

TEXAS 4-H YOUTH DEVELOPMENT

September 13, 2019

MEMORANDUM

**TO:** Coryell County 4-H Members

**FROM:** **Donna Schwausch**  
County Extension Agent  
Family & Community Health  
Coryell County



**Becky Coward**  
County Extension Agent  
4-H Youth Development  
Coryell County



**SUBJECT:** 2019 CORYELL COUNTY 4-H FOOD CHALLENGE & FOOD SHOW

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Enclosed you will find the 2019 Coryell County 4-H Food Challenge & Food Show contest information.

**Event Date:** Thursday, November 7, 2019  
Contestants Arrive: 1:30 PM  
Contest Begins: 2:00 PM

**Location:** Gatesville Civic Center  
301 Veterans Memorial Loop (Complex Circle)  
Gatesville, TX 76528

**Resources:** <http://texas4-h.tamu.edu/events/roundup/>  
<https://texas4-h.tamu.edu/projects/food-nutrition/#contests>  
<http://d84-h.tamu.edu/events-and-activities/food-challenge-food-show/>

**Deadlines:** All entries will be completed online at  
<https://www.emailmeform.com/builder/form/duly10e395s4KCcaEiRx>  
Open dates: September 24, 2019. All entries should be completed online by Wednesday, October 23<sup>rd</sup>.

**Entry Fee:** No entry fee for the County level contest, no entries will be accepted after 12 noon on Monday, Sept. 28<sup>th</sup>.

**Coryell County | 4-H Youth Development**  
Texas A&M AgriLife Extension Service  
303 Veterans Memorial Loop | Gatesville, TX 76528  
<http://coryell.agrilife.org>  
Tel. 254.865.2414 | Fax. 254.865.7404



## 4-H FOOD CHALLENGE

### Rules & Guidelines

More than 100,000 youth participate in the 4-H Food & Nutrition Project, learning how to prepare nutritious and safe meals and snacks and adopt behaviors that can help reduce their risk for chronic disease. This contest challenges teams of 4-H members to create a dish using only a predetermined set of ingredients. From these ingredients, team members must identify and prepare the dish, then make a presentation about it to the judges.

### **OBJECTIVES**

- Provide opportunities for participants to exhibit their knowledge and skill when preparing and presenting a dish
- Provide opportunities for participants to learn from other team members
- Promote teamwork
- Give participants opportunities for public speaking
- Provide leadership opportunities
- Give 4-H members the opportunity to participate in a new, exciting, competitive event

### **RULES**

1. **Participation.** Participants must be 4-H members currently enrolled in a Texas 4-H and Youth Development county program and actively participating in the Food and Nutrition project.
2. **Age Divisions.** Age divisions are determined by a participant's grade as of August 31, 2019, as follows:

| <u>Division</u> | <u>Grades</u>     |   |
|-----------------|-------------------|---|
| Clover Kid      | K*, 1, or 2       | <i>*Must be at least 5 years old (FOOD SHOW ONLY)</i> |
| Junior          | 3*, 4, or 5       | <i>*Must be at least 8 years old</i>                  |
| Intermediate    | 6, 7, or 8        |   |
| Senior          | 9, 10, 11, or 12* | <i>*Must not be older than 18 years old</i>           |

There will be three age divisions in BOTH Food Show & Food Challenge. Youth may participate in BOTH events.

In Food Challenge, Juniors may move up to the Intermediate age division when participating on a team that has a true Intermediates (based upon grades listed above) on it. No one may move up to the Senior age division. NO individual may move down to a younger age division.

3. **Advancing to District level competition.** The 1<sup>st</sup> and 2<sup>nd</sup> place teams from each age division will advance to District level competition for a maximum of two (2) Junior teams, two (2) Intermediate teams, and two (2) Senior teams.
4. **Members per team.** Each team will have at least three (3) and a maximum than four (4) members.
5. **Entry Fee.** There is will be no fees for the county level contest.
6. **Food Categories.** In each age division, there will be four (4) Food Categories: Main Dish, Fruits & Vegetables, Bread & Cereal, and Nutritious Snacks. Teams will be randomly assigned to a category which will not be announced until check-in the day of the contest.
7. **Attire.** Each team will have the option of wearing coordinated clothing and/or aprons. Team members must wear closed-toe shoes and hair restraints. No electronic devices or jewelry (except for medically required) is allowed in contest. This includes cell phones, smart watches, or other communication devices.






8. **Resource Materials provided at contest.** Resource materials will be provided for each team at the contest. These include MyPlate Mini-Poster, Fight Bac - Fight Food Borne Bacteria Brochure, Know Your Nutrients, Food Safety Fact Sheet, and the Food Challenge Worksheet. Optional resources will include 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.
9. **Supply box.** Each team must supply their own equipment for the challenge. Teams may bring only the supplies listed in the supply box section. Supply boxes can be checked by contest officials. Any extra equipment will be removed from the team's supply box. See attached list.
10. **Awards:** The top three high scoring teams in each food category will be recognized with awards after the contest.
11. **Participants with disabilities.** Any competitor who requires auxiliary aids or special accommodations must contact the Coryell County Extension Office at least two (2) weeks before the competition. Contact the Coryell County Office (254) 865-2414.
12. **Contest References & Forms.** Refer to the following website for additional rules, scorecard, and forms: <http://texas4-h.tamu.edu/events/roundup/>. Note that there is a different Scorecard and Team Worksheet for the Junior and Intermediate age divisions. It can be found at the following link: <http://agrilife.org/d84h/events-and-activities/food-challenge-food-show/>.

## 4-H FOOD CHALLENGE

### Supply Box

Each team will bring an equipment box containing **only one** each of the following items, unless a different quantity is noted:

- |  |  |
|--|--|
| Beverage glass   | Knives (4)      |
| Bowls  | Liquid measuring cup (2-cup size)  |
| Dip size (1)   | Measuring spoons (1 set)   |
| Mixing (2)   | Non-stick cooking spray  |
| Serving (1)  | Note cards (1 package – no larger than 5x7)  |
| Calculator   | Paper towels (1 roll)  |
| Can opener   | Pancake turner   |
| Cookie sheet   | Pencils (no limit)   |
| Colander   | Plastic box or trash bag for dirty equipment   |
| Cutting Boards (3)                              | Pot with lid   |
| Disposable tasting spoons (no limit)   | Potato masher  |
| Dry measuring cups (1 set)   | Potato peeler  |
| Electric skillet   | Sanitizing wipes (1 container)   |
| Extension cord   | Serving platter or plate   |
| <i>(Teams should be certain the extension cord is compatible (2-prong/3-prong) with the plugs on their electrical supplies.)</i> | Serving utensil  |
| First aid kit  | Skewers (1 set)  |
| Food thermometer   | Skillet with lid   |
| Fork   | Spatulas (2)  |
| Gloves   | Stirring spoon   |
| Grater   | Storage bags (1 box)   |
| Hand sanitizer   | Tongs  |
| Hot pads (up to 5)   | Two single-burner hot plates OR one double-burner plate (electric only!)                           |
| Kitchen shears (1 pair)  | Whisk  |
| Kitchen timer  |  |





### Gadget of the Year:

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

 **Spiralizer (manual only)**

## 4-H FOOD CHALLENGE

### *Rules of Play*


1. **Orientation.** An orientation will be provided for all participants.
2. **Stations.** Each team will be directed to a cooking/preparation station. 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).  
 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.
3. **Resources and Instructions.** General guidelines, resources and instructions will be located at each station to assist the team.
4. **Time.** Each team will have 40 minutes to select pantry items, prepare the dish, plan a presentation, and clean up the preparation area.  

5. **Participants only.** Only participants and contest officials will be allowed in food preparation areas.
6. **Preparation.** Each team will create an entire dish/recipe (not a full meal) using the provided key ingredient and pantry items. Dishes/recipes created should include two or more servings. 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.
  - a. Teams are challenged with being creative and developing their own recipe with the ingredients provided.
  - b. Teams must incorporate key ingredient into their dish. However, teams may determine the exact amount of ingredient to use.
  - c.  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.” All age divisions will “purchase” pantry items to complete their dishes, ONLY Senior teams will complete a cost analysis of their dish. 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. Teams will analyze the cost of their entire dish and individual serving. 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. The ingredients provided to each team (“key” ingredient and pantry ingredients) may also be used to garnish the dish.
  - d. Note cards and the Food Challenge Worksheet 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.
7. **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. 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.  


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.

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.

8. **Electricity.** 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. If electricity goes out during the preparation phase of the contest, teams are asked to immediately notify their Group Leader or other contest office. Teams will be asked to turn away from the table immediately. Contest officials will stop the clock so that no preparation time is lost.
9. **Nutrition.** Each station will have a variety of nutrition resources/references. Each team should name key nutrients in their dish and their functions.
10. **Cost Analysis.** Price(s) of the key ingredient and pantry items will be provided to teams. Senior 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. Junior and Intermediate teams will not be required to complete cost analysis. Teams will determine the number of servings for their recipe.
11. **Clean-up.** Teams must clean up their preparation areas. Clean-up time is included in the 40-minute preparation allotment. Teams should plan to not have access to a kitchen facility; therefore, dirty dishes should be placed in a plastic container, bag, or box to be cleaned at home. Left-over food should be disposed of properly.
12. **Hot equipment.** 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.
13. **No talking or writing after preparation.** 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.
14. **Presentation.** When time is called, each team will present their dish to the judges. Team presentations should include the criteria outlined on the scorecard. The following also pertains to team presentations:
  - a. All team members, or at least a majority, should participate in the presentation.
  - b. Judging time will include:
    - 5 minutes for the presentation
    - 3 minutes for judges' questions
    - 4 minutes between team presentations for judges to score and write comments
  - c. Teams are allowed the use of note cards during the presentation, but should not read from them, as this minimizes the effectiveness of their communication.
  - d. To earn maximum points, teams must use the 5-minute presentation to address the following areas of the presentation scorecard: Knowledge of MyPlate, Nutrition Knowledge, Food Preparation, Safety Concerns, and Serving Size.
  - e. 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.

15. **No tasting of food.** Judges are not allowed to taste the foods prepared. No left-over food should be shared with any participant or the audience.

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

17. **Rankings.** Placing will be based on the rankings of teams by judges. Judges' results are final.



# 4-H FOOD CHALLENGE

## Junior & Intermediate Scorecard – Presentation

|                            |  |                     |  |
|----------------------------|--|---------------------|--|
| <b>CATEGORY</b>            |  | <b>TEAM MEMBERS</b> |  |
| <b>COUNTY &amp; TEAM #</b> |  |                     |  |

| Team Presentation   | Comments | Points            | Score |
|---|----------|-------------------|-------|
| <b><i>Knowledge of MyPlate:</i></b>   |          |                   |       |
| Serving sizes and examples in MyPlate   |          | 4                 |       |
| Told how MyPlate represented in dish prepared   |          | 3                 |       |
| Team shared healthy lifestyle choices based on dietary guidelines                     |          | 2                 |       |
| <b><i>Nutrition Knowledge:</i></b>  |          |                   |       |
| Knows key nutrition in prepared dish  |          | 6                 |       |
| Function of nutrients   |          | 5                 |       |
| Healthy substitutions   |          | 4                 |       |
| <b><i>Food Preparation:</i></b>   |          |                   |       |
| Listed & explained steps in how dish was prepared                                     |          | 4                 |       |
| Explained function of ingredients in dish   |          | 4                 |       |
| <b><i>Safety Concerns and Practices:</i></b>  |          |                   |       |
| Explained food safety according to Fight BAC  |          | 5                 |       |
| <b><i>Serving Size Information</i></b>  |          |                   |       |
| Demonstrated knowledge of serving size for prepared dish                              |          | 6                 |       |
| <b><i>Food Appearance/Quality:</i></b>  |          |                   |       |
| Food is appealing and appetizing  |          | 3                 |       |
| Appeared to be cooked properly  |          | 2                 |       |
| Attractive and appropriate garnish  |          | 3                 |       |
| <b><i>Creativity:</i></b>   |          |                   |       |
| Used ingredients in a creative way  |          | 5                 |       |
| Incorporated pantry items into dish or garnish  |          | 3                 |       |
| <b><i>Effectiveness of Communication:</i></b>   |          |                   |       |
| Displayed effective communication skills  |          | 6                 |       |
| Poise and personal appearance   |          | 4                 |       |
| <b><i>Questions:</i></b>  |          |                   |       |
| Accurately and appropriately answered questions                                       |          | 6                 |       |
| <b><i>Additional Comments:</i></b><br><i>(Use back of sheet for additional space)</i> |          | Total Points (75) |       |





