

2018-2019

Rules and Guidelines Manual



TEXAS A&M
AGRILIFE
EXTENSION

The members of Texas A&M AgriLife will provide equal opportunities in programs and activities, education, and employment to all persons regardless of race, color, sex, religion, national origin, age, disability, genetic information, veteran status, sexual orientation or gender identity and will strive to achieve full and equal employment opportunity throughout Texas A&M AgriLife.

The Texas 4-H Food Show

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

The goal of the Texas 4-H Food Show is to provide an opportunity for 4-H contestants to highlight their culinary skills while also improving their presentation and interview skills. More than 120,000 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 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.

NEW

This symbol denotes a new or modified rule for 2018-2019. Read closely!

PARTICIPANT RULES (COUNTY/DISTRICT LEVEL)

Note: These rules may be modified to accommodate the needs of a county/district level contest; therefore, be sure to acquire the current year's rules for your county/district event.

- 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.** Age divisions are determined by a participant's age as of August 31 of the current 4-H year in accordance with what is stated in the current Texas 4-H Rules and Guidelines.
Junior: Grades 3 thru 5
Intermediate Division: Grades 6 thru 8
Senior Division: Grades 9 thru 12

NEW

- 3. Theme:** *Restaurant Re-Creations.*

What is your favorite restaurant entrée? Is it an appetizer like fried cheese sticks or a main dish like Chicken Alfredo? Maybe your favorite dish is a side dish like sweet potato fries or chips and salsa? Most Americans feel an evening out with family or friends qualifies for indulging in a few extra calories. However, the low nutritional value and high calorie and fat content of some of your "favorites" may shock you!

This year's 4-H Food Show theme, **Restaurant Re-Creations**, 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.

NEW

- 4. Categories:** Texas 4-H Food Show categories are: Nutritious Snacks, Main Dish, Fruits & Vegetables and Breads & Cereals.

- **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.
- **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 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.

5. Recipe: 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.

NEW

Special Notes:

State qualifying food show contestants must enter the same recipe that they qualified with at the District level. The same recipe cannot be entered more than once to the State Food Show.

At state, contestants will be assigned specific preparation facility times and preparation time limits based on number of entries and recipes. Depending on the number of entries and recipes, contestants may be limited to 2 to 2.5 hours in the facility; this time limit will include final cooking and/or baking of their dish. Oven time is limited to 75 minutes. Refer to #9 in state food show rules for more information on time limits.

Contestants should keep these items in mind when selecting recipes at county and district levels.

PARTICIPANT RULES (STATE LEVEL)

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.** Age divisions are determined by a participant's age/grade as of August 31 of the current 4-H year. See the Texas 4-H Rules and Guidelines for specific age requirements.

Senior Division: Grades 9-12

3. **Alternates.** An alternate cannot participate in the State Food Show unless approved by the District 4-H Specialist and contest superintendent is notified prior to Roundup Registration closing. It is imperative that the contest superintendent be notified as soon as possible to make program and other changes.

NEW

4. **Theme.** The 2018-19 Texas 4-H Food Show theme is ***Restaurant Re-Creations***.

What is your favorite restaurant entrée? Is it an appetizer like fried cheese sticks or a main dish like Chicken Alfredo? Maybe your favorite dish is a side dish like sweet potato fries or chips and salsa? Most Americans feel an evening out with family or friends qualifies for indulging in a few extra calories. However, the low nutritional value and high calorie and fat content of some of your "favorites" may shock you!

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- **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. State food show contestants **must** enter the same recipe entry that they qualified with at the District level. The same recipe **cannot** be entered more than once to the State Food Show. Recipes should be written in the standard recipe format using the included Recipe Submission Checklist as a guide.

All four food categories may use ovens during food preparation. However, oven time is limited to 75 minutes in all categories.

No alcohol or ingredients containing alcohol may be used.

When choosing a recipe, please 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.

NEW

6. Texas 4-H Roundup Schedule Information

The Food Show is scheduled for **Thursday, June 13, 2019**, during Texas 4-H Roundup week in College Station. There **will not** be an on-site food show orientation prior to the event. A web based informational session will be held for participants and parents prior to Texas 4-H Roundup.

A complete schedule, including kitchen preparation time, interview schedule, and awards ceremony will be distributed to Texas 4-H Round Food Show Qualifiers during the web-based information session and/or via email prior to the state contest. Contestants are highly encouraged to attend the informational session.

Schedules may be adjusted by food show committee if necessary. Specific details regarding interview and preparation sites will be provided to those qualifying for the state food show contest.

