded to the first, second, third, fourth, and fifth-place winners of Food Fair.

## SUGGESTED RESOURCES

For information on the Dietary Guidelines for Americans go to:

<https://www.dietaryguidelines.gov/resources/2020-2025-dietary-guidelines-online-materials>

For more information on MyPlate go to: <http://www.choosemyplate.gov>

For information on Food Safety go to: <https://www.fightbac.org/food-safety-basics/the-core-four-practices/>

Fight Bac! Fact Sheets – linked on this page: <http://www.fightbac.org/>

and <http://www.fightbac.org/food-safety-basics/the-core-four-practices/> and

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

Mediterranean Diet: <https://oldwayspt.org/resources/oldways-mediterranean-diet-pyramid>

### Food Fair contacts

Christine Sasse – Nutrition Instructor

## CRITERIA FOR FOOD FAIR COMPETITIVE TOPICS

### Fruits and Vegetables

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, 1/2 cup (4 ounces) 100% juice, 1 cup leafy greens, or 1/4 cup dried fruit.
2. A recipe may not contain more than 10% calories from saturated fat; not more than 10% of calories from sugar, and not more than 480 milligrams sodium per serving.

### Arkansas Foods (Poultry, Rice, Soybeans, Beef, Pork, Dairy, Tomatoes, Catfish)

1. If talk is about rice or soybeans, recipe must contain at least ½ cup of rice or ½ cup of soybeans or tofu per serving.
2. If talk is about beef, pork, poultry, or catfish, recipe must contain at least 2 ounces of cooked or 3 ounces of raw beef or pork or poultry or catfish.
3. If talk is about dairy foods, recipe must contain at least 1 cup of low fat (1%) or fat free (skim) cow's milk or yogurt or 1½ ounces of cheese per serving. Lactose free and acidophilus milk are permitted.
4. Per serving, a recipe should not contain more than 4 grams of saturated fat and no more than 480 milligrams of sodium.
5. Participants should include information on where the crop is grown in Arkansas.

### Breads/Grains

1. Baked goods category: This includes items made of flour and liquid with leavening and additional flavorings and baked. Recipes may be for either Quick Breads or Yeast Breads. Recipes involving the use of purchased mixes will be disqualified.
2. Whole grain category: Recipes must contain 16 grams of whole grain.

For either category, per serving, a recipe should not contain more than 4 grams of saturated fat, not more than 10% of calories from sugar, and no more than 480 milligrams of sodium.

### Eggs

Must contain 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).
3. Per serving, a recipe should not contain more than 4 grams of saturated fat or 480 milligrams of sodium, and not more than 10% of calories from sugar.

## Healthy Snacks

A recipe may not include more than 4 grams of saturated fat; and not more than 480 milligrams sodium per serving, and not more than 10% of calories from sugar. The snack must contain at least 20% of the daily value of at least one of the following nutrients per serving: Potassium, iron, calcium, zinc, vitamin D, Vitamin A, Vitamin C, Vitamin E, B6, B12, Riboflavin, Thiamin, Niacin, Folic Acid, or fiber. This topic includes any food that can be used as an appetizer or between-meal snack.

## Healthier Oils

Recipes that substitute at least 1 Tablespoon of olive, safflower, sunflower, canola, or avocado oil in place of "solid fat" (butter, stick margarine, shortening). The recipe may not include more than 4 grams of saturated fat and not more than 480 milligrams of sodium per serving.

## Cultural Foods

Students may highlight a food or recipe that reflects their personal cultural or ethnic background or the heritage of their family. A recipe may not include more than 4 grams of saturated fat, not more than 480 milligrams of sodium per serving, and no more than 10% of calories from sugar.

^ Note for Agents: If Mediterranean Diet is used, please note that the **traditional** diet pattern allowed a small serving of wine for adults. For health and safety reasons, the World Health Organization now states that there is no safe amount of alcohol due to its many health risks.

## RECIPE

Name \_\_\_\_\_ County \_\_\_\_\_

Recipe Title \_\_\_\_\_

Competitive Topic Category (from page 1 of instructions) \_\_\_\_\_

Number of Servings \_\_\_\_\_ Serving Size: \_\_\_\_\_

Ingredients: (in order used)

Instructions:

Nutrition information per serving: