

4-H YOUTH DEVELOPMENT

January 27, 2020

MEMORANDUM

To: Cooke County 4-H Food Show Participants and Food Challenge Teams

Subject: 2020 COOKE COUNTY 4-H FOOD CHALLENGE & FOOD SHOW

The Cooke County 4-H Food Challenge & Food Show will be held on Monday, February, 17th in Gainesville, Texas at the First Christian Church gym located at 401 N. Dixon St., Gainesville, TX 76240

RESOURCES FOR FOOD SHOW AND FOOD CHALLENGE

Specific details about the County 4-H Food Challenge are in the enclosed Food Challenge Packet. The packet includes rules, agenda, and guidelines for participation in the District IV 4-H Food Challenge. It is also available on the Cooke County AgriLife Extension website at:

<https://cooke.agrilife.org/foodshow/>

Additional resources are available on the 4-H Healthy Living

– Food Challenge Rules & Guidelines

http://texas4-h.tamu.edu/wp-content/uploads/roundup_food_challenge_2020_rules_guidelines.pdf

Texas 4-H Food Project

- <https://texas4-h.tamu.edu/projects/food-nutrition/>

Resource Packet with a How to Resource on the Recipe Food Bank procedures.

https://www.dropbox.com/sh/ogqfjty29th2uku/AAB5WQLqtgQGKBFRNvCIVi7_a?dl=0

Please contact the County Office if you have any questions.

Registration Deadline: Each 4-Her participating in the County 4-H Food Challenge or Food Show **must Register by 5:00 pm February 10.** Fillable entry form is on the AgriLife website link referenced above.

The infographic is titled "FOOD SHOW VERSUS FOOD CHALLENGE" and compares two 4-H contests. It features two columns: a red column for "FOOD SHOW" and a green column for "FOOD CHALLENGE". Each column includes an icon (a single person for Food Show, a group of three people for Food Challenge), a description of the competition format, the presentation and interview process, age divisions (Juniors, Intermediates, Seniors), and categories (Choose One vs. Assigned to Category).

FOOD SHOW	FOOD CHALLENGE
Compete as an individual. Bring dish prepared at home.	Compete as a team of 3-4 members. Prepare dish together at contest.
Give presentation & interview with judges	Give presentation & interview with judges
AGE DIVISIONS Juniors (grades 3-5) Intermediates (grades 6-8) Seniors (grades 9-12)	AGE DIVISIONS Juniors (grades 3-5) Intermediates (grades 6-8) Seniors (grades 9-12)
CATEGORIES Choose One Main Dish Fruits & Vegetables Breads & Cereals Nutritious Snacks	CATEGORIES Assigned to Category Main Dish Fruits & Vegetables Breads & Cereals Nutritious Snacks

FOOD CHALLENGE SCHEDULE & RULES OF PLAY GUIDELINES:

Schedule**

1:00 – 1:30 pm – Check in & Report to Table

1:30 – 2:10 pm – Preparation Begins

2:15 pm – Judging Begins

3:30 pm – Approximate Time for Awards

** *times are approximate and will depend on the total number of entries*

Team Information:

- Three age divisions
 - Seniors (9th – 12th graders only)
 - Intermediates (6, 7, or 8th graders)
 - Juniors – (Grades 3, 4, or 5, Juniors may go up an age division)
- Senior teams must be comprised of 9th-12th graders only and must compete at District to be eligible to advance to the state competition.
- Teams consist of at least (3) three but no more than (4) four team members.

Attire. Each team will have the option of wearing coordinated clothing or aprons. Each team member is required to wear closed toe shoes and a hair restraint, as stated in the state rules.

Resource materials provided at contest. These include MyPlate Mini-Poster, Fight Bac - Fight Food Borne Bacteria Brochure, Know Your Nutrients, and Food Safety Fact Sheet. Optional resources will include the Food Challenge Worksheet, and copies of grocery receipts/purchase prices for age groups calculating costs. No other resource materials will be allowed. Teams may not use their personal copies of the resources during the contest. You can find these resources at the same district contest link noted above in the *Contest References & Forms* section.

Supply box. PLEASE SEE guideline for new changes to items in Supply box. Each team must supply their own equipment for the challenge. Teams may bring only the supplies listed in the supply box section (below). Any extra equipment will be confiscated. Safety note: please make sure all knives are properly and safely packed in the box so that contestants and officials are not injured. There will be no dish cleaning/washing facilities available. Plan your supply boxes for each team accordingly. **Restrooms are off limits for dish/utensil washing.** After each heat, burners will be moved to a central table to allow for cooling.