NEW

7. Food Preparation and Facilities.

ONLY THE CONTESTANT is allowed in the preparation room. All others must remain in the designated waiting areas. Contestants can only be assisted with transporting boxes from parking lots to the preparation door. If parents, coaches, or County Extension Agents enter the preparation room, contestants may have points deducted from their scores.

Contestants must check-in and check-out upon entry and exit of the kitchen.

Contestants must prepare their own dishes. Foods that are not part of the contestant's entry cannot be prepared in the Preparation Centers.

NEW

Contestants are encouraged to prep some ingredients prior to arrival at the food preparation facility to assist with congestion of preparation spaces.

Preparation which may be done ahead of time includes:

- Pre-slicing, cutting, chopping, dicing, etc. of fruits and vegetables.
- Pre-grating of cheeses.
- Pre-measuring of spices, dry or other ingredients.

Pre-packaged convenience foods that have already been partially prepared (i.e. shredded cheese, chopped nuts, etc.) may be used.

Ingredients that CANNOT be prepped prior to contest include meat, poultry, fish, and seafood. These items MUST be prepared and cooked in the Food Show preparation facility. Final cooking and baking of all dishes must be done in the food preparation facility.

8. Kitchen Time Limits.

Contestants will be assigned specific preparation facility times and preparation time limits based on number of entries and recipes. Depending on the number of entries and recipes, contestants may be limited to 2 to 2.5 hours in the facility; this time limit will include final cooking and/or baking of their dish. Oven time is limited to 75 minutes. A contestant schedule for usage and time limits of food preparation facility will be provided prior the Texas 4-H Roundup. Contestants will not be permitted in the preparation areas before or after their specified times. These time limits must be adhered to or contestant risks disqualification.

Contestants should keep this in mind when selecting recipes.

Contestants will be penalized for:

- A. Remaining in the preparation centers beyond the specified times and/or using more than the specified oven baking times permitted
- B. Not cleaning up adequately after preparation
- C. Not being prepared for their scheduled interview time

Contestants will be required to share a limited number of work surfaces, sinks, stoves and refrigerators. Contestants should practice working in small spaces prior to the food show. Should an unforeseen mishap occur, a student can remake their recipe within their allotted time and work space only if the Kitchen Supervisor grants permission to do so.

9. Equipment.

Only ranges, refrigerators, ovens, food freezers, microwaves, work tables and counter tops are available for contestants to use in preparing their recipes. Special equipment or appliances must be provided by the contestant. Equipment with open flames is not allowed.

Contestants must provide cutlery, cutting boards, cleaning supplies, dish towels, paper towels, pot holders, ingredients for recipe and any appliances not listed above.

Contestants who will be using an oven in the preparation of their dish are encouraged to bring an oven thermometer for use in the food preparation facility ovens. Oven temperatures vary widely, so it is a good idea for contestants to use a thermometer at home when preparing their recipes to determine the temperature that is most appropriate.

NEW

10. Safety. Contestants should wear clothing consistent with professional and safe food handling practices. Closed toe shoes must be worn in food preparation area.

Contestants may change their clothes prior to their scheduled interview if they choose; however, they will need to include this time in their assigned time limit.

NEW

11. 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.

12. Cell Phone Usage. Cell phone usage within the food preparation area is prohibited.

TEXAS 4-H FOOD SHOW PRESENTATION AND JUDGING GUIDELINES

NEW

Contestants will be interviewed following completion of their assigned food preparation facility time.

The Kitchen Supervisor will inform each contestant when and where to take his/her dish to be judged. The judging order will be assigned by the food show committee and provided to participants prior to the state contest. Interview times may be adjusted on day of contest to accommodate schedule. Contestants must adhere to most recent schedule set by food show committee. Contestants should be prepared to interview earlier than their scheduled time if asked to do so.

1. Introduction/Presentation

Each contestant will start with a maximum **four-minute presentation** to introduce themselves and their dish. You should describe your inspiration in choosing your recipe and how it relates to the theme, **Restaurant Re-Creations**.

2. 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, 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.

3. Serving

At the end of the question and answer period, contestants will have **one-minute to serve** the judges a portion of their dish. This allows judges to visually evaluate the dish prepared. Contestants should practice proper food handling techniques when presenting food to the judges. Judges will not taste the food.

The food should be presented in a serving dish with a serving utensil provided by the contestant. In addition, a napkin to lay serving utensil on is allowed. 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. Contestants should serve judges what they deem is an appropriate serving size for evaluation purposes. Paper goods for these servings will be provided by the food show committee. Contestants will serve one serving to the judging panel, not a serving to each individual judge.

NEW

If needed to safely transport the dish, contestants should bring serving trays. Serving trays will not be provided.

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. ***As stated earlier in the guidelines, only edible garnishes are allowed with the food show entry.*** Agents and leaders are encouraged to use discretion regarding this matter when counseling 4-H participants, members or contestants for the state show.