# 4-H FOOD CHALLENGE



## Junior & Intermediate Worksheet

|                            |  |                     |  |
|----------------------------|--|---------------------|--|
| <b>CATEGORY</b>            |  | <b>TEAM MEMBERS</b> |  |
| <b>COUNTY &amp; TEAM #</b> |  |                     |  |

| Knowledge of MyPlate (Write the food and in what food group it belongs): |         |                                    |
|--|---------|------------------------------------|
| Food   | MyPlate | Number of servings needed each day |
|  |         |                                    |
|  |         |                                    |
|  |         |                                    |
|  |         |                                    |

| Nutrient Knowledge (Know what this dish contributes to the diet): |                    |                              |
|---|--------------------|------------------------------|
| Food  | Nutrients/Vitamins | What do they do for my body? |
|   |                    |                              |
|   |                    |                              |
|   |                    |                              |
|   |                    |                              |

| Food Preparation (Know the steps in the preparation of the food): |   |
|---|---|
| Steps:  | What was prepared/performed in this step? |
|   |   |
|   |   |
|   |   |

| Food Safety (List food safety concerns associated with this dish): |
|--|
|  |
|  |
|  |
|  |

| Serving Size information |
|--------------------------|
|                          |
|                          |
|                          |
|                          |
|                          |
|                          |
|                          |
|                          |



# 4-H FOOD CHALLENGE



## Senior Scorecard – Presentation

|                            |  |                     |  |
|----------------------------|--|---------------------|--|
| <b>CATEGORY</b>            |  | <b>TEAM MEMBERS</b> |  |
| <b>COUNTY &amp; TEAM #</b> |  |                     |  |

| Team Presentation   | Comments | Points               | Score |
|---|----------|----------------------|-------|
| <b><i>Knowledge of MyPlate:</i></b>   |          |                      |       |
| Serving sizes and examples of MyPlate   |          | 4                    |       |
| Told how MyPlate represented in dish prepared   |          | 3                    |       |
| Team shared healthy lifestyle choices based on dietary guidelines                     |          | 2                    |       |
| <b><i>Nutrition Knowledge:</i></b>  |          |                      |       |
| Knows key nutrition in prepared dish  |          | 6                    |       |
| Function of nutrients   |          | 5                    |       |
| Healthy substitutions   |          | 4                    |       |
| <b><i>Food Preparation:</i></b>   |          |                      |       |
| Listed & explained steps in how dish was prepared                                     |          | 4                    |       |
| Explained function of ingredients in dish   |          | 4                    |       |
| <b><i>Safety Concerns and Practices:</i></b>  |          |                      |       |
| Explained food safety according to Fight BAC  |          | 5                    |       |
| <b><i>Serving Size Information:</i></b>   |          |                      |       |
| Demonstrated knowledge of serving size for prepared dish                              |          | 4                    |       |
| Shared estimated cost of the prepared dish and individual serving                     |          | 2                    |       |
| <b><i>Food Appearance/Quality:</i></b>  |          |                      |       |
| Food is appealing and appetizing  |          | 3                    |       |
| Appeared to be cooked properly  |          | 2                    |       |
| Attractive and appropriate garnish  |          | 3                    |       |
| <b><i>Creativity:</i></b>   |          |                      |       |
| Used ingredients in a creative way  |          | 5                    |       |
| Incorporated pantry items into dish or garnish  |          | 3                    |       |
| <b><i>Effectiveness of Communication:</i></b>   |          |                      |       |
| Displayed effective communication skills  |          | 6                    |       |
| Poise and personal appearance   |          | 4                    |       |
| <b><i>Questions:</i></b>  |          |                      |       |
| Accurately and appropriately answered questions                                       |          | 6                    |       |
| <b><i>Additional Comments:</i></b><br><i>(Use back of sheet for additional space)</i> |          | Total Points<br>(75) |       |



