

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 healthy eating habits to reduce the risk of chronic disease.
 - 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, 2022, 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>

3. There will be three age divisions in BOTH Food Show & Food Challenge. Youth may participate in BOTH events.
4. **COVID-19 PRECAUTIONS & REQUIREMENTS.** This program will follow any directives by the local/county health officials, Texas A&M AgriLife Extension Service policies, and State requirements in effect at the time of the event as it relates to COVID-19. Participation in this event requires any attendee to follow those procedures to attend the event. This may include wearing face coverings, social distancing, any other preventative measures mandated or required by this program. A specific set of requirements will be available for your review prior to the event.
5. **Entries per county.** Each county may enter one 4-H member per Food Show category per age division.
6. **Categories.** There are four Food Show categories: Appetizer, Main Dish, Side Dish, and Healthy Dessert.
 - 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 Dishes – 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 Desserts – 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.
7. **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 Tuesday, June 6, 2023 in College Station.
8. **Recipe.** When selecting a recipe for competition, please remember:
- Recipes should be written in the standard recipe format using the included Recipe Submission Checklist.
 - Oven time limit is 75 minutes in each category.
 - 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 as needed for competition.
 - 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.
9. **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.
10. **Rules & Guidelines.** Contestants will follow all State Food Show rules.
- **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.
11. **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



12. 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.

13. Nutrition Resources

- MyPlate
<http://www.choosemyplate.gov/>
- Food Safety
<https://texas4-h.tamu.edu/projects/food-nutrition/>
- 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

14. Theme Resources

10 Tips: Save More at the Grocery Store

- <https://www.choosemyplate.gov/ten-tips-save-more-at-the-grocery-store>

20 Money Saving Grocery Shopping Tips

- <https://www.eatright.org/food/planning-and-prep/eat-right-on-a-budget/20-money-saving-grocery-shoppingtips>

10 Tips for Healthy Grocery Shopping

- <https://www.webmd.com/food-recipes/features/10-tips-for-healthy-grocery-shopping#1>

Eating Better on a Budget

- <https://choosemyplate-prod.azureedge.net/sites/default/files/tentips/DGTipsheet16EatingBetterOnABudget.pdf>

Smart Shopping for Veggies and Fruits

- <https://choosemyplate-prod.azureedge.net/sites/default/files/tentips/DGTipsheet9SmartShopping.pdf>

Stretch Your Food Dollars At the Grocery Store

- <https://hgic.clemson.edu/factsheet/stretch-your-food-dollars-part-2-at-the-grocery-store/>

15. Contestants Bring to District 8 Contest:

- ***District 8 4-H Food Show Recipe Form & Project Experiences Form.*** It is optional for contestants to bring food show paperwork to contest. **Paperwork for all age divisions needs to be uploaded when contestants register on 4-H connect.** Judges will be provided copies of each contestant's 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.)

16. ***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. Contestants will present only one serving to the judges. They will not need to serve the judges, as they are only presenting

one serving.

17. **Orientation.** Participant orientation for Food Show will be presented to all Food Show participants before the start of the Food Show. A schedule of the days activities will be sent out to all registered participants prior to the contest date.
18. **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.
19. **Five Minute Presentation.** All contestants should prepare a maximum five-minute oral 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.
20. **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.
21. **Serving.** At the conclusion of the question-and-answer period, the participant will present their serving to the judges to evaluate further. Judges will not taste the food. The contestant will take the serving with them when they leave the judging area.
22. **Skills Showcase.** There will be no skills showcase at the District Contest. For those students who advance to the state contest, a Food Show workshop will be conducted to ensure these students are adequately prepared for the state contest.
23. **Judges' Comments.** Judges will have four minutes to write comments and score participants.
24. **Knowledge Showcase.** There will be no knowledge showcase at the District Contest. For those students who advance to the state contest, a Food Show workshop will be conducted to ensure these students are adequately prepared for the state contest.





18. **Awards.** The top five high scoring teams in each food category will be recognized with awards during the awards program. The awards program will take place at the conclusion of the Food Challenge contest, for both Food Show & Food Challenge awards.

1. **Contest References & Forms.** Refer to the following website for specific rules, score sheets, and forms:
<http://texas4-h.tamu.edu/events/roundup/>.

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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

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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.

DISTRICT 8 4-H



Food Show
All Divisions Recipe Submission

CONTESTANT NAME:								
CATEGORY <small>(please check one)</small>	<input type="checkbox"/>	APPETIZER	<input type="checkbox"/>	MAIN DISH	<input type="checkbox"/>	SIDE DISH	<input type="checkbox"/>	HEALTHY DESSERTS
COUNTY				AGE DIVISION:				
DISTRICT								

NAME OF RECIPE:		
PREP TIME:	COOK TIME:	COST:

TYPE RECIPE HERE:

DISTRICT 8 4-H



Project Experiences – Seniors Only

CONTESTANT NAME:								
CATEGORY <small>(please check one)</small>	<input type="checkbox"/>	APPETIZER	<input type="checkbox"/>	MAIN DISH	<input type="checkbox"/>	SIDE DISH	<input type="checkbox"/>	HEALTHY DESSERTS
COUNTY								
DISTRICT								

NAME OF RECIPE:

List Experiences Here:

Score Sheet

CONTESTANT NAME:								
CATEGORY <small>(please check one)</small>	<input type="checkbox"/>	APPETIZER	<input type="checkbox"/>	MAIN DISH	<input type="checkbox"/>	SIDE DISH	<input type="checkbox"/>	HEALTHY DESSERTS
COUNTY				AGE DIVISION:				
DISTRICT								

	Comments	Points	Score
I. Presentation			
Theme: Is theme represented in this entry?		(10)	
Knowledge of MyPlate: <ul style="list-style-type: none"> • 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)	
Nutrition Knowledge: <ul style="list-style-type: none"> • Contestant understands what this dish contributes to the diet 		(10)	
Food Preparation: <ul style="list-style-type: none"> • Knows the key steps in preparation of food and function of ingredients 		(10)	
Food Safety Concerns & Practices: <ul style="list-style-type: none"> • Knows food safety concerns in preparation and storage of dish 		(10)	
II. Interview (category specific)			
Judge's Questions		(15)	
4-H Food & Nutrition Project Activities		(15)	
III. Food Evaluation			
Food Presentation/Quality: <ul style="list-style-type: none"> • Appearance of food (texture, uniformity) • Garnishing 		(10)	
IV. Effectiveness of Communication			
<i>Voice, poise, personal appearance</i>		(10)	
Additional Comments:		Total Points	Possible (100)
		Final Score	