

TEXAS 4-H YOUTH DEVELOPMENT

September 19, 2018

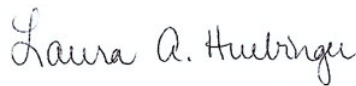
MEMORANDUM

TO: District 8 County Extension Agents – FCS
District 8 County Extension Agents – 4-H

FROM: Donald W. Kelm
District Extension Administrator



Laura A. Huebinger
Extension Program Specialist
4-H & Youth Development



SUBJECT: 2018 DISTRICT 8 4-H FOOD CHALLENGE & FOOD SHOW

Enclosed you will find the 2018 District 8 4-H Food Challenge & Food Show contest information.

Event Date: Wednesday, December 12, 2018
Agents arrive by 8:00 am
See attached schedule for details

Location: Bell County Expo Center
301 W Loop 121
Belton, TX 76513
(254) 933-5353
<http://www.bellcountyexpo.com>
Registration in Barn C

Resources: <http://texas4-h.tamu.edu/events/roundup/>
<https://texas4-h.tamu.edu/projects/food-nutrition/#contests>
<http://d84-h.tamu.edu/events-and-activities/food-challenge-food-show/>

Deadlines: All entries will be completed on 4-H Connect at <https://texas.4honline.com/>.
Open dates: November 5-23, 2018.

County Approvals: County offices need to approve registrations on 4-H Connect by Monday, November 26, 2018.

Central District 8 | 4-H Youth Development
Texas A&M AgriLife Extension Service
1229 N US Hwy 281 | Stephenville, Texas 76401
lhuebinger@ag.tamu.edu | <http://d84-h.tamu.edu>
Tel. 254.968.4144 ext.211 | Fax. 254.965.3759



Entry Fee: \$10 per 4-H member for Food Show
\$10 per 4-H member for Food Challenge

Late Entries.



Late entries will be permitted with an additional:

- \$20 late fee per 4-H member up to 60 hours after the regular contest deadline (Monday at noon).
- No Food Challenge teams may be added after the 60-hour late fee deadline.
- To add an individual Food Show entry or an individual member to a Food Challenge team after the 60-hour deadline, a \$50 late fee per 4-H member will be assessed in addition to the regular registration fee.

**Volunteer
& Agent
Information**

Each county is expected to send:

- 1 volunteer to serve as a judge
- 2 volunteers to serve as group leaders
- County Extension Agents

Information should be uploaded to the Google Sheet by Friday, November 23, 2018:

- <https://tinyurl.com/2018D8Food>

Or if that doesn't work, try this:

- <https://docs.google.com/spreadsheets/d/1f2LrqrNmCudv2uRTkGoMsrM0LdeGnZMdVFZLpPmueTM/edit?usp=sharing>

Please contact the District 8 Office if you have any questions.

D8 4-H FOOD CHALLENGE & FOOD SHOW

Agent Assignments

- **Agent Assignments will be completed after entries are received so a schedule and appropriate assignments can be made. All County Extension Agents for FCS & 4-H will be expected to attend.**
- **Each county is responsible to secure at least three (3) volunteers to serve as Judges/Group Leaders.**

Responsibility											
Food Challenge/Food Show Committee	<table style="width: 100%; border: none;"> <tr> <td style="width: 50%;">Karen Jungman, Chair</td> <td style="width: 50%;">Sheryl Long</td> </tr> <tr> <td>Kristen Clark</td> <td>Jackie McLaughlin</td> </tr> <tr> <td>Liz Espie</td> <td>Angie Nors</td> </tr> <tr> <td>Colleen Foleen</td> <td>Sheila Ondrusek</td> </tr> <tr> <td>Helen Hardy</td> <td>Lorie Stovall</td> </tr> </table>	Karen Jungman, Chair	Sheryl Long	Kristen Clark	Jackie McLaughlin	Liz Espie	Angie Nors	Colleen Foleen	Sheila Ondrusek	Helen Hardy	Lorie Stovall
Karen Jungman, Chair	Sheryl Long										
Kristen Clark	Jackie McLaughlin										
Liz Espie	Angie Nors										
Colleen Foleen	Sheila Ondrusek										
Helen Hardy	Lorie Stovall										
Facilities/PA System	Jackie McLaughlin Sheryl Long										
Refreshments	Bell County EXPO <i>(Jackie as point person)</i>										
Registration/Information Area <ul style="list-style-type: none"> – Stationed in Barn C – Check-in teams, judges, group leaders, agents – Communicate with agents in the Assembly Hall – Help answer questions – Direct traffic – Help direct District Council Officers – Other duties as needed 											
Evaluation <ul style="list-style-type: none"> – Stationed in Assembly Hall – Stop all contestants after completion of judging to complete an evaluation – Be sure to grab clipboards, pencils, evaluations 											
Tabulation <ul style="list-style-type: none"> – Enter scores in spreadsheet – Cut scores (if needed), organize, place score sheets in county packets – Prepare awards list for awards program 											
Awards Presentation <ul style="list-style-type: none"> – Arrange awards for presentation – Fill in blanks within script – Practice reading names – Only a couple officers need to actually be on stage at a time – Assist with presentation and lining up teams for photos 											