# 4-H FOOD CHALLENGE



## Senior Worksheet

|                            |  |                     |  |
|----------------------------|--|---------------------|--|
| <b>CATEGORY</b>            |  | <b>TEAM MEMBERS</b> |  |
| <b>COUNTY &amp; TEAM #</b> |  |                     |  |

| Knowledge of MyPlate (Write the food and in what food group it belongs): |         |                                    |
|--|---------|------------------------------------|
| Food   | MyPlate | Number of servings needed each day |
|  |         |                                    |
|  |         |                                    |
|  |         |                                    |
|  |         |                                    |

| Nutrient Knowledge (Know what this dish contributes to the diet): |                    |                              |
|---|--------------------|------------------------------|
| Food  | Nutrients/Vitamins | What do they do for my body? |
|   |                    |                              |
|   |                    |                              |
|   |                    |                              |
|   |                    |                              |

| Food Preparation (Know the steps in the preparation of the food): |   |
|---|---|
| Steps:  | What was prepared/performed in this step? |
|   |   |
|   |   |
|   |   |

| Food Safety (List food safety concerns associated with this dish): |
|--|
|  |
|  |
|  |
|  |

| Serving Size Information (Accurately calculate the cost of the dish and the cost per serving): |                          |                      |
|--|--------------------------|----------------------|
| Ingredient   | Total Cost of ingredient | Cost per measurement |
|  |                          |                      |
|  |                          |                      |
|  |                          |                      |
|  |                          |                      |
|  |                          |                      |
|  |                          |                      |
|  |                          |                      |
| <b>TOTAL</b>   |                          |                      |
| Total cost per serving   |                          |                      |

## 4-H FOOD SHOW

### Rules & Guidelines

The goal of the Texas 4-H Food Show is to provide an opportunity for 4-H members to highlight their culinary skills while also improving their presentation and interview skills. More than 100,000 youth participate in the 4-H Food & Nutrition Project, learning how to prepare nutritious and safe meals and snacks and adopt behaviors that can help reduce their risk for chronic disease. This contest challenges members to create a dish using healthy ingredients in addition to learning in-depth information related to their dish and its nutritional value.

#### OBJECTIVES

- Develop food preparation, safety, and nutrition skills.
  - Provide leadership and public speaking opportunities.
  - Provide opportunities for participants to connect MyPlate and Dietary Guidelines to their daily lives.
  - Learn about nutrients and the health benefits they provide to your body.
1. **Participation.** Participants must be 4-H members currently enrolled in a Texas 4-H Youth Development county program and actively participating in the Food and Nutrition project.
  2. **Age Divisions.** Age divisions are determined by a participant's grade as of August 31, 2019, as follows:

| <u>Division</u> | <u>Grades</u>     |   |
|-----------------|-------------------|---|
| Clover Kid      | K*, 1, or 2       | <i>*Must be at least 5 years old</i>        |
| Junior          | 3*, 4, or 5       | <i>*Must be at least 8 years old</i>        |
| Intermediate    | 6, 7, or 8        |   |
| Senior          | 9, 10, 11, or 12* | <i>*Must not be older than 18 years old</i> |

There will be three age divisions in BOTH Food Show & Food Challenge. Youth may participate in BOTH events.

3. **Advancing to district level competition.** The 1<sup>st</sup> place 4-H member per Food Show category per age division will advance to District.
4. **Categories.** There are four Food Show categories: Breads & Cereals, Fruits & Vegetables, Main Dish, and Nutritious Snacks.


**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 from this category include quick breads such as muffins and biscuits, yeast breads, oatmeal, and pasta.

**Fruits & Vegetables** – 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 vegetable. Suggested dishes may include salads, cooked vegetables, cooked fruit, and combination vegetable dishes.

**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.

***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: red pepper hummus, oven roasted chickpeas, or oatmeal energy balls.

5. **Recipe.** When selecting a recipe for competition, please remember:
  - a. Recipes should be written in the standard recipe format using the included Recipe Submission Checklist.
  - b. Oven time limit is 75 minutes in each category.
  - c. No alcohol or ingredients containing alcohol may be used.
  - d. Keep in mind what ingredients will be available or in season for all levels of competition: county, district, and state. Additionally, please consider if ingredients will be available in local grocery stores as needed for competition.
  - e. Contestants must enter the same recipe at district that they qualified with at the county level. Seniors must also enter the same recipe at state that they qualified with at the district level.
6. **Garnishes.** Only edible garnishes are allowed. Participants will be asked to remove any other material besides a serving utensil, napkin, and edible garnish from the serving tray.
7. **Rules & Guidelines.** Contestants will follow all State Food Show rules.
  - a. ***Please note.*** The state rules are written for Seniors who have qualified for the Food Show at Texas 4-H Roundup. The state rules discuss preparation at a contest site. For the Coryell County Food Show, contestants will bring their prepared dish to the contest. Contestants should prepare their own dishes at home; parents may supervise but should not be preparing the food.
8. **Theme.** The theme for 2019-2020 is ***“Food Around the World.”***

