

2018-19 Henderson County 4-H Food Show Guidelines

Entries due: Monday, November 26th, 2018

The 4-H Food Show is an individual opportunity for 4-H youth to showcase their skill and knowledge within the Food and Nutrition project. **The 2018-19 contest will be held on Saturday, December 1st at 9:30 a.m. at the Henderson County Sr. Citizens Center (3344 TX-31, Athens, TX).**

4-H members must select their category prior to entry and submit a copy of the recipe. This year's Food Show theme is **"Restaurant Re-Creations"**. **Entries must be submitted by 5 p.m. on Monday, November 26th, 2018.** There is no cost to enter the County 4-H Food Show, but participants must be active 4-H members. *(Division is determined by grade on Sept. 1, 2018)*

- **Clover Kids** (Kindergarten - 2nd Grade)
- **Junior** (3rd Grade - 5th Grade)
- **Intermediate** (6th Grade - 8th Grade)
- **Senior** (9th Grade - 12th Grade)

Dishes must arrive at the contest cooked and ready to serve. Participants will be given time to garnish their dish before being judged. Dishes will **not** be sampled by the judges, so presentation is important.

Only **one** entry will advance to the District 5 4-H Contest per category in each age division. The District 5 Contest is tentatively set for **Saturday, February 9th in Nacogdoches, Texas.** Additional information will be shared with those who qualify.

Food Show Categories

There are four contest categories.

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, soufflés, omelets, soups and chowders.

Fruit and 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 ingredient is a fruit or a vegetable. Suggested dishes may include salads, cooked vegetables, cooked fruit, and combination vegetable dishes.

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.

Recipe Selection

When selecting a recipe for county and district competition, please remember:

- Recipes should be written in the standard recipe format using the included Recipe Submission Checklist as a guide.
- No alcohol or ingredients containing alcohol may be used.
- 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 where contests are held. Contestants are encouraged to select recipes that follow sound dietary practices. 4-H participants should be familiar with this information contained in these study materials, especially the information on food safety.

- **State 4-H Food Show Guidelines** (Senior level competition only)
<https://texas4-h.tamu.edu/wp-content/uploads/2018-4H-state-food-show-guidelines.pdf>
- **My Plate**
<http://www.choosemyplate.gov/>
- **Food Safety**
<http://www.fightbac.org>
- **Dietary Guidelines for Americans**
<http://health.gov/DietaryGuidelines>
- **Texas A&M AgriLife Extension Service: Nutrient Needs at a Glance** (kid friendly)
<https://texas4-h.tamu.edu/wp-content/uploads/Nutritional-Concepts.pdf>
- **The Importance of Family Mealtime**
<http://food.unl.edu/documents/The%20Importance%20of%20Family%20Mealtime.02.01.10.pdf>

It is strongly urged that 4-Hers choose recipes that are relatively simple (i.e. less than 7 ingredients, 1 dish meals, etc.). **No alcohol or alcohol-containing ingredients may be used.**

Theme Resources

The theme for the 2018-19 Food Show is **“Restaurant Re-Creations.”** This challenges contestants to take their favorite dish and make it a healthy one! Contestants should find ways to “recreate” the taste by using alternate ingredients and cooking methods. Contestants should discuss in their food show interview the substitutions of ingredients utilized to acquire the same taste and quality as their favorite restaurant serves.

In addition, 4-H members can discuss the growing season their dish is associated with: late spring and early summer, high summer, and early fall. In addition, 4-H members might consider discussing where the ingredients for their dish were grown, whether locally or otherwise.

Recipe Resource

- **Dinner Tonight: Texas A&M AgriLife Extension**
<http://dinnertonight.tamu.edu/recipes/>

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Judging Criteria

Introduction/Presentation – **Senior's only** (*juniors and intermediates can do this, but are not required.*)

- Each contestant will start with a maximum three-minute presentation to introduce themselves and their dish. You should describe your inspiration in choosing your recipe and how it relates to the theme, Fresh from the Farm.

Question and Answer – *All Divisions*

- Judges will have the opportunity to ask 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.

Serving the Dish – *All Divisions*

- Contestants will present the judges with a single serving from the dish they have prepared. The single serving will be served on a small dish (appropriate to the food), it may be garnished with edible items and you may include an eating utensil (i.e. fork, spoon, etc.).

Due to food safety issues, the judges will not taste the entries. Participants will present the panel of judges a single serving of the entry so that the judges can evaluate the quality and appearance of the dish. With this in mind contestants will need to arrange to keep the food either hot or cold, whichever is appropriate.

Participants will need to provide their own serving utensils. Gloves will not be required nor will they be furnished this year, since this aspect of food safety is not an issue. If possible, 'down-size' recipes. For example, if the recipe makes a three pound meatloaf, it would only be necessary to make half or a third of that recipe for the show. This will cut down on waste and food safety concerns.

Entries will be grouped according to the category entered. Only edible garnishes are allowed. Participants will remove their dish from the place setting and take it to the judging table for the interview. Contestants are encouraged to wear clothing consistent with professional and safe food handling practices.

****Contestants may choose to participate in the optional "Place Setting" contest.** Following the evaluation of individual entries, judges will look at how the contestant has displayed their food/place setting.

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 question nor will participants necessarily be asked any of the listed questions. It is best for the 4-H members to know the steps necessary to prepare their dishes, the nutrient content of their dish and possible recipe substitutions.