Pantry Supplies: Every team will receive a “key” ingredient for the contest category (Main Dish, Fruits and Vegetables, Breads and Cereals or Nutritious Snacks). Teams will have access to a pantry of additional ingredients which should be combined with the team’s “key” ingredient to create an original recipe/dish during the contest. Pantry items will include items commonly found in grocery stores and or home pantries, including items such as produce, seasonings, oils, etc. Teams must use at least 2 additional items from the pantry. Teams will also receive a pricing sheet for pantry items at the station.

Pantry items will be “purchased” using the pricing system and “contest currency.” This will enable teams to analyze the cost of their entire dish and individual serving. The currency system will be explained during participant orientation. Teams may not exceed the provided “contest currency” or trade “currency” or pantry items with other teams. Once purchased, an item cannot be returned to pantry. All sales are final.

Rules of Play **PLEASE READ CAREFULLY, AS THERE ARE MANY CHANGES!**

1. No electronic devices or jewelry (except for medically required) is allowed in contest. This includes cell phones, smart watches, or other communication devices.
2. Each team will be directed to a cooking/preparation station.
3. Each team will receive an information sheet with their contest category and “key” ingredient for that category (no ingredient amounts, recipe, or instructions will be provided at the station). The “key” ingredient will be representative of one of the following categories: Main Dish, Fruits and Vegetables, Bread and Cereal, and Nutritious Snacks. Key ingredient examples: Main Dish (fish), Fruits and Vegetables (fennel), Bread and Cereal (barley), Nutritious Snacks (chickpeas).
4. Teams will have access to a “pantry” of additional ingredients which should be combined with the team’s “key” ingredient to create an original recipe/dish during the contest. Pantry items will include items commonly found in grocery stores and/or home pantries, including items such as produce, seasonings, oils, etc.
5. Teams must use at least two additional items from the pantry. Teams will also receive a pricing sheet for pantry items at their station. Pantry items will be “purchased” using a pricing system and “contest currency.” This will enable teams to analyze the cost of their entire dish and individual serving. The currency system will be explained prior to the contest. Teams may not exceed the provided “contest currency” or trade “currency” or pantry items with other teams. Example: teams may be provided \$5.00 in “contest currency” to spend at the pantry; each item in the pantry will be priced and teams must calculate cost according to total spent in pantry.
6. Each team will have 40 minutes to prepare the dish, plan a presentation, and clean up the preparation area.
7. Electrical: Teams should be prepared to only plug in one piece of equipment at a time to reduce the risk of electrical malfunction. Contest officials will announce if this is necessary during participant orientation.
8. Preparation: Each team will create an entire dish/recipe (not a full meal) using the provided key ingredient and pantry items. Teams should present the entire dish/recipe to the judges and communicate during their presentation what an individual serving size should be. Teams will be responsible for determining the number of servings their dish provides. Teams should not create side or multiple dishes with their ingredients/pantry items.
9. Teams are challenged to be creative and developing an original recipe with the ingredients provided. Each team member should remain at their table unless they are traveling to the pantry. Do not discuss or request help from judges or other teams, including time in the pantry.
10. Teams will determine the exact amount of each ingredient used based on their original recipe.
11. The key ingredient and/or pantry ingredients selected should be used to garnish the dish.
12. Note cards may be used to write down the recipe that the team creates, along with notes related to nutrition, food safety, and cost analysis. Teams should be exact on ingredients used, preparation steps, cooking time, temperature, etc.