 ***Embark on a memorable adventure-meeting people, sharing customs and sampling foods from various countries around the world.***

This year’s 4-H Food Show theme, **Food Around the World**, challenges contestants to explore foods and cultures from countries outside the United States. Let your exploration guide your recipe selection for the food show. Is there a country you dream of traveling to in the future? Consider your family’s heritage and/or original place of origin for inspiration. Or simply spin the globe and let your finger choose a country. Remember to keep in mind good nutrition and healthy preparation methods as you select your recipe.

#### 9. **Contest Resources**

Participants are encouraged to use the following resources as a foundation to learning nutrition, food safety, and food preparation knowledge. Participants should not solely rely on these resources but seek other credible resources to expand their knowledge and expertise.

##### **Nutrition Resources**

- MyPlate
  - <http://www.choosemyplate.gov/>
- Food Safety
  - <https://texas4-h.tamu.edu/projects/food-nutrition/>
- Dietary Guidelines for Americans
  - <http://health.gov/DietaryGuidelines/>
- Preparation Principles & Function of Ingredients

- <https://texas4-h.tamu.edu/wp-content/uploads/Preparation-Principles-and-Function-of-Ingredients.pdf>
- Know Your Nutrients
  - [https://texas4-h.tamu.edu/wp-content/uploads/Know-Your-Nutrients\\_FINAL.pdf](https://texas4-h.tamu.edu/wp-content/uploads/Know-Your-Nutrients_FINAL.pdf)
- Nutrient Needs at a Glance
  - [http://fcs.tamu.edu/food\\_and\\_nutrition/pdf/nutrient-needs-at-a-glance- E-589.pdf](http://fcs.tamu.edu/food_and_nutrition/pdf/nutrient-needs-at-a-glance- E-589.pdf)

### Theme Resources

- Altering Recipes for Good Health
  - [http://texas4-h.tamu.edu/wp-content/uploads/2015/09/healthy\\_food\\_Challenge\\_altering\\_recipes.pdf](http://texas4-h.tamu.edu/wp-content/uploads/2015/09/healthy_food_Challenge_altering_recipes.pdf)
- Easy, Tasty, Healthy: Simple Ingredient Substitutions for Your Recipes
  - <https://www.ksre.k-state.edu/humannutrition/nutrition-topics/easytasty.html>
- Food and culture by Kittler, Sucher, and Nelms
  - <http://people.wku.edu/barry.kaufkins/330/Food%20and%20Culture.pdf>
- Food in every country
  - <http://www.foodbycountry.com/>
- International Recipes
  - <https://www.carolinescooking.com/eat-world-international-recipes/>
- Recipes around the world
  - <https://recipesaroundtheworld.com/>
- Modifying a Recipe to be Healthier
  - <https://www.ksre.k-state.edu/humannutrition/nutrition-topics/easytasty-documents/Ohio.pdf>

### 10. Contestants Bring to County Contest:



- a. **4-H Food Show Recipe Form & Project Experiences Form.** It is optional for contestants to bring food show paperwork to contest. **Paperwork for all age divisions needs to be uploaded when contestants register online.** Judges will be provided copies of each contestant's paperwork.
  - **Juniors & Intermediates** – Junior and Intermediate paperwork only includes the 4-H Food Show Recipe Form.
  - **Seniors** – Senior paperwork includes the 4-H Food Show Recipe Form and Project Experiences Form. (Seniors. Please note that if you qualify for state you will need to use the state forms.)
- b. **Prepared dish.** 4-H members are encouraged to bring a single serving or a small dish rather than the whole recipe, so there will not be as much waste if the food needs to be thrown away. The dish should be presented to the judges as if it were about to be placed on a table for a family dinner.
- c. **Serving Utensil.** Serving of the entry dishes will occur during the contestant's interview time. Contestants will need to bring the appropriate serving utensil. In addition, a napkin to laying the serving utensil is allowed. The judges will be served a small portion of food using the paper products provided by the County. Contestants will serve only one serving to the judging panel, not a serving to each individual judge. Judges will not taste the dish.
- d. **Serving Tray.** Contestants must bring their own serving trays if needed to safely transport the dish. 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 only use serving dishes and utensils appropriate and necessary to present and serve the dish to be judged.

