

KINNEY 4-H  
FOODS AND NUTRITION  
FOOD SHOW



The theme for the 2018 Food Show is **“Fresh from the Farm”**. This theme will allow participants the opportunity to explore many aspects of fresh foods, physical activity, and the value of locally grown foods. Another aspect to consider is the simpler life of the farm and the importance of family and working together. 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. As well as, discussing where the ingredients for their dish were grown, especially if purchased from a local producer or farmers market or possibly harvested from their own garden.

- **RECIPE SELECTION:** Four entry categories allow for presentation of a variety of foods in the Food Show. The categories also provide an opportunity for contestants to exhibit a variety of food presentation principles. Categories include: Protein, Fruits & Vegetables, Grains, and Dairy.
- **PRESENTATION & JUDGING:**
  - **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, Fresh from the Farm.
  - **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.
  - **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. Contestants are encouraged to practice proper food handling techniques when presenting food to the judges.

Preparing for Food Show will be an excellent opportunity for you and your child to prepare a recipe and cook together. A presentation will need to be rehearsed in preparation for the interview with the judges explaining how you prepared it, the nutrients and ingredients, personal dietary needs, healthy substitutions, and a cost analysis.

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FOOD CHALLENGE



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 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.

At competition, the Food Challenge teams of 3-5 students receive a set of ingredients representing a recipe from one of the following categories: Main Dish, Fruits & Vegetables, Bread & Cereal, and Nutritious Snacks. Using the tools in their supply box, the teams will be given 40 minutes to create a dish, plan a presentation, and clean up the preparation area. The teams present their dish to judges and are scored on preparation, serving size, food safety concerns, nutritional value and cost. Students qualify at the county and district level to compete at the state contest.

Teams are comprised of 3 to 5 students and grouped by age; junior and intermediate, grades 3-8, and senior, grades 9-12.

- Practices will be held at the new BISD CTE building Mondays from 5:30-7 P.M. Due to Labor Day, the first practice will be Tuesday, September 5th. A fee of \$25 per child will be required to cover the cost of ingredients for the practices held through district competition. It is also asked that participants bring an ingredient from home to each practice that can be added to our pantry (or an additional \$5-\$10).
- Parents are asked to come to pick up their children 30 minutes early (6:30). This is to give you the opportunity to hear your child's presentation and to aid them in preparing to speak in front of an audience.
- Volunteers are greatly appreciated to help monitor the safety of the students in the kitchen. If you would like to volunteer to help, please register as a volunteer through 4-H Connect. Current enrollment dues for volunteers is \$10, however it is expected that Kinney 4-H will reimburse \$5 of that fee.