At the end of the 4-H Food Show, rankings, judges' comments and other correspondence will be forwarded to the participant's County Extension Office. Please allow up to three weeks for processing.

STATE 4-H FOOD SHOW PAPERWORK

Contestants qualifying for the State 4-H Food Show must complete and submit the Texas 4-H Food Show Contest Information Form included in this packet and available online at

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

State 4-H Food Show paperwork **will be processed ONLINE**. Participants will upload their required paperwork at the same time they register through 4-H Connect for the State 4-H Roundup. Failure to upload the paperwork at time of registration may result in disqualification.

NEW

Contestants should save the paperwork to their computer, complete, and upload. The project experiences page and recipe should remain as *ONE FILE. DO NOT ADD PAGES*. Recipes should be written in the standard recipe format using the Recipe Submission Checklist as a guide.

Texas 4-H Food Show Contestant paperwork is available online at

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

Texas 4-H Food Show 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

<http://www.fightbac.org/>

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

Nutrient Needs at a Glance

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

Restaurant meals: How to make them healthier – Harvard Health

<https://www.health.harvard.edu/staying-healthy/restaurant-meals-how-to-make-them-healthier>

10 Tips: Eating Foods Away from Home / Choose MyPlate

<https://www.choosemyplate.gov/ten-tips-eating-foods-away-home>

Easy, Tasty, Healthy: Simple Ingredient Substitutions for Your Recipes

<https://www.ksre.k-state.edu/humannutrition/nutrition-topics/easytasty.html>

Now Serving: Recipe Makeovers!

<https://www.ksre.k-state.edu/humannutrition/nutrition-topics/easytasty-documents/NDSU.pdf>

Modifying a Recipe to be Healthier

<https://www.ksre.k-state.edu/humannutrition/nutrition-topics/easytasty-documents/Ohio.pdf>

RECIPE SUBMISSION CHECKLIST

Recipes for Texas 4-H Food Show should adhere to the guidelines below. Please use this checklist to ensure recipes are correctly written.

	YES	NO
DOES YOUR RECIPE HAVE ALL OF THESE PARTS?		
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	_____	_____

RECIPE EXAMPLE

4-H Shamrock Salad

6-ounce package lime gelatin	(not just 1 package lime gelatin)
2 cups boiling water	
1 cup lemon-lime soda	
8-ounce package cream cheese, softened	(not just 1 package/what kind) Low fat, Fat free, etc.)
1/2 teaspoon vanilla	
1/2 teaspoon lime juice	
6-ounce can mandarin oranges, drained	(always include size)
8-ounce can pineapple tidbits, drained	
2 cups green grapes, halved, seeded	(not just grapes also color/kind) Red, concord, green)
2 cups chopped celery	(not 2 cups celery chopped – you must chop the celery to measure it, so chopped must be written first)
1/2 cup chopped pecans	(are you measuring the pecans before or after chopping? The way it is written here indicates chopping first)
8-ounce carton frozen low-fat whipped Topping, thawed	(indicate low-fat, fat-free, etc.)
3-ounce package lime gelatin	
1 1/2 cups boiling water	

Dissolve the 6-ounce package lime gelatin in 2 cups boiling water. Stir in 1 cup lemon-lime soda. Combine this with cream cheese, vanilla, and lime juice in blender, and process until smooth. Pour blended mixture into bowl. Stir in all fruit, celery and pecans. Fold in three-fourths carton whipped topping. Pour into 13x9x2 inch pan. (Note size of pan is listed) Chill until firm; then cut whole pan into 8 equal sized portions.

In order to make the 4-H Shamrock gelatin jigglers, dissolve the 3-ounce package lime gelatin in 1 1/2 cups boiling water. Pour into shallow pan, 24x16x1 inches. Chill until set. Cookie cut the jiggle gelatin into 4-H Shamrock shapes. Serve salad squares on lettuce-lined plate. Top with 4-H Shamrocks. Garnish with remaining whipped topping. Chill until serving time. May add other garnishes to serving try for color variety. Yield 8 1/2 cup servings. (Note number of servings is listed.)



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

8.20.18



TEXAS 4-H FOOD SHOW CONTEST PAPERWORK

Texas 4-H Food Show Recipe Information

Name of Recipe:	
Prep Time:	Cook Time:

Type Recipe Here:

REVISED

August 2018

Educational programs of the Texas A&M AgriLife Extension Service are open to all people without regard to race, color, religion, sex, national origin, age, disability, genetic information or veteran status. The Texas A&M University System, U.S. Department of Agriculture, and the County Commissioners Courts of Texas Cooperating.