11. **Preparation.** Food must be prepared prior to arrival at the Coryell County Food show. There will be tables in the Civic Center for participants to set their dish as they wait to be judged. They can put the finishing touches on the dishes in that area immediately prior to judging. Participants will have only about 10 minutes for preparation

time, clearing their area quickly, and move their dish to the waiting area. There will be no timers. There will be LIMITED prep time. Parents are not allowed in the judging area.



12. **Five Minute Presentation.** All contestants should prepare a maximum five-minute oral presentation to introduce themselves and their dish. To earn maximum points, participants must use the 5-minute presentation to describe their inspiration in choosing your recipe, how recipe relates to the current food show theme, and the following areas of the scorecard: Knowledge of MyPlate, Nutrition Knowledge, Food Preparation, and Food Safety Concerns.
13. **Four Minute Question & Answer.** Judges will have the opportunity for a maximum four-minute interview asking questions applicable to the attached scorecard. It includes, but is not limited to, basic nutrition, food safety, food preparation, chronic disease prevention, age-related nutrition, or other areas of health, as well as project experiences. Judges may ask additional questions related to general food and health, food systems, food safety, or food/health issues.
14. **Serving.** At the conclusion of the question and answer period, the participant will have one-minute to serve the judges a portion of the dish. This will allow the judges to visually evaluate the dish prepared. Participants should practice proper food handling techniques when presenting food to the judges. Judges will not taste the food.
15. **Judges' Comments.** Judges will have four minutes to write comments and score participants.
16. **Awards.** The top three scoring individuals in each category will be recognized.
17. **Contest References & Forms.** Refer to the following website for specific rules, score sheets, and forms:  
<http://texas4-h.tamu.edu/events/roundup/>.

## 4-H FOOD SHOW

### Recipe Submission Checklist

Recipes for 4-H Food Show should adhere to the guidelines below. Please use this checklist to ensure recipes are correctly written. This form does not need to be submitted at the Food Show. This form is for guidance only.

**DOES YOUR RECIPE HAVE ALL OF THESE PARTS?**

|   | <b>YES</b> | <b>NO</b> |
|---|------------|-----------|
| Name of recipe  | _____      | _____     |
| Complete list of ingredients  | _____      | _____     |
| Size cans, number of packages, cans, etc. given                                     | _____      | _____     |
| *EX: 10 oz box chopped frozen spinach NOT Spinach, box of spinach or frozen spinach |            |           |
| Description for combining all ingredients   | _____      | _____     |

**LIST OF INGREDIENTS**

|  |       |       |
|--|-------|-------|
| Ingredients are listed in order in which they are used in directions | _____ | _____ |
| Ingredients listed as they are measured.                             | _____ | _____ |
| *EX: ¼ cup chopped onion, not ¼ cup onion chopped.                   |       |       |
| *EX: 1 green pepper, chopped, not 1 chopped green pepper             |       |       |
| Measurements given in common fractions                               | _____ | _____ |
| *Ex: 1/4 cup, 2 tablespoons, 1 teaspoon                              |       |       |
| All measurements are spelled out, not abbreviated.                   | _____ | _____ |
| *Ex: cup, teaspoon, tablespoon, size can, etc.                       |       |       |
| *Ex: 4-ounce can   |       |       |
| No brand names are used.   | _____ | _____ |
| Complete description of ingredients is included                      | _____ | _____ |
| *EX: low-fat; packed in syrup; reduced fat; etc.                     |       |       |

**DIRECTIONS**

|   |       |       |
|---|-------|-------|
| Clear instructions used for every step of combining and cooking the ingredients | _____ | _____ |
| Short, clear sentences used   | _____ | _____ |
| Correct wording used to describe combining and cooking processes                | _____ | _____ |
| Size and type of pan stated   | _____ | _____ |
| Oven temperature and cooking times given  | _____ | _____ |
| Number of servings or how much the recipe would make included                   | _____ | _____ |



## 4-H FOOD SHOW

### *Sample Questions*

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1. How do you balance your daily menu to ensure that you get proper amounts of food from the food groups?
2. Name food groups and amounts that are required from each food group each day.
3. What function does each ingredient perform in the recipe?
4. What are the basic preparation principles involved in preparing this dish?
5. What food safety practices did you use during preparation?
6. What is considered a serving of your dish?
7. If substitutions are possible, what are they?
8. What and what amount of important nutrients are found in your dish?
9. What is the function of the nutrients found in your dish?
10. What change have you made in your dietary habits as a result of your 4-H food project?
11. Tell about your community service and leadership through the year's food project?
12. What were your goals for your foods project and what are some activities you did in this project?
13. What do you consider your most important learning experience in this year's food project?
14. Is there anything else you would like to tell us about your project?

These are sample questions. Judges are free to ask any question related to the 4-H Food & Nutrition Project.

## 4-H FOOD SHOW

2019 4-H Food Show

Recipe Form – All Age Divisions

Name \_\_\_\_\_ County \_\_\_\_\_

Age Division    \_\_\_ Junior            \_\_\_ Intermediate            \_\_\_ Senior

Category            \_\_\_ Bread & Cereal    \_\_\_ Fruit & Vegetable    \_\_\_ Main Dish            \_\_\_ Nutritious Snacks

Name of Recipe \_\_\_\_\_

Type recipe here: *(Check the Texas 4-H Food Show Guide for Recipe Submission Checklist and Example format.)*

## 4-H FOOD SHOW

2019 4-H Food Show

Project Experiences – Seniors Only

Name \_\_\_\_\_ County \_\_\_\_\_

Age Division \_\_\_\_\_ x Senior

Category \_\_\_\_\_ Bread & Cereal \_\_\_\_\_ Fruit & Vegetable \_\_\_\_\_ Main Dish \_\_\_\_\_ Nutritious Snacks

Name of Recipe \_\_\_\_\_

*Limit to current year's experiences, including project activities, community service, and leadership. Limited to space below.*



# 4-H FOOD SHOW

2019 4-H Food Show

## Score Sheet

Name \_\_\_\_\_ County \_\_\_\_\_

Age Division    \_\_\_ Junior            \_\_\_ Intermediate            \_\_\_ Senior

Category        \_\_\_ Bread & Cereal    \_\_\_ Fruit & Vegetable    \_\_\_ Main Dish            \_\_\_ Nutritious Snacks

Name of Recipe \_\_\_\_\_

|   | Comments | Points                | Score         |
|---|----------|-----------------------|---------------|
| <b>I. Presentation</b>  |          |                       |               |
| <b>Theme:</b><br>Is theme represented in this entry?  |          | (5)                   |               |
| <b>Knowledge of MyPlate:</b> <ul style="list-style-type: none"> <li>• Food group of individual ingredients</li> <li>• Serving amount needed from each group daily</li> <li>• Food group that dish falls into</li> <li>• Knowledge of personal healthy lifestyles choices based on dietary guidelines</li> </ul> |          | (10)                  |               |
| <b>Nutrition Knowledge:</b> <ul style="list-style-type: none"> <li>• Contestant understands what this dish contributes to the diet</li> </ul>   |          | (10)                  |               |
| <b>Food Preparation:</b> <ul style="list-style-type: none"> <li>• Knows the key steps in preparation of food and function of ingredients</li> </ul>   |          | (10)                  |               |
| <b>Food Safety Concerns &amp; Practices:</b> <ul style="list-style-type: none"> <li>• Knows food safety concerns in preparation and storage of dish</li> </ul>  |          | (10)                  |               |
| <b>II. Interview (category specific)</b>  |          |                       |               |
| <b>Judge's Questions</b>  |          | (15)                  |               |
| <b>4-H Food &amp; Nutrition Project Activities</b>  |          | (5)                   |               |
| <b>III. Food Evaluation</b>   |          |                       |               |
| <b>Food Presentation/Quality:</b> <ul style="list-style-type: none"> <li>• Appearance of food (texture, uniformity)</li> <li>• Garnishing</li> </ul>  |          | (5)                   |               |
| <b>IV. Effectiveness of Communication</b>   |          |                       |               |
| <i>Voice, poise, personal appearance</i>  |          | (5)                   |               |
| <b>Additional Comments:</b>   |          | Total Points          | Possible (75) |
|   |          | Additional Deductions |               |
|   |          | Final Score           |               |