

# **2019-20 Henderson County 4-H Food Show Guidelines**

Entries due: Monday, November 25<sup>th</sup>, 2019

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 2019-20 contest will be held on Saturday, December 7<sup>TH</sup> 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 **"Food Around The World"**. **Entries must be submitted by 5 p.m. on Monday, November 25<sup>th</sup>, 2019.** 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, 2019)*

- **Clover Kids** (Kindergarten - 2<sup>nd</sup> Grade)
- **Junior** (3<sup>rd</sup> Grade - 5<sup>th</sup> Grade)
- **Intermediate** (6<sup>th</sup> Grade - 8<sup>th</sup> Grade)
- **Senior** (9<sup>th</sup> Grade - 12<sup>th</sup> 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, January 18<sup>th</sup> in Palestine.** 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)  
[http://texas4-h.tamu.edu/wp-content/uploads/roundup\\_food\\_show\\_rules\\_guidelines\\_2020.pdf](http://texas4-h.tamu.edu/wp-content/uploads/roundup_food_show_rules_guidelines_2020.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 2019-20 Food Show is **“Food Around The World.”** This challenges contestants to explore foods and cultures from countries outside of the United States. Let your exploration guide your recipe selection for the food show. Is there a county 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. 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. 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/>

# 2019-2020 Henderson County 4-H Food Show Guidelines

Entries due: Monday, November 25<sup>th</sup>, 2019

## 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.