



**SOUTH DAKOTA STATE
UNIVERSITY EXTENSION**

Roberts County 4-H Special Foods



4-H Special Foods Contest: A Fun and Challenging Culinary Experience!

The 4-H Special Foods Contest is an exciting “youth in action” event that blends nutrition knowledge, food preparation, and presentation skills into a hands-on competition! Participants showcase their ability to create a delicious, MyPlate-approved recipe while demonstrating their culinary expertise and nutrition awareness in an interview setting.

This contest is a unique and rewarding challenge! Youth perfect their recipes, master kitchen skills, and expand their nutrition knowledge—all while learning to pack, transport, and prepare their dish under contest conditions.

Why Participate? This Contest Builds Essential Life Skills!

- Time Management – Work efficiently under pressure
- Kitchen and Food Safety – Learn best practices for cooking with confidence
- Smart Nutrition – Gain knowledge that supports a lifetime of healthy eating
- Budget-Friendly Cooking – Understand cost per serving and make smart grocery choices
- Balanced Living – Recognize calorie intake and the importance of physical activity
- Confidence and Interview Skills – Communicate effectively and present your dish with pride
- Creativity and Individuality – Develop a unique approach to food preparation

Roberts County 4-H Leaders Association Inc 4-H Affiliate of South Dakota has implemented the SDSU Extension Foods Handbook and Contestant Packet

SDSU Extension State Fair page, <https://extension.sdstate.edu/state-fair> provides the most up to date information for all competitions that takes place at the South Dakota State Fair. Scroll down to the Youth In Action sections and you will be able to locate all of the information for the Special Foods Contest.

The South Dakota 4-H Special Foods Handbook will provide all of the information your youth will need to know from Beginners to Seniors. Everyone that wishes to participate will need to call the office and let them know what you plan on cooking and what you will need to complete the meal, such as an outlet, oven or burner. The required forms that need to be filled out for participating at the County Special Foods Contest are located on the SDSU Extension State Fair Website. Cloverbuds will follow the same criteria as the beginners and everyone will need to bring the following forms the day of the competition.

You can get ideas from the South Dakota 4-H Special Foods Recipe Book 2021 - 2024, it is located at the following website for free. <https://extension.sdstate.edu/sites/default/files/2025-05/MC-03708.pdf>

Day of Competition Special Foods Checklist

The following forms need to be filled out and turned in at check in for the competition

- Special Foods Recipe Worksheet - found in the contestant packet
- Special Foods Serving Size Worksheet - found in the contestant packet
- Special Foods Menu Worksheet - found in the contestant packet
- MyPlate Plan - <https://www.myplate.gov/myplate-plan>
- Seniors Only - Special Foods Senior Cost Per Serving Worksheet

We suggest that you bring 2 totes the day of the competition.

- **Tote 1 -Will contain all of the items needed to prepare your recipe.** It is recommended to pack this tote in the order needed. Put the wax paper and trays on the top.
 - Apron
 - Hat, bandana, hair tie
 - 2 trays/cookie sheets
 - Wax Paper
 - Lunch bag and tape for garbage
 - All ingredients
 - Measuring spoons and cups for each ingredient
 - Blender/Mixing bowl
 - Wash cloth
 - 2 towels to cover trays, before and after
 - Serving bowl/Pitcher
 - Garnish/little hand towel
 - Recipe, you can write special notes on this one if need be
- **Tote 2 - Will contain everything that you will need for the place setting.**
 - Placemat
 - Plate
 - Glass
 - Straw
 - Napkin
 - Silverware
 - Centerpiece/placemat or something to put the centerpiece on
 - Recipe card with recipe on the right and menu on the left (write name, county and place setting type in upper right corner)
- **Small cooler works good for cold foods.**



SOUTH DAKOTA STATE
UNIVERSITY EXTENSION

Special Foods Recipe Worksheet



Name Cool Kid County Clover 4-H Age 9

Food Group Fruit Recipe Name Rainbow Smoothie

Age Division: Beginner 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.**

1 c. milk
1 c. vanilla yogurt
2 c. frozen strawberries
1/2 c. frozen blueberries
1 frozen banana

Blend together, put in cups and top with whip cream and sprinkles.



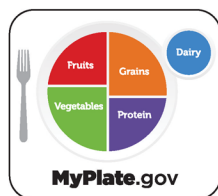
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Special Foods Serving Size Worksheet



MyPlate

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



Name: Cool Kid

County: Clover 4-H Age: 9 Age Division: Beginner

Recipe Name: Rainbow Smoothie # of Servings 2

Food Group Selected: Fruit

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
		2 c. frozen strawberries 1/2 c. frozen blueberries 1 frozen banana		
_____ 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 1/2 cup per serving? <input type="checkbox"/> Yes <input type="checkbox"/> No	^{3 1/2} _____ Total cups in recipe ² _____ ÷ Servings in recipe ^{1 3/4} _____ = Cups per serving Is there at least 1/2 cup per serving? <input checked="" 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 1 1/2 – 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.



SOUTH DAKOTA STATE
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Special Foods Menu Worksheet



Name: Cool Teen County: Clover 4-H Age: 14

Recipe Name: Lasgna

Place Setting Occasion: Family

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.)

Breakfast

Orange Juice
Cinnamon Oatmeal Muffins
Whipped Butter
Milk

Lunch

Grilled Reuben Sandwiches
Dill Pickles
German Potato Salad
Milk

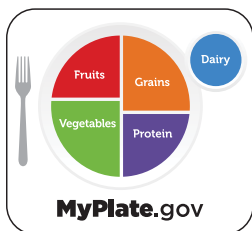
Snack

Raspberry Yogurt
Toasted English Muffin w/ Peanut Butter
Milk

Dinner

Lasagna
Skillet Zucchini
Garlic Bread
Fresh Fruit
Milk

Judge's Initials



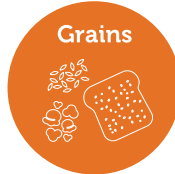




Start *simple* with **MyPlate Plan**

The benefits of healthy eating add up over time, bite by bite. Small changes matter.
Start Simple with MyPlate.

A healthy eating routine is important at every stage of life and can have positive effects that add up over time. It's important to eat a variety of fruits, vegetables, grains, protein foods, and dairy or fortified soy alternatives. When deciding what to eat or drink, choose options that are full of nutrients. Make every bite count.

Food Group Amounts for 2,000 Calories a Day for Ages 14+ Years

				
2 cups	2½ cups	6 ounces	5½ ounces	3 cups
<p>Focus on whole fruits</p> <p>Focus on whole fruits that are fresh, frozen, canned, or dried.</p>	<p>Vary your veggies</p> <p>Choose a variety of colorful fresh, frozen, and canned vegetables—make sure to include dark green, red, and orange choices.</p>	<p>Make half your grains whole grains</p> <p>Find whole-grain foods by reading the Nutrition Facts label and ingredients list.</p>	<p>Vary your protein routine</p> <p>Mix up your protein foods to include seafood; beans, peas, and lentils; unsalted nuts and seeds; soy products; eggs; and lean meats and poultry.</p>	<p>Move to low-fat or fat-free dairy milk or yogurt (or lactose-free dairy or fortified soy versions)</p> <p>Look for ways to include dairy or fortified soy alternatives at meals and snacks throughout the day.</p>



Choose foods and beverages with less added sugars, saturated fat, and sodium.
Limit:

- Added sugars to **less than 50 grams** a day.
- Saturated fat to **less than 22 grams** a day.
- Sodium to **less than 2,300 milligrams** a day.





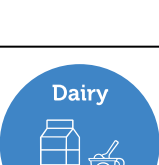



Be active your way:

Children 6 to 17 years old should move **60 minutes** every day. Adults should be physically active at least **2½ hours** per week.

MyPlate Plan

Write down the foods you ate today and track your small changes, bite by bite.

Food group targets for a 2,000-calorie* pattern are:	Write down your food choices for each food group.	Did you reach your target?
 Fruits 2 cups 1 cup of fruits counts as <ul style="list-style-type: none"> • 1 cup raw or cooked fruit; or • ½ cup dried fruit; or • 1 cup 100% fruit juice. 	_____ _____ _____	Yes ____ No ____
 Vegetables 2½ cups 1 cup of vegetables counts as <ul style="list-style-type: none"> • 1 cup raw or cooked vegetables; or • 2 cups leafy salad greens; or • 1 cup 100% vegetable juice. 	_____ _____ _____	Yes ____ No ____
 Grains 6-ounce equivalents 1 ounce of grains counts as <ul style="list-style-type: none"> • 1 slice bread; or • 1 ounce ready-to-eat cereal; or • ½ cup cooked rice, pasta, or cereal. 	_____ _____ _____	Yes ____ No ____
 Protein 5½-ounce equivalents 1 ounce of protein foods counts as <ul style="list-style-type: none"> • 1 ounce seafood, lean meats, or poultry; or • 1 egg; or • 1 Tbsp peanut butter; or • ¼ cup cooked beans, peas, or lentils; or • ½ ounce unsalted nuts or seeds. 	_____ _____ _____ _____	Yes ____ No ____
 Dairy 3 cups 1 cup of dairy counts as <ul style="list-style-type: none"> • 1 cup dairy milk or yogurt; or • 1 cup lactose-free dairy milk or yogurt; or • 1 cup fortified soy milk or yogurt; or • 1½ ounces hard cheese. 	_____ _____ _____ _____	Yes ____ No ____



Limit:

- Added sugars to **less than 50 grams** a day.
- Saturated fat to **less than 22 grams** a day.
- Sodium to **less than 2,300 milligrams** a day.

Did you reach your target?

Yes ____

No ____


Be active your way:

Children 6 to 17 years old should move **60 minutes** every day. Adults should be physically active at least **2½ hours** per week.

Did you reach your target?

Yes ____

No ____

* This 2,000-calorie pattern is only an estimate of your needs. Monitor your body weight and adjust your calories if needed.



Name _____ County _____ 4-H Age _____

Recipe Name _____

Number of Servings Recipe Makes (2-6): Age Division: **Senior**

[illegible]

****Fill in the gray cells only**

[Link to unit convertor calculator](#)

Total Recipe Cost	\$	-
Cost per Serving	\$	-

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Learn more at <https://extension.sdstate.edu/>.