Responsibility	Food Challenge	Food Show
<p>Judge Orientation</p> <ul style="list-style-type: none"> – Judge Orientation will be conducted at the same time Group Leader Orientation is held – Check-in as they arrive at Orientation – Give Judging Folders to each judge – Discuss significant points with judges using orientation checklist – There will be two judges per category – There will be one Group Leader per round/category 		
<p>Group Leader Orientation</p> <ul style="list-style-type: none"> – Group Leader Orientation will be conducted at the same time Judge Orientation is held – Check-in as they arrive at Orientation – Use checklist to conduct orientation. 		
<p>Participant Orientation</p> <ul style="list-style-type: none"> – Use checklist to conduct orientation. 		
<p>Set Tables/Table Turnover Between each round:</p> <ul style="list-style-type: none"> – Wipe down tables with Lysol wipes – Know which foods/bags go on each table – Verify that resource books are still in tact – Place new worksheets on each table – Place new colored signs on each table – Help direct traffic when new teams arrive 		
<p>Preparation Timekeeper (Barn C)</p> <ul style="list-style-type: none"> – Will need to pay attention to each heat's time – May need multiple stopwatches to keep it straight 		
<p>Presentation/Judging Timekeeper (Assembly Hall)</p> <ul style="list-style-type: none"> – Keep judging on track – Food Challenge: <ul style="list-style-type: none"> • 5 minutes for presentation • 3 minutes for judges' questions • 4 minutes for judges to score/write comments – Food Show: <ul style="list-style-type: none"> • 4 minutes for presentation • 4 minutes for judges' questions • 1 minute to serve judges • 4 minutes for judges to score/write comments 		

Responsibility	Food Challenge	Food Show
Group Leaders <ul style="list-style-type: none"> – Stay with team from Orientation through completion of judging – Food Challenge: observe for safety; following of rules 		
Transition Teams to Judging Location <ul style="list-style-type: none"> – After each heat, assist teams moving from Barn C to Assembly Hall for judging – Contestants and their dish only need to go to Assembly Hall 		
Judges		
Team Spirit/Presentation Judges <ul style="list-style-type: none"> – Junior/Intermediate = Team Spirit – Senior = Preparation <p>Senior Preparation scores will be added to the Interview/Presentation Scores. Numerical scores must be provided.</p>		

D8 4-H FOOD CHALLENGE & FOOD SHOW

District Contest Information

- Event Date:** Wednesday, December 12, 2018
 Agents arrive by 8:00 am
 See attached schedule for details
- Location:** Bell County Expo Center
 301 W Loop 121
 Belton, TX 76513
 (254) 933-5353
<http://www.bellcountyexpo.com>
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- Resources:** <http://texas4-h.tamu.edu/events/roundup/>
<https://texas4-h.tamu.edu/projects/food-nutrition/#contests>
<http://d84-h.tamu.edu/events-and-activities/food-challenge-food-show/>
- Deadlines:** All entries will be completed on 4-H Connect at <https://texas.4honline.com/>.
 Please see your County Extension Agent for registration requirements and deadline.
<https://counties.agrilife.org/>
- Entry Fee:** \$10 per 4-H member for Food Show
 \$10 per 4-H member for Food Challenge
- Late Entries.** Late entries will be permitted with an additional:
- \$20 late fee per 4-H member up to 60 hours after the regular contest deadline (Monday at noon).
 - No Food Challenge teams may be added after the 60-hour late fee deadline.
 - To add an individual Food Show entry or an individual member to a Food Challenge team after the 60-hour deadline, a \$50 late fee per 4-H member will be assessed in addition to the regular registration fee.



D8 4-H FOOD CHALLENGE & FOOD SHOW

Tentative Schedule – Wednesday, December 12, 2018

Food Show

Time	Activity	Location
8:00-8:15 am	Food Show Judge & Food Show Group Leader Check-in	Barn C
8:00-8:30 am	Food Show Contestant Check-in	Barn C
8:30 am	Food Show Judge & Food Show Group Leader Orientations	Assembly Hall
8:30 am	Food Show Contestant Orientation	Barn C
8:45 am	Food Show Contestants move to Assembly Hall for Judging	Assembly Hall
9:00 am	Food Show Judging Begins	Assembly Hall
2:45 pm	Approximate time for Awards Assembly	Barn C