13. Food and Equipment Safety: A safe and sanitary working environment must be maintained during the contest. Each station will have food and kitchen safety resources. Teams should follow the steps listed to ensure proper food and equipment safety is followed.
14. Judges will be scoring teams on food and equipment safety during the preparation phase of the contest. Teams should also discuss safety steps used during the presentation phase of the contest.
15. Gloves: Gloves do not have to be worn throughout the contest; however, proper hand sanitizing techniques will be required and expected throughout the contest. If the participants decide to wear gloves, they must be changed between handling raw meats/seafood; handling cooked items; and ready to eat items or raw vegetables to prevent cross contamination. Hand sanitizer should be used during the preparation phase of the contest to further prevent cross contamination.
16. Hair Restraint: Each team member must wear a hat, hair net and/or other type of hair restraint during the food preparation part of the competition.
17. Nutrition: Each station will have a variety of nutrition resources/references. Each team should highlight key nutrients in their dish and their functions during their presentation.
18. Cost analysis: Price(s) of the key ingredient and pantry items will be provided to teams. Teams will calculate the price of the dish based on the amount of ingredients used. Teams should calculate the cost of the total recipe, as well as the price per serving. Teams will determine the number of servings for their recipe. This will be optional for the junior and intermediate teams BUT required for senior teams.
19. Presentation: Following the preparation phase of the contest, each team will give a 5-minute presentation to a panel of judges. A majority of team members should participate in the presentation.
20. To earn maximum points, teams must use these 5 minutes to address the following areas of the presentation scorecard: Knowledge of MyPlate, Nutrition Knowledge, Food Preparation, Safety Concerns, and Serving Size.
21. At the end of 5 minutes, time will be called – additional time will not be allowed. Judges will be allowed 3 minutes to ask questions; however, judges will not ask questions related to what teams should have covered during the presentation. Judges questions will be related to general nutrition, health, chronic disease prevention or others relevant to food and nutrition.
22. Teams that experience any equipment malfunction(s) may not replace the equipment with supplies from another team, leaders, volunteers, county Extension agents or contest officials. Instead, team members must work together and be creative in completing preparation without the malfunctioning equipment.
23. If electricity goes out during the preparation phase of the contest, teams are asked to turn away from the table immediately. Contest officials will stop the clock so that no preparation time is lost.
24. Ingredients have been divided among teams to minimize the cost and reduce wastefulness. If teams need to see an original food package and/or the nutrition facts label, you may view it in the pantry table area. Teams may not take the original food package from the table.
25. All fresh produce (fruits and vegetables) has been washed prior to the contest; if not, water stations will be supplied for participants to wash produce. Igloos/jugs full of water will be located throughout the room if needed.

26. Trash cans are located throughout the room for your use. (Include instructions on liquid disposal.)
27. Each team had the opportunity to include a small first aid kit in your supply box. If you did not bring a first aid kit, contest officials have one. If you happen to need first aid due to a cut or burn, please let your group leader know immediately so they can assist you!
28. After the 40-minute preparation time is up, your area MUST be clean and all the supplies and extra food items must be in your supply box. If you have a hot plate or other items cooling, it may be the only thing out on the table other than the food you are presenting to the judges.
29. After time is called for the 40-minute preparation period, no talking and no writing is allowed among any team members. Team members caught talking and/or writing will receive a warning. The second time, the team will be disqualified and asked to leave the contest facility. Team members should not have pens or pencils in their possession while waiting to give their presentation.
30. Please remain seated once time is up and do not leave the room unless escorted by your group leader to another room to wait to give your team presentation. (If needed, provide instructions on where teams will wait to give presentations.)
31. If you need to use the restroom, please let your group leader know.
32. After your team presentation, please walk back to your assigned seating area QUIETLY and place your dish on your table.
33. After your team presentation, you will be asked to complete an evaluation, giving you the opportunity to share with us your experience in the Food Challenge. When you are done with the evaluation, you are dismissed to leave. Please be quiet when you leave – taking your supply box with you! All dishes should be disposed of before you leave contest area.
34. If you have any questions, please ask your group leader.
35. Rankings. Placing will be based on the rankings of teams by judges. Judges' decisions are final.
36. Awards Program. An awards program will be held at the conclusion of the judging process.

Finished dishes MAY NOT leave the preparation/judging areas. Dishes will be discarded after teams complete the judging process to ensure teams in the following heats do not see what ingredients are available to take advantage.

Volunteers Needed: Volunteers for the county contest are needed if you would like to help with time keeping in the Preparation Room, group leaders, and setup/tear down.

SUPPLY BOX Please Note Changes are Bolded!

Each team will bring an equipment box containing only one each of the following items, unless a different quantity is noted. Additional sheet is attached.

Gadget of the Year: Teams may have the following kitchen gadget in their box for the 2019-2020 Contest

Year: Manual Spiralizer

Please remove Melon Baller.

FOOD SHOW SCHEDULE & GUIDELINES

2020 CONTEST INFORMATION

Schedule. Food Show participants will present their dishes before they compete in the food challenge if they are doing both contests.

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 into the holding room.

Registration. Registration DEADLINE IS February 10, 2020, 5:00 pm

Food Show - <https://cooke.agrilife.org/foodshow/>

Participants will submit his/her summary of food project experiences and recipe on the registration form. The recipe will be judged, but the majority of the judging will be based on interview.

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:

Clover Kids	Age 5 & in Kindergarten, 1,2
Junior	grades 3, 4, 5
Intermediate	grades 6, 7, 8
Senior	grades 9, 10, 11, 12

Theme. The theme for this year's county and 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.

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. So you will not need to worry about keeping the dish hot. 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.

Resources.

Food Show Rules and Guidelines –

http://texas4-h.tamu.edu/wpcontent/uploads/roundup_food_show_rules_guidelines_2020.pdf