



**SOUTH DAKOTA STATE
UNIVERSITY EXTENSION**

2023 Special Foods *Contestant Packet*



AUGUST 31, SEPTEMBER 1 & 2, 2023

Registration deadline: August 8, 2023

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

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**SOUTH DAKOTA STATE
UNIVERSITY EXTENSION**

2023 Special Foods Contestant Packet



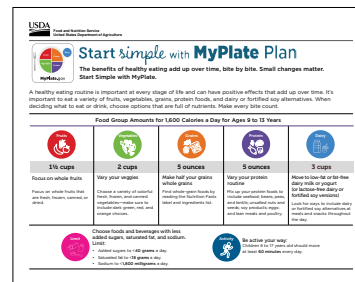
Qualification

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

One (1) copy of each of the following forms must be completed and submitted to your local county 4-H office before **August 8, 2023**. Use the hyperlinks below to download copies of the forms.

- Special Foods Registration Materials (submitted to your county office on **WHITE PAPER**):
 - Recipe Worksheet
 - Serving Size Worksheet
 - Menu Worksheet
 - Cost per Serving Worksheet (**seniors only**)
 - ***Seniors Only**, the cost per serving worksheet assists with budgetary considerations when preparing meals. Only include on the worksheet the recipe ingredients being used for the Special Foods Contest. Do **NOT** include other menu items on the worksheet.
- "MyPlate Plan" (**WHITE PAPER**). To create a "MyPlate Plan":
 - Create a customized "MyPlate Plan". To create a customized plan:
 - Enter <https://www.myplate.gov/myplate-plan> into the URL of your web browser
 - Click on **START** at *Get Your MyPlate Plan*.
 - 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'
 - Click on the calorie level suggested to obtain your MyPlate Plan.
 - Click download to obtain your MyPlate Plan.



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

State Fair Family Entry Process

Entries must be registered by August 8th in Fair Entry. No adjustments will be allowed after August 8th.

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. The State 4-H Office and the Special Foods Committee reserves the right to adjust the shift schedule if necessary.** Please submit Special Foods forms to your county office on **WHITE PAPER** by August 8th.

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**)
- 5 copies of the "Recipe Worksheet" (**LIGHT PINK PAPER**)
- 2 copies of the "Menu Worksheet" (**LIGHT BLUE PAPER**)
- 1 copy of the "Serving Size Worksheet" (**LIGHT YELLOW PAPER**)
- 1 copy of the "MyPlate Plan" (**WHITE PAPER**)
- **Seniors Only***: 1 copy of the "Cost per Serving Worksheet" (**WHITE PAPER**)

County Offices - Please remind your exhibitors of their selected shift by reviewing the most current schedule posted to the SDSU Extension website. Changes to the selection made at registration will only be reflected on the event schedule and not in FairEntry.

Entries must be postmarked by **August 9, 2023**.

Contest Reminders

Cell phones are not a permitted timer.

Food Group

When selecting a food group consider the following:

- A 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 and can be removed following the presentation of ribbons.

Thermometers and Safe Cooking Temperatures

More detailed information can be found in the Special Foods Handbook under the **Types of Food Thermometers** and **Recommended Protein Cooking Temperatures** section.

State Special Foods Contest and Award Location

The 2023 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.



**SOUTH DAKOTA STATE
UNIVERSITY EXTENSION**

Beginner – Special Foods



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, garnish, 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



**SOUTH DAKOTA STATE
UNIVERSITY EXTENSION**

Junior – Special Foods



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 4 dietary guidelines	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, garnish, 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



**SOUTH DAKOTA STATE
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Senior – Special Foods



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	42	
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 4 dietary guidelines 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 Plan	4	
Special Foods Worksheets completed and accurate	1	
Cost per serving worksheet 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, garnish, 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	20	
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	6	
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



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Special Foods Recipe Worksheet



Name _____ County _____ 4-H Age _____

Food Group _____ Recipe Name _____

Age Division: _____ Indicate number of servings: 2 3 4 5 6

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. **Please indicate the size of your can/jar/package in ounces.**

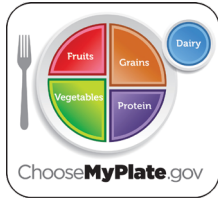


Special Foods Serving Size Worksheet



Choose My Plate

<https://www.myplate.gov/myplate-plan>



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 _____ ÷ 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.



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Special Foods Menu Worksheet



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



Special Foods Senior Cost Per Serving Worksheet



Clara Clover

Name

Green

County

14

4-H Age

Potato Hotdish

Recipe Name

Number of Servings Recipe Makes (2-6):

6

Age Division: **Senior**

Ingredient	Unit of measure (lbs, tsp, oz, etc)	Total Purchase Price	Total Purchased Units	Cost per unit	Recipe Quantity	Total Cost per Ingredient
Potatoes	each	\$ 3.27	10	\$ 0.33	6	\$ 1.96
Hotdogs	each	\$ 3.24	8	\$ 0.41	6	\$ 2.43
Cut Green Beans	14.5 oz can	\$ 0.64	1	\$ 0.64	1	\$ 0.64
Butter	Tbsp	\$ 2.98	64	\$ 0.05	4	\$ 0.19
Flour	Tbsp	\$ 1.42	300	\$ 0.00	4	\$ 0.02
Milk	cup	\$ 2.64	16	\$ 0.17	1.5	\$ 0.25
Cheese	slice	\$ 3.48	24	\$ 0.15	4	\$ 0.58
Parsley (Garnish)	sprig	\$ 0.88	25	\$ 0.04	1	\$ 0.04
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Total Recipe Cost						\$ 6.10
Cost per Serving						\$ 1.02

**Fill in the gray cells only
[Link to unit convertor calculator](#)

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