Food Challenge

Time	Heat 1 Contestants	Heat 2 Contestants	Group Leaders	Judges	Location
9:30-9:45 am			Heat 1 Group Leaders Check-in		Barn C
9:45-10:15 am	Heat 1 Contestants Check-in		Heat 1 Group Leaders Orientation		Barn C
10:15-10:30 am				Team Spirit Judges Check-in	Barn C
10:15 am	Heat 1 Contestants Orientation		Heat 1 Group Leaders with Teams		Barn C
10:30 am	Heat 1 Contestants Report to Stations			Team Spirit Judges Orientation	Assembly Hall
10:45-11:00 am			Heat 2 Group Leaders Check-in	Presentation Judges Check-in	Barn C
11:00 am			Heat 2 Group Leaders Orientation		Barn C
11:00 am	Heat 1 Preparation Begins			Team Spirit Judging Begins	Assembly Hall
11:00-11:30 am		Heat 2 Contestants Check-in			Barn C
11:15 am				Presentation Judges Orientation	Assembly Hall
11:40 am	Heat 1 Preparation Ends				Assembly Hall
11:30 am		Heat 2 Contestants Orientation	Heat 2 Group Leaders with Teams		Barn C
11:45 am		Heat 2 Contestant Report to Stations			Assembly Hall
12:00 pm	Heat 1 Judging Begins			Presentation Judging Begins	Assembly Hall
12:15 pm		Heat 2 Preparation Begins			Assembly Hall
12:55 pm	Heat 1 Judging Ends	Heat 2 Preparation Ends		Team Spirit Judging Ends	Assembly Hall
1:15 pm		Heat 2 Judging Begins			Assembly Hall
2:00 pm				Presentation Judging Ends	Assembly Hall
2:45 pm	Approximate time for Awards Assembly				Barn C

D8 4-H FOOD CHALLENGE

Rules & Guidelines

More than 100,000 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.

OBJECTIVES

- Provide opportunities for participants to exhibit their knowledge and skill when preparing and presenting a dish
- Provide opportunities for participants to learn from other team members
- Promote teamwork
- Give participants opportunities for public speaking
- Provide leadership opportunities
- Give 4-H members the opportunity to participate in a new, exciting, competitive event

RULES

1. **Participation.** Participants must be 4-H members currently enrolled in a Texas 4-H and Youth Development county program and actively participating in the Food and Nutrition project.

4-H members that were part of a first-place team for a category in the Food Challenge at Texas 4-H Roundup are eligible to compete again.

2. **Age Divisions.** Age divisions are determined by a participant's grade as of August 31, 2018, as follows:

<u>Division</u>	<u>Grades</u>	
Junior	3*, 4, or 5	<i>*Must be at least 8 years old</i>
Intermediate	6, 7, or 8	
Senior	9, 10, 11, or 12*	<i>*Must not be older than 18 years old</i>

There will be three age divisions in BOTH Food Show & Food Challenge. Youth may participate in BOTH events.

In Food Challenge, Juniors may move up to the Intermediate age division when participating on a team that has a true Intermediates (based upon grades listed above) on it. No one may move up to the Senior age division. NO individual may move down to a younger age division.

3. **Teams per county.** Each county may enter a maximum of two (2) Junior teams, two (2) Intermediate teams, and two (2) Senior teams.

The first and second place teams in both age divisions should advance to the district contest. At the county contest, this will require that all teams within one age division be judged against each other and placed (not judged and placed according to food category).

Teams Advancing to Texas 4-H Roundup. Only Seniors may advance to state. Each district may advance four (4) teams (first-place team in each category at District). Teams advancing to state will not automatically be assigned to the same category as they were at district. The state Food Challenge is scheduled for Wednesday, June 12, 2018 in College Station.



4. **Members per team.** Each team will have at least three (3) and a maximum than four (4) members. Also, see rule #2.
5. **Substitution of Team Members.** Substitution of team members should only be made if necessary. Only the same number of 4-H members qualifying at the county level will be eligible to participate at the district level. No more than two team members may be substituted, up to the day of the Food Challenge. The substitute 4-H member must have participated in the county food and nutrition project to be eligible.
6. **Entry Fee.** Each individual will be required to pay a registration fee of \$10 through 4-H Connect by the deadline.
7. **Food Categories.** In each age division, there will be four (4) Food Categories: Main Dish, Fruits & Vegetables, Bread & Cereal, and Nutritious Snacks. Teams will be randomly assigned to a category which will not be announced until check-in the day of the contest.
8. **Attire.** Each team will have the option of wearing coordinated clothing, aprons or hair coverings. Team members must wear closed-toe shoes.



9. **Resource Materials provided at contest.** Resource materials will be provided for each team at the contest. These include *MyPlate Min Poster*, *FightBac – Fight Foodborne Bacteria Brochure*, *Know Your Nutrients*, *Food Challenge Worksheet*. Seniors will also be provided information to calculate cost analysis (grocery receipts). No other resource materials will be allowed. Teams may not use their personal copies of the resources during the contest.
10. **Supply box.** Each team must supply their own equipment for the challenge. Teams may bring only the supplies listed in the supply box section. Supply boxes can be checked by contest officials. Any extra equipment will be removed from the team’s supply box. See attached list.
11. **Awards:** The top five high scoring teams in each food category will be recognized with awards during the awards program.

Team Spirit awards will be awarded in each category and age division. The Team Spirit award will be given based on teamwork, enthusiasm, and professional appearance. Team Spirit judges will be different than presentation judges. Team Spirit will be evaluated during the 40-minute preparation time based upon the attached Team Spirit Scorecard (Junior and Intermediate) or Presentation Scorecard (Senior).

12. **Participants with disabilities.** Any competitor who requires auxiliary aids or special accommodations must contact the District Extension Office at least two (2) weeks before the competition. Contact Laura Huebinger at the District Office (254) 968-4144, Ext. 211.





13. **Contest References & Forms.** Refer to the following website for additional rules, scorecard, and forms: <http://texas4-h.tamu.edu/events/roundup/>. Note that there is a different Scorecard and Team Worksheet for the Junior and Intermediate age divisions. It can be found at the following link: <http://agrilife.org/d84h/events-and-activities/food-challenge-food-show/>.

D8 4-H FOOD CHALLENGE

Supply Box

Each team will bring an equipment box containing **only one** each of the following items, unless a different quantity is noted:

Beverage glass	Knives (2)
Bowls	Liquid measuring cup (2-cup size) 
Dip size (1)	Measuring spoons (1 set)
Mixing (2)	Non-stick cooking spray
Serving (1)	Note cards (1 package – no larger than 5x7)
Calculator	Paper towels (1 roll)
Can opener	Pancake turner
Cookie sheet	Pencils (no limit)
Colander	Plastic box or trash bag for dirty equipment
Cutting Boards (2)	Pot with lid
Disposable tasting spoons (no limit)	Potato masher
Dry measuring cups (1 set)	Potato peeler
Electric skillet	Sanitizing wipes (1 container)
Extension cord	Serving platter
<i>(Teams should be certain the extension cord is compatible (2-prong/3-prong) with the plugs on their electrical supplies.)</i>	Serving utensil
First aid kit	Skewers (1 set)
Food thermometer	Skillet with lid
Fork	Spatulas (2) 
Gloves	Stirring spoon
Grater	Storage bags (1 box)
Hand sanitizer	Tongs
Hot pads (up to 5)	Two single-burner hot plates OR one double-burner plate (electric only!)
Kitchen shears (1 pair)	Whisk
Kitchen timer	

Gadget of the Year:

Teams may have the following kitchen gadget for their box for the 2018-2019 Contest Year:

 **Melon Baller**

D8 4-H FOOD CHALLENGE

Rules of Play

1. **Check-in.** Teams will report to Barn C (where the awards assembly is held) at the Bell County Expo Center for check-in.
2. **Orientation.** An orientation will be provided for all participants.
3. **Stations.** Each team will be directed to a cooking/preparation station. There will be a set of ingredients at each station, but no recipe. A list of ingredients and amounts may also be provided at the discretion of the contest committee. The ingredients will represent a recipe from one of the following categories: Main Dish, Fruits and Vegetables, Bread and Cereal, and Nutritious Snacks.
4. **Resources and Instructions.** General guidelines, resources and instructions will be located at each station to assist the team.
5. **Time.** Each team will have 40 minutes to prepare the dish, plan a presentation, and clean up the preparation area.
6. **Participants only.** Only participants and contest officials will be allowed in food preparation areas.
7. **Preparation.** Each team will be provided with a set of ingredients reflective of the assigned category, and will create a single dish (not a full meal) using them.
 - a. Teams are challenged with being creative and developing their own recipe with the ingredients provided.
 - b. Teams must incorporate each ingredient into their dish. However, teams may determine the exact amount of each ingredient to use.
 - c. There will be no contest pantry offered for Juniors or Intermediates. Seniors may have the option of a pantry during the contest with additional ingredients that may be incorporated into their dish. Cost of pantry items should not be included in the cost analysis calculation.
 - d. The ingredients provided to each team may also be used to garnish the dish.
 - e. Note cards and the Food Challenge Worksheet may be used to write down the recipe that the team creates, along with notes related to nutrition, food safety, and cost analysis. Teams should be exact on ingredients used, preparation steps, cooking time, temperature, etc.
 - f. **SENIOR** teams will be judged and scored during the preparation phase of the contest. This judging is based upon observation only! Refer to the Preparation Scorecard for details. The Preparation Score will be added to the Presentation Score to determine final rankings.
 - g. Junior and Intermediate teams will be judged and scored during the preparation phase of the contest for the Team Spirit award. This judging is based upon observation only! Refer to the Team Spirit Scorecard for details. The Team Spirit Score will not be added to the Presentation Score.
8. **Equipment.** Teams that may experience any equipment malfunction(s) may not replace the equipment with supplies from another team, leaders, volunteers, county Extension agents, or contest officials. Instead, team members must work together and be creative in completing preparation without the malfunctioning equipment.
9. **Electricity.** If electricity goes out during the preparation phase of the contest, teams are asked to immediately notify their Group Leader or other contest office. Teams will be asked to turn away from the table immediately. Contest officials will stop the clock so that no preparation time is lost.

10. **Food Safety.** Each station will have food safety resources. Teams should follow the steps listed to ensure proper food safety and be prepared to discuss food safety practices used in the team presentation to the judges.
11. **Nutrition.** Each station will have a variety of nutrition resources/references. Each team should name key nutrients in their dish and their functions.
12. **Cost Analysis (Seniors only).** Prices will be available for each ingredient provided to teams. Teams will need to find the ingredients on the list and calculate the price of the dish along with the price per serving. Teams will also need to determine the number of servings per recipe. Cost of pantry items should not be included in the cost analysis calculation.
13. **Menu Planning and Substitutions (Juniors/Intermediates only).** Teams will need to identify additional menu items that could be served along with the dish to make a complete meal. Teams should also provide suggestions for possible substitutions.
14. **Clean-up.** Teams must clean up their preparation areas. Clean-up time is included in the 40-minute preparation allotment. Teams should plan to not have access to a kitchen facility; therefore, dirty dishes should be placed in a plastic container, bag, or box to be cleaned at home. Left-over food should be disposed of properly.
15. **Hot equipment.** If you have a hot plate or other items cooling, it may be the only thing out on the table other than the food you are presenting to the judges.
16. **No talking or writing after preparation.** After time is called for the 40-minute preparation period, no talking and no writing is allowed among any team members. Team members caught talking and/or writing will receive a warning. The second time the team will be disqualified and asked to leave the contest facility. Team members should not have pens or pencils in their possession while waiting to give their presentation.
17. **Presentation.** When time is called, each team will present their dish to the judges. Team presentations should include the criteria outlined on the scorecard. The following also pertains to team presentations:
 - a. All team members, or at least a majority, should participate in the presentation.
 - b. Judging time will include:
 - 5 minutes for the presentation
 - 3 minutes for judges' questions
 - 4 minutes between team presentations for judges to score and write comments
 - c. Teams are allowed the use of note cards during the presentation, but should not read from them, as this minimizes the effectiveness of their communication.
 - d. Judges may ask teams questions that are not directly related to the dish prepared. Instead, some questions may address the general knowledge gained through the 4-H members' food and nutrition project learning experiences.
18. **No tasting of food.** Judges are not allowed to taste the foods prepared. No left-over food should be shared with any participant or the audience.
19. **Rankings.** Placing will be based on the rankings of teams by judges. Judges' results are final.
20. **Awards Program.** An awards program will be held at the conclusion of the judging process.



D8 4-H FOOD CHALLENGE



Junior & Intermediate Scorecard – Presentation

CATEGORY		TEAM MEMBERS	
COUNTY & TEAM #			

Team Presentation	Comments	Points	Score
Knowledge of MyPlate:			
Knowledge of MyPlate		2	
Serving sizes and examples of MyPlate groups based on 2000 calorie diet		2	
Told how MyPlate represented in dish prepared		2	
Dish is representative of category		2	
Team shared personal healthy lifestyle choices based on dietary guidelines		2	
Nutrition Knowledge:			
Knows key nutrition in prepared dish		5	
Function of nutrients		5	
Food Preparation:			
Listed & explained steps in how dish was prepared		4	
Explained function of ingredients in dish		4	
Safety Concerns and Practices:			
Explained & applied food safety		8	
Menu Planning & Substitution			
Identifies additional foods for complete meal with variety in color, texture, taste, temperature, etc.		5	
Healthy substitutions		4	
Food Appearance/Quality:			
Food is appealing and appetizing		3	
Appeared to be cooked properly		3	
Attractive and appropriate garnish		3	
Creativity:			
Used ingredients in a creative way		5	
Incorporated pantry items into dish or garnish		3	
Effectiveness of Communication:			
Displayed effective communication skills		4	
Poise and personal appearance		4	
Teamwork:			
Each team member contributed to the presentation		5	
Questions:		5	
Additional Comments: (Use back of sheet for additional space)		Total Points (80)	

D8 4-H FOOD CHALLENGE

Junior & Intermediate Worksheet

CATEGORY		TEAM MEMBERS	
COUNTY & TEAM #			

Knowledge of MyPlate (Write the food and in what food group it belongs):		
Food	MyPlate	Number of servings needed each day

Nutrient Knowledge (Know what this dish contributes to the diet):		
Food	Nutrients/Vitamins	What do they do for my body?

Steps:	What was prepared/performed in this step?

Food Safety (List food safety concerns associated with this dish):

Menu Planning and Substitutions (What would you serve with this dish to make a complete meal?):		
What substitutions could you make in this dish?		
Original ingredient	Possible substitution	Reason or benefit of substitution



D8 4-H FOOD CHALLENGE

Senior Scorecard – Presentation

CATEGORY		TEAM MEMBERS	
COUNTY & TEAM #			

Team Presentation	Comments	Points	Score
Knowledge of MyPlate:			
Knowledge of MyPlate		2	
Serving sizes and examples of MyPlate groups based on 2000 calorie diet		2	
Told how MyPlate represented in dish prepared		2	
Dish is representative of category		2	
Team shared personal healthy lifestyle choices based on dietary guidelines		2	
Nutrition Knowledge:			
Knows key nutrition in prepared dish		5	
Function of nutrients		5	
Healthy substitutions		3	
Food Preparation:			
Listed & explained steps in how dish was prepared		4	
Explained function of ingredients in dish		4	
Safety Concerns and Practices:			
Explained & applied food safety		8	
Serving Size Information:			
Demonstrated knowledge of serving size		4	
Shared estimated cost of the dish		2	
Food Appearance/Quality:			
Food is appealing and appetizing		3	
Appeared to be cooked properly		3	
Attractive and appropriate garnish		3	
Creativity:			
Used ingredients in a creative way		5	
Incorporated pantry items into dish or garnish		3	
Effectiveness of Communication:			
Displayed effective communication skills		4	
Poise and personal appearance		4	
Teamwork:			
Each team member contributed to the presentation		5	
Questions:			
		5	
Additional Comments: (Use back of sheet for additional space)		Total Points (80)	

D8 4-H FOOD CHALLENGE

Senior Worksheet

CATEGORY		TEAM MEMBERS	
COUNTY & TEAM #			

Knowledge of MyPlate (Write the food and in what food group it belongs):		
Food	MyPlate	Number of servings needed each day

Nutrient Knowledge (Know what this dish contributes to the diet):		
Food	Nutrients/Vitamins	What do they do for my body?

Steps:	What was prepared/performed in this step?

Food Safety (List food safety concerns associated with this dish):

Serving Size Information (Accurately calculate the cost of the dish and the cost per serving):		
Ingredient	Total Cost of ingredient	Cost per measurement
TOTAL		
Total cost per serving		



D8 4-H FOOD CHALLENGE



All Age Divisions Scorecard – Preparation (Team Spirit)

CATEGORY		TEAM MEMBERS	
COUNTY & TEAM #			

Team Observation	Comments	Points	Score
<i>Teamwork:</i>			
Effective use of communication among team members		2	
Each team member played a key role in the preparation phase, whether cooking or preparing presentation		3	
<i>Safety concerns and practices:</i>			
Exhibited knowledge of how to use equipment safely (heat, utensils, sharps, etc.)		3	
Handled ingredients appropriately to avoid cross contamination		1	
Personal Hygiene (hair, nails, jewelry, etc.)		1	
<i>Preparation:</i>			
Displayed a logical process in mixing and assembling ingredients		2	
Practiced correct cooking procedures based upon ingredients provided		1	
Completed tasks effectively and in a logical order		2	
<i>Management:</i>			
Used work space effectively		2	
Effective use of time		2	
Preparation table was clean at the conclusion of the preparation period		1	
<i>Additional comments: (based on observation)</i>		Total Points (20)	

D8 4-H FOOD SHOW

Rules & Guidelines

The goal of the Texas 4-H Food Show is to provide an opportunity for 4-H members to highlight their culinary skills while also improving their presentation and interview skills. More than 100,000 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 to 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.
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 Divisions.** Age divisions are determined by a participant's grade as of August 31, 2018, as follows:

<u>Division</u>	<u>Grades</u>	
Junior	3*, 4, or 5	<i>*Must be at least 8 years old</i>
Intermediate	6, 7, or 8	
Senior	9, 10, 11, or 12*	<i>*Must not be older than 18 years old</i>

There will be three age divisions in BOTH Food Show & Food Challenge. Youth may participate in BOTH events.

3. **Entries per county.** Each county may enter one 4-H member per Food Show category per age division.
4. **Categories.** There are four Food Show categories: Breads & Cereals, Fruits & Vegetables, Main Dish, and Nutritious Snacks.


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 from this category include quick breads such as muffins and biscuits, yeast breads, oatmeal, and pasta.

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

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, souffles, omelets, soups, and chowders.

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, over roasted chickpeas, or oatmeal energy balls.

5. **Advancing to Texas 4-H Roundup.** The first-place entry in each Senior category will advance to state. The same recipe entry that was used at County and District level must be used at the State level. The same recipe cannot be entered more than once to the Food Show at Texas 4-H Roundup. The Texas 4-H Food Show is set for Thursday, June 13, 2019 in College Station.
6. **Recipe.** When selecting a recipe for competition, please remember:
 - a. Recipes should be written in the standard recipe format using the included Recipe Submission Checklist.
 - b. Oven time limit is 75 minutes in each category.
 - c. No alcohol or ingredients containing alcohol may be used.
 - d. 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 as needed for competition.
 - e. Contestants must enter the same recipe at district that they qualified with at the county level. Seniors must also enter the same recipe at state that they qualified with at the district level.
7. **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.
8. **Rules & Guidelines.** Contestants will follow all State Food Show rules.
 - a. ***Please note.*** The state rules are written for Seniors who have qualified for the Food Show at Texas 4-H Roundup. The state rules discuss preparation at a contest site. For the District 8 Food Show, contestants will bring their prepared dish to the contest. Contestants should prepare their own dishes at home; parents may supervise but should not be preparing the food.
9. **Theme.** The theme for 2018-2019 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!*

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.

10. **Contest 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>

11. Contestants Bring to District 8 Contest:

- a. **District 8 4-H Food Show Recipe Form & Project Experiences Form**. Contestants should bring **two sets** of their District 8 4-H Food Show paperwork.
 - **Juniors & Intermediates** – Junior and Intermediate paperwork only includes the District 8 4-H Food Show Recipe Form.
 - **Seniors** – Senior paperwork includes the District 8 4-H Food Show Recipe Form and Project Experiences Form. (Seniors. Please note that if you qualify for state you will need to use the state forms.)
- b. **Prepared dish**. 4-H members are encouraged to bring a single serving or a small dish rather than the whole recipe, so there will not be as much waste if the food needs to be thrown away. The dish should be presented to the judges as if it were about to be placed on a table for a family dinner.
- c. **Serving Utensil**. Serving of the entry dishes will occur during the contestant's interview time. Contestants will need to bring the appropriate serving utensil. In addition, a napkin to laying the serving utensil is allowed. The judges will be served a small portion of food using the paper products provided by the District. Contestants will serve only one serving to the judging panel, not a serving to each individual judge. Judges will not taste the dish.
- d. **Serving Tray**. Contestants must bring their own serving trays if needed to safely transport the dish. 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 only use serving dishes and utensils appropriate and necessary to present and serve the dish to be judged.

12. **Preparation**. Food must be prepared prior to arrival at the District Food show. There will be tables in the Assembly Hall for participants to set their dish as they wait to be judged. They can put the finishing touches on the dishes in that area immediately prior to judging. Participants will have only about 10 minutes for preparation time, clearing their area quickly, and move their dish to the waiting area. There will be no timers. There will be **LIMITED prep time**. Parents are not allowed in the waiting or judging area in the Assembly Hall.

13. **Four Minute Presentation.** All contestants should prepare a maximum four-minute oral presentation to introduce themselves and their dish. Contestants should describe their inspiration in choosing the recipe and how it relates to the theme, ***Restaurant Re-Creations***.
14. **Four Minute Question & Answer.** Judges will have the opportunity for a maximum 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.
15. **Serving.** At the conclusion of the question and answer period, the participant will have one-minute to serve the judges a portion of the dish. This will allow the judges to visually evaluate the dish prepared. Participants should practice proper food handling techniques when presenting food to the judges. Judges will not taste the food.
16. **Judges' Comments.** Judges will have four minutes to write comments and score participants.
17. **Awards.** The top five scoring individuals in each category will be recognized.
18. **Contest References & Forms.** Refer to the following website for specific rules, score sheets, and forms:
<http://texas4-h.tamu.edu/events/roundup/>.

D8 4-H FOOD SHOW

Recipe Submission Checklist

Recipes for 4-H Food Show should adhere to the guidelines below. Please use this checklist to ensure recipes are correctly written. This form does not need to be submitted at the Food Show. This form is for guidance only.

DOES YOUR RECIPE HAVE ALL OF THESE PARTS?

YES

NO

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	_____	_____

D8 4-H FOOD SHOW

Sample Questions

1. How do you balance your daily menu to ensure that you get proper amounts of food from the food groups?
2. Name food groups and amounts that are required from each food group each day.
3. What function does each ingredient perform in the recipe?
4. What are the basic preparation principles involved in preparing this dish?
5. What food safety practices did you use during preparation?
6. What is considered a serving of your dish?
7. If substitutions are possible, what are they?
8. What and what amount of important nutrients are found in your dish?
9. What is the function of the nutrients found in your dish?
10. What change have you made in your dietary habits as a result of your 4-H food project?
11. Tell about your community service and leadership through the year's food project?
12. What were your goals for your foods project and what are some activities you did in this project?
13. What do you consider your most important learning experience in this year's food project?
14. Is there anything else you would like to tell us about your project?

These are sample questions. Judges are free to ask any question related to the 4-H Food & Nutrition Project.

D8 4-H FOOD SHOW

2018 District 8 4-H Food Show

Recipe Form – All Age Divisions

Name _____ **County** _____

Age Division ___ Junior ___ Intermediate ___ Senior

Category ___ Bread & Cereal ___ Fruit & Vegetable ___ Main Dish ___ Nutritious Snacks

Name of Recipe _____

Type recipe here: *(Check the Texas 4-H Food Show Guide for Recipe Submission Checklist and Example format.)*

D8 4-H FOOD SHOW

2018 District 8 4-H Food Show

Project Experiences – Seniors Only

Name _____ County _____

Age Division _____ x Senior

Category _____ Bread & Cereal _____ Fruit & Vegetable _____ Main Dish _____ Nutritious Snacks

Name of Recipe _____

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

D8 4-H FOOD SHOW

2018 District 8 4-H Food Show

Junior & Intermediate Score Sheet

Name _____ **County** _____
Age Division ___ Junior ___ Intermediate
Category ___ Bread & Cereal ___ Fruit & Vegetable ___ Main Dish ___ Nutritious Snacks
Name of Recipe _____

Criteria	Rating				Comments	Points	
	Outstanding	Good	Fair	Needs Improvement			
Introduction of Presentation • Introduction; how recipe fits into theme	5-4	3	2	1		(5)	
MyPlate • What are the individual food groups? • How many servings are needed for someone your age and gender from each group daily? • What food group does your recipe fall into? • How many servings from this food category are provided by this recipe?	20-16	11-15	6-10	5-1		(20)	
Nutrients • What are the key nutrients provided by this recipe? • Which items in your dish provide these nutrients? • Why do you need these nutrients?	20-16	11-15	6-10	5-1		(20)	
Food Preparation • What key steps were taken to prepare this recipe? • What are some important ingredients in your recipe and what do they do? • What is something new you learned by preparing this recipe?	10-8	7-6	5-3	2-1		(10)	
Food Safety • What food safety practices were taken while preparing this recipe? • How should this dish be stored?	10-8	7-6	5-3	2-1		(10)	
Food Presentation • Appearance of food (quality, texture, color, aroma, garnishing)	5-4	3	2	1		(5)	
Project Experiences • Tell us about what you did and learned in your F&N project this year. • Tell us about any leadership and/or community service project experiences.	10-8	7-6	5-3	2-1		(10)	
Communication Skills • Voice, poise, confidence, presentation, personal appearance	5-4	3	2	1		(5)	
Additional Comments						Judges' Initials _____	(85)

2019 TEXAS 4-H FOOD SHOW SCORECARD

CONTESTANT NAME: _____

COUNTY: _____ **DISTRICT:** 8

ENTRY CATEGORY: Bread & Cereal Fruit & Vegetable Main Dish Nutritious Snacks
 Senior

	Rating				Comments	Points	
	Outstanding	Good	Fair	Needs Improvement			
I. PRESENTATION							
<i>Is theme represented in this entry?</i>	5-4	3	2	1		(5)	
Knowledge of MyPlate: Food group of individual ingredients, serving amount needed from each group daily; food group that dish falls into; knowledge of personal healthy lifestyles choices based on dietary guidelines	10-8	7-6	5-3	2-1		(10)	
Nutrition Knowledge: Contestant understands what this dish contributes to the diet	10-8	7-6	5-3	2-1		(10)	
Food Preparation: Knows the key steps in preparation of food and function of ingredients	10-8	7-6	5-3	2-1		(10)	
Food Safety Concerns & Practices: Knows food safety concerns in preparation and storage of dish	10-8	7-6	5-3	2-1		(10)	
II. THE INTERVIEW <i>(category specific)</i>							
Knowledge of MyPlate	10-8	7-6	5-3	2-1		(10)	
Nutrition Knowledge	10-8	7-6	5-3	2-1		(10)	
Food Preparation	10-8	7-6	5-3	2-1		(10)	
Food Safety	5-4	3	2	1		(5)	
4-H Food & Nutrition Project Activities	5-4	3	2	1		(5)	
III. FOOD EVALUATION							
Food Presentation/Quality: Appearance of food (texture, uniformity); garnishing	5-4	3	2	1		(5)	
IV. EFFECTIVENESS OF COMMUNICATION							
<i>Voice, poise, personal appearance</i>	5-4	3	2	1		(5)	
V. PAPERWORK							
<i>Summary of project experiences</i>	5-4	3	2	1		(5)	
ADDITIONAL COMMENTS:					<i>Total Points:</i>		
					<i>Additional Deductions:</i>		
					FINAL SCORE:		