



**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 4-H Special Foods Contest page, <https://extension.sdstate.edu/4-h-special-foods-contest> provides the most up to date 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 in the Special Foods Contestant Packet. Cloverbuds will follow the same criteria as the beginners and everyone will need to bring the forms, found on the following page, 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 Daily Servings Guide - found in the contestant packet
- Special Foods Menu Worksheet - found in the contestant packet
- Seniors Only - Special Foods Senior Cost Per Serving Worksheet - found on website.

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
 - Two copies of recipe on index cards (3 x 5-inch or 4 x 6-inch - recipe prep and place setting). Two copies are required with name, county, and menu occasion in the upper right hand corner. One copy is for your place setting, and one copy is to work from.
 - One copy of menu on index card (3 x 5-inch or 4 x 6-inch - place setting). Write your name, county, and menu occasion in the upper right hand corner.
 - Tote 2 - Will contain everything that you will need for the place setting.
- **Small cooler works good for cold foods.**



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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.



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?	Total cups in recipe ÷ Servings in recipe = Cups per serving Is there at least ½ cup per serving?	Total cups in recipe ÷ Servings in recipe = Cups per serving Is there at least ½ cup per serving?	Total Cups in recipe ÷ Servings in recipe = Cups per serving Is there at least 1 cup per serving?	Total ounces in recipe ÷ Servings in recipe = Ounces per serving Is there at least 1½ – 2 ounces per serving?
Yes No	Yes No	Yes No	Yes No	Yes No

NOTE TO 4-H MEMBER: Be prepared to answer questions on the recommended daily amounts from the food group you select.



Special Foods Daily Servings Guide



Name: _____

County: _____ 4-H Age: _____ Age Division: _____

Recipe Name: _____ # of Servings _____

Food Group Selected: _____

The daily calorie needs depend on many factors, including height, weight, gender, and physical activity levels. The amounts of recommended servings in each food group varies for each calorie level. The amount of calories and servings from each food group you need for optimal health vary. For the general public, a 2,000-calorie diet is the standard used for reference by the Nutrition Facts Label and for educational purposes.

Serving Size Eamples:

GRAINS	VEGETABLES	FRUITS	DAIRY	PROTEIN
2-4 servings	3 servings	2 servings	3 servings	3-4 servings
<ul style="list-style-type: none"> • 1/2 cup cooked oats, brown rice, barley, quinoa or buckwheat • 1 slice of bread • 1 tortilla 	<ul style="list-style-type: none"> • 1 cup raw or cooked • 2 cups leafy greens 	<ul style="list-style-type: none"> • 1 cup raw • 1/2 cup dry 	<ul style="list-style-type: none"> • 1 cup milk • 3/4 cup yogurt • 1 oz. cheese 	<ul style="list-style-type: none"> • 3 oz. cooked meat, poultry or seafood • 1 egg • 1/2 cup beans, peas or lentils • 1 oz. nuts or seeds • 2 tbsp nut or seed butter

List foods you like to eat that fit into each of the food groups.

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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

