
Food Fair



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



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 and disease prevention.

4-Hers will:

1. Demonstrate skills in planning and preparing foods that contribute to an overall healthy dietary pattern.
2. Explain the nutritional contribution of selected food items and discuss how selected 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. Bread and/or Whole Grains
3. Eggs
4. Healthy 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 two junior and two senior 4-H members at the District 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 the Food Fair competition in any previous year is not eligible to compete again.

DISTRICT 4-H O-RAMA

- **Junior Level District Activity:** The activity will consist of 2-5 minutes of an illustrated talk. A food demonstration may be included as a supplement to the talk, but it 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 the talks focus on one specific aspect of the food and its use. Suggestions for possible topics include, but are not limited to:

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

Senior Level District Activity: Before the District O-Rama, seniors must choose a recipe that aligns with the Dietary Guidelines for Americans, the Mediterranean Diet Pyramid[^], or the D.A.S.H Diet Pattern and fits their competitive topic area (**see page 4**). Participants should bring three neatly printed or typed copies of the recipe using the attached form (**page 7**) or its outlined format to provide to the contest judges. Recipes must include per-serving nutrient analysis. Presentations should be 5–8 minutes and include:

1. An illustrated talk explaining the recipe, why it was chosen, and its role in a healthy diet.
2. A tasting of the prepared recipe or a live demonstration of its preparation.

The presentation should highlight knowledge gained from preparing the recipe, showcase safe food handling practices, and how the prepared food can contribute to a healthy dietary pattern.

ORAMA STATE COMPETITION

- Participants should expand on their district presentation by following **all the same criteria/instructions** listed in the 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 the knowledge gained in preparing the food.) For the state competition, participants should additionally discuss/expand on the following topics:
 - o Suggestions for revising the recipe to make a healthier product or add variety to the diet.
 - o Discussion of any recipe modifications they have attempted and the result.
 - o Reasons that this recipe may contribute to health, wellness, and/or disease prevention.
 - o Major nutrients in the product and the importance of each nutrient to a teenager's health
 - o Economic and time management issues related to the preparation of the recipe.
 - o Safety practices in preparing, serving, and handling product leftovers and food safety risks with this recipe/food.

JUDGING

- The illustrated talk section of the activity's Junior and Senior

portions will be judged on the standard **Score Sheet for Method Demonstrations and Illustrated Talks** – Worth 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 tie winner. 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 the Food Fair.

SUGGESTED RESOURCES

- For information on the Dietary Guidelines for Americans, go to:
 - o <https://www.dietaryguidelines.gov/>
- For more information on MyPlate, go to:
 - o <https://www.myplate.gov/>
- For more information on Food Safety, go to:
 - o <https://www.fsis.usda.gov/food-safety/safe-food-handling-and-preparation/food-safety-basics/steps-keep-food-safe>
 - o <https://www.fda.gov/food/buy-store-serve-safe-food/safe-food-handling>
- For more information on the Mediterranean diet, go to:
 - o <https://oldwayspt.org/oldways-resources/oldways-mediterranean-diet-pyramid/>

FOOD FAIR CONTACT PERSON

- **Quadarius (Quad) Whitson** – Culinary Nutrition & Food Safety
Program Associate

CRITERIA FOR FOOD FAIR COMPETITIVE TOPICS

- **Fruits & Vegetables**
 - o Must contribute at least one fruit or vegetable serving per recipe. 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.
 - o 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 of sodium per serving.
- **Bread and/or Whole Grains**
 - o **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.**
 - o **Whole Grain Category:** Recipes must contain 16 grams of whole grain.
- **Eggs**
 - o **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: The numbers above represent eggs to be broken; using the entire egg is not required. For example, a dessert serving six may be made from three egg whites.***
 - o Allow for adequate cooking of the eggs. Recipes containing uncooked eggs in the finished product are unacceptable (food safety).
 - o 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 Oils**

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

- **Arkansas Foods - Poultry, Rice, Soybeans, Beef, Pork, Dairy, Tomatoes, Catfish**

- o If the talk is about rice or soybeans, the recipe must contain at least ½ cup of rice or ½ cup of soybeans or tofu per serving.
- o If the talk is about beef, pork, poultry, or catfish, the recipe must contain at least 2 ounces of cooked or 3 ounces of raw beef, pork, poultry, or catfish.
- o If the talk is about dairy foods, the 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.
- o Per serving, a recipe should not contain more than 4 grams of saturated fat and no more than 480 milligrams of sodium.
- o Participants should include information on where the crop is grown in Arkansas.

- **Cultural Foods**

- o Students may highlight a food or recipe that reflects their personal cultural or ethnic background or their family's heritage.
- o The 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 the Mediterranean Diet is used, please note that the traditional diet pattern allows adults to serve a small serving of wine. 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 Form

Name: _____ County: _____

Recipe Title:

Competitive Topic (From Page 1 of Instructions):

Number of Servings: _____ Serving Size: _____

Ingredients (in order used):

Instructions:

Nutrition Information Per Serving: