

Tom Green 4-H Food Show
Rules & Guidelines

TEXAS A&M
AGRILIFE
EXTENSION



Entry Fee: No Cost
Recipe Deadline: October 1
Date of Contest: October 16th | TGC 4-H Building
Registration: 2:00 PM
Interviews: 2:10 PM

1. **Participation:** Participants must be 4-H members currently enrolled in the Texas 4-H program and participating in the Food & Nutrition project.
2. **Age Divisions:** Age divisions are determined by the participants age/grade level as of August 31st of the current 4-H year.
 - Clover Kids: Kinder – 2nd
 - Junior Division: 3rd-5th Grade
 - Intermediate Division: 6th – 8th Grade
 - Senior Division: 9th – 12th Grade
3. **Theme:** This year's 4-H Food Show theme is Backyard BBQ! What's your favorite dish at a backyard BBQ? Don't be afraid to showcase your culinary skills by experimenting with flavors and dishes commonly found at a backyard BBQ.

Summer isn't the only time for a Backyard BBQ! Sometimes, a backyard BBQ means you get to enjoy special dishes that you only see at a BBQ. The grill usually comes out and families have started gathering around to experiment with different flavors. Now is the time for you to get creative with flavors and recipes commonly found at a backyard BBQs. You may even want to try out a new piece of kitchen equipment such as a grill plate or indoor grill. Remember, not all backyard BBQ dishes even require a grill! Many Backyard BBQ dish favorites can be prepared on the stovetop, in the oven, in non-cook methods, or using special equipment. **Please keep in mind your 75 minute kitchen time at State Roundup when selecting your recipe. ABSOLUTELY NO open flames or outdoor type grills will be allowed at the State Food Show!**

Remember to keep in mind good nutrition and healthy preparation methods as you select your recipe.

4. **Recipe Submission:** All recipes will need to be submitted using the following form ([recipe submission form](#)) and uploaded to the [Tom Green 4-H Website here](#). Resources on how to write a recipe can be found [here](#).
5. **Food Show Components:** Each food show participant will complete/compete in each of the following components. A brief description of each component is shown below.

Tom Green 4-H Food Show
Rules & Guidelines



- A. **Food Show Dish Presentation & Interview:** Food show contestants will prepare a dish (at home – bring completed dish day of). Contestants should ensure they are choosing healthy recipes that follow guidance in the Recipes for Good Health resource located at <https://texas4-h.tamu.edu/projects/food-nutrition/>. The selection and knowledge of the dish should highlight that the contestant has learned valuable skills and knowledge related to healthy eating and chronic disease prevention.

Dish Categories are as followed:

- **Appetizer:** Traditionally an appetizer is a small dish or food that is eaten prior to the main course. When selecting recipes for this category, contestants should consider foods that are lower in fat, sodium, and calories so as to not ruin one's appetite.
 - **Main Dish:** The main dish is usually the heaviest, heartiest, and most substantial dish in a meal. In a meal consisting of several courses, the main dish is served during the main course and is the featured dish of the meal. The key ingredient is usually meat or another protein food, but they may contain other foods.
 - **Side Dish:** Side dishes are foods that are usually served along with a main dish or as accompaniments to the main course. Suggested dishes may include salads, cooked vegetables, cooked fruit, pasta or rice dishes, and/or combination vegetable dishes.
 - **Healthy Dessert:** Healthy can still mean delicious when it comes to desserts. Dishes in this category should be served at the end of the meal or for special occasions. Contestants should modify traditional recipes with healthy substitutions and consider MyPlate and Dietary Guidelines when selecting recipes for this category.
- B. **Skills Showcase:** Food show contestants will showcase a skill learned in the in the Food & Nutrition project following their presentation & interview. Youth will demonstrate their knowledge of a skill assigned by judges. All materials to demonstrate this skill will be provided and judges will score the skill based on correct procedures, safety, and other pertinent information related to the skill assigned. The skill will be assigned during the designated judging time for each participant and not prior. The skill demonstration will include a time limit which will be announced during participant orientation.
- C. **Knowledge Showcase:** Food show participants will test their knowledge on food preparation, food safety, kitchen safety, and general nutrition knowledge in the quiz section of the food show. Contestants will be given a 10-question quiz which will contain multiple choice and true/false questions. Study materials include:



Food Show Preparation, Presentation & Judging Guidelines

Food Show recipe submission will be processed ONLINE, through our Tom Green county webpage. If recipes ARE NOT submitted online, you WILL NOT be registered for the contest.

The only required paperwork is Food Show Recipe. Recipes should be typed in the standard recipe format using the [Recipe Submission Checklist](#) as a guide. Recipe should include the total cost of ingredients. By submitting the recipe, the contestant releases the recipe for use by Texas 4-H Youth Development and Texas A&M AgriLife Extension.

PART ONE: FOOD SHOW DISH PRESENTATION & INTERVIEW

When selecting your Food Show recipe, make sure to pay attention to time limits, especially if you are a Senior 4-Her. Recipe oven time needs to be limited to 75 minutes for all four categories. Total recipe prep time should be no more than 2 to 2 ½ hours if possible.

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 remember that the goal of the food and nutrition project is to learn healthy eating skills and healthy recipe selection.

The judging order will be assigned and provided to participants prior to the county contest. Interview times may be adjusted on day of contest to accommodate schedule. Contestants must adhere to most recent schedule set by agent. 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 five-minute 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.

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

Following question and answer period, contestants will have **one-minute to serve** their **single- serving** of their dish. DO NOT BRING THE ENTIRE DISH/RECIPE TO THE CONTEST.

During this time it will allow the judges to visually evaluate the dish prepared. Judges will not taste the food.

Tom Green 4-H Food Show
Rules & Guidelines



The food should be presented in a disposable container (please bring only one serving)- the container WILL NOT be returned.

PART TWO: SKILLS SHOWCASE

Youth will be judged on an assigned kitchen/cooking type skill. Youth will complete this skill while at the judging table. All materials needed to demonstrate the skill will be provided for the contestant. No other materials may be used other than those provided. The interview judges will score their skill based on correct procedures, safety, and other pertinent information related to the skill assigned. The skill demonstration will include a time limit which will be announced during participant orientation.

Examples of skills to be assigned include, but are not limited to:

EXAMPLES	
Skill	Purpose
Garnish	Liven up a plate with edible products to add color and flavor.
Themed Food	Create something from fruits & vegetables that illustrate the them such as ants on a log for a nature them.
Knives	Select a knife based upon food to be cut. Demonstrate how to dice, mince, chop, etc.
Meal Planning	Plan a meal using MyPlate and/or grocery store ad.

PART THREE: KNOWLEDGE SHOWCASE

Youth will need to employ their decision making and knowledge related to food purchasing, preparation, nutrition, and food safety to answer questions on a quiz. There will be a designated time for contestants to take this quiz. No study materials will be provided; however, at the following link you can find some [helpful resources](#).