

"GROCERY GAMES"



2020-2021 Rules & Guidelines

Guidelines 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.

TEXAS A&M
AGRILIFE
EXTENSION

TEXAS A&M
AGRILIFE
EXTENSION



PRAIRIE VIEW
A&M UNIVERSITY
COLLEGE OF AGRICULTURE
AND HUMAN SCIENCES

Cooperative Extension Program

Table of Contents

Date, Location, Schedule	3
Theme	3
General Rules and Guidelines	4-6
Senior Rules & Guidelines, Scorecard.....	7-9
Intermediate Rules & Guidelines, Scorecard	10-11
Junior Rules and Guidelines, Scorecard	12-13
Junior & Intermediate Sample Questions.....	14
Food Show Resources	15
Recipe Checklist	16
Recipe Example	17
Recipe Submission Form	18

(Click on the section you want to jump to)

DATE

Wednesday, December 2, 2020

LOCATION

Hill Country Youth Center
3785 Highway 27 Kerrville, TX 78028

*SCHEDULE***

8:00-8:30a.m.	Junior Check-in
8:30 a.m.	Junior Contest Starts
11-11:30 a.m.	Intermediate Check-in
11:30 a.m.	Intermediate Contest Starts
2-2:30 p.m.	Senior Check-in
2:30 p.m.	Senior Contest Starts
TBD	Presentation of awards

***** This schedule is subject to change! More details to be announced as we get closer to the contest date.***

THEME

This year's 4-H Food Show theme is GROCERY GAMES...Let your local food sources guide your healthy recipe selection with only \$10 to spend!

Texas is a diverse state, in more ways than one! Some of us live in a metroplex with access to major supermarkets and aisles upon aisles of options. Others live in small towns supplied by a convenience store or a larger store if we are willing to travel. A few of us find fresh food in our own backyard garden. The rest of us are somewhere in between! This year, we want you to be creative by using YOUR local food sources to create a dish on a budget. This year's Food Show will be especially unique as 4-H'ers bring foods created from the supermarket, the small-town convenience stores, the dollar stores, and even the garden! What are you bringing to the table? Remember to keep in mind good nutrition and healthy preparation methods as you select your recipe.

General Rules & Guidelines

The rules in this guide are for the District 10 4-H Food Show competition held in conjunction with Fall Roundup.

1. 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. There are three age divisions for competition as outlined below. 4-H members' division is determined by their grade as of August 31, 2020.
 - a. Junior-Grades 3rd, 4th & 5th
 - b. Intermediate-Grades 6th, 7th, & 8th
 - c. Senior-Grades 9th, 10th, 11th & 12th
3. An alternate cannot participate in the District 10 Food Show.
4. Contestants should wear clothing consistent with professional and safe food handling practices.
5. Contest Components
 - a. Each food show participant will complete/compete in each of the following components.
 - i. Dish
 - ii. Interview (Junior & Intermediates Only)
 - iii. Presentation & Interview (Seniors Only)
 - iv. Skills Showcase (Intermediates/Seniors Only)
 - v. Knowledge Showcase (Seniors Only)
6. Dish Selection
 - a. 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.
 - b. 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/>
7. Dish Categories
 - a. Appetizer
 - i. 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 to not ruin one's appetite.
 - b. Main Dish
 - i. 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.
 - c. Side Dishes
 - i. 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.

- d. Healthy Desserts
 - i. 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.
8. The decision as to whether a dish qualifies in a category will be left entirely to the discretion of the agent during judging at the county level.
9. Cost
 - a. The contestant's recipe must cost less than \$10 to prepare (excluding spices and seasonings).
10. Recipes
 - a. All participants will upload their recipe when registering for competition in 4-H Connect for District 4-H Food Show.
 - b. Failure to upload the recipe at time of registration may result in disqualification.
 - c. Recipes should be typed in the standard recipe format using the enclosed Recipe Submission Checklist as a guide. ([see page 16](#))
 - d. Total dish serving size MUST be included at the bottom of the recipe
11. Cooking
 - a. Contestants will select and prepare a dish at home and bring it to the contest.
 - b. There will be no actual cooking preparation at the District Food Show.
 - c. Contestants will NOT have access to electrical outlets, microwaves, ovens, refrigerators, freezers, sinks, etc. at the District Food Show.
12. Dish Displays
 - a. Dishes may only be accompanied by the following:
 - i. A serving utensil
 - ii. An eating utensil (i.e. spoon, fork)
 - iii. Napkin
 - iv. Edible garnish
 - v. Serving tray (for transportation purposes).
 - b. No decorations.
 - i. Contestants are encouraged to have an appealing "presentation," however, excessive décor, plating, etc. is not acceptable.
 - c. Both disposable and non-disposable serving dishes are acceptable.
13. Dish Staging Area
 - a. Contestants will stage their dish in the assigned staging area as designated by contest officials.
 - b. Parents/guardians/etc. will NOT be allowed in the contest area (which includes staging and holding areas).
 - i. If the contestant needs assistance preparing their dish for presentation, this should be done before entering the dish into the staging area.
 - c. Hot dishes should be accompanied by a thick place mat, a trivet, or some other type liner to place between the hot dish on the table as a hot dish may damage the table or covering.
14. Contestant Holding Area

- a. Contestants will be assigned seating once the contest begins and must remain in their assigned seat until he/she interviews after which the contestant may leave the holding area unless otherwise stated.

Senior Judging Rules & Guidelines

Senior Judging will consist of five components as listed below.

1. Presentation

- a. Maximum five-minute presentation to introduce themselves and their dish
- b. Presentation should include the following
 - i. Describe the inspiration in choosing the recipe
 - ii. How the recipe relates to the current theme
 - iii. Areas as indicated on the scorecard ([see page 9](#))
 1. Knowledge of MyPlate
 2. Nutrition Knowledge
 3. Food Preparation
 4. Food Safety Concerns

2. Interview

- a. Four-minute interview
- b. Judges will ask questions applicable to the attached scorecard
 - i. This 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.
- c. Judges may ask additional questions related to general food and health, food systems, food safety, or food/health issues.

3. Serving

- a. Senior participants will be required to bring their entire dish to the District Contest and will serve one serving to the judges from their serving dish to the judge's plate during their interview.
- b. Contestants will have one minute to serve the judges a portion of the dish.
 - i. This allows judges to visually evaluate the dish prepared.
 - ii. Contestants should practice proper food handling techniques when presenting food to the judges.
- c. Judges will not taste the food.

4. Skill Showcase

- a. A maximum of three minutes will be allowed for the Skill Showcase.
- b. Contestants will showcase a skill learned in the food and nutrition project area when they bring their dish to be judged as assigned by the judges.
- c. All materials to demonstrate this skill will be provided
- d. Judges will score the skill based on correct procedures, safety, and other pertinent information related to the skill assigned.
- e. The skill will be assigned during designated judging time for each contestant and not prior.