

2020 CONTEST INFORMATION

Schedule. The following schedule applies to all contestants, helpers, and judges.

Check-in	12:30 p.m.
Orientation	1:00 p.m.
Contest	Conclusion of orientation
Awards	Conclusion of contest

Contestants will check in to the designated holding room and place his/her dish in the assigned location. After check-in, only contestants and contest officials are allowed in the holding room. Contestants will be divided and seated by age divisions and food show categories. After checking in, contestants will sit at their designated seat and await further instructions from contest officials. After all judging has completed and prior to the awards ceremony, spectators will be allowed back in to the holding room.

Registration. Each participating member is required to register on 4-H Connect and pay the district \$10.00 contest registration fee. **Registration will open on March 6 and close at midnight April 11, 2020.** Participants will upload and/or submit his/her summary of food project experiences and recipe on 4-H Connect at the time of registration. The recipe will be judged, but the majority of the judging will be based on interview.

Participation. Participants must be active 4-H members enrolled in a Texas 4-H and Youth Development county program in District IV. Members will be allowed to enter both the food show and food challenge contests.

Age. Age divisions are determined by a participant's grade as of September 1 of the current 4-H year. Age divisions for this contest are:

Junior	grades 3, 4, 5
Intermediate	grades 6, 7, 8
Senior	grades 9, 10, 11, 12

Entries per county. Each county may have **one member per food category per age division**. The first placed individual in each senior category will qualify for state.

Theme. The theme for this year's district Food Show is "Food Around the World". "Food Around the World" challenges contestants to explore foods and cultures from countries outside the United States.

Contest categories/divisions. The four contest categories listed and defined below are:

- **Main Dish:** Food classified as main dish usually contain a meat or meat alternate such as cheese, eggs, dry beans or peas, and peanut butter. They also may contain other foods. Dishes may include beef, veal, pork, variety meats, poultry, eggs, fish and shellfish. Other possible dishes include meat loaves, souffles, omelets, soups and chowders.

- **Fruit & Vegetable** :Side dishes are foods that are usually served along with a main dish or as accompaniments to the main course. Foods in this category should be those in which the main ingredients is a fruit or a vegetable. Suggested dishes may include salads, cooked vegetables, cooked fruit, and combination vegetable dis
- **Breads & Cereals:** The foods in this category should contain foods made from wheat, oats, rice, rye, barley, millet, quinoa and/or corn. Examples of entries for this category include quick breads such as muffins and biscuits, yeast breads, oatmeal, and pasta.
- **Nutritious Snacks:** For this category, look for recipes high in nutrients which provide lasting energy to sustain an individual between meals. Examples of nutritious snacks include: red pepper hummus, oven roasted chickpeas, or oatmeal energy balls.

Volunteers. Each county will secure 2 confirmed judges and/or volunteers and submit names as part of 4-H Connect registration. In addition to judging, volunteers are also needed to assist with registration, help in the holding room, and serve as runners.

Judging.

Introduction/Presentation

Contestants will start with a maximum 5-minutes presentation to introduce themselves and their dish. In the presentation, they will describe their inspiration in choosing the recipe, how the recipe relates to the current food show theme, knowledge of MyPlate, Nutrition, Food preparation, and Food Safety concerns.

Question and Answer

Judges will have the opportunity for a **four-minute interview** asking questions applicable to the attached scorecard. It includes but is not limited to basic nutrition, food safety and preparation as well as project experiences. Being familiar with the information from the recommended study resources in the Guidelines will improve your interview success. [D4-Food-Show-Sample-Questions](#)

Serving

At the conclusion of the question and answer period you will have **one-minute to serve** the judges a portion of your dish. This will allow judges to visually evaluate the dish you have prepared. Contestants are encouraged to practice proper food handling techniques when presenting food to the judges.

The food should be presented in a serving dish with a serving utensil. The dish should be presented to the judges as if it were about to be placed on a table for a family dinner. In some instances, it is not necessary to present to the judges the entire recipe. For example, if a recipe makes two loaves of bread, only one loaf needs to be presented for judging. Serve judges only a small portion of food using the paper products provided or contestants may bring their own serving dishes. You will serve one serving to the judging panel, not a serving to each individual judge. Fancy or elaborate placemats, linens, centerpieces, candles, etc., are not to be included with the dish as it is presented for judging interviews. Contestants should use only serving dishes and utensils appropriate and necessary to present and serve the dish to be judged. You may bring your own serving tray if desired.

Other.

1. Only edible garnishes (listed in the recipe) are allowed with the food show entry.
2. Contestants are encouraged to wear clothing consistent with professional and safe food handling practices.
3. No alcohol or alcohol-containing ingredients may be used.
4. Due to food safety concerns, the judges will not taste the entries.
5. Food Show Questions – The attached questions are to be used simply as a guideline for all age groups. The judges are not required to stick to this set of questions nor will participants necessarily be asked any of the listed questions. It is best for the 4-Hers to know the steps necessary to prepare their dishes, the nutrient content of their dish and possible recipe substitutions.
6. There will not be a microwave, oven, stove, etc. available in the holding area for heating food.

Awards. The top five high scoring individuals in each age division and food show category will be recognized with awards. The first placed senior in each food category will qualify for the state food show in June.

Participants with disabilities. If you need any type of accommodation to participate in this program or have questions about the physical access provided, please contact Denita Young at 972-952-9252 or at Denita.young@ag.tamu.edu at least 2 weeks prior to the program or note such needs when registering on 4-H Connect.

Resources.

State Rules: <https://texas4-h.tamu.edu/wp-content/uploads/2018-4H-state-food-show-guidelines.pdf>

From <<https://d44-h.tamu.edu/event/food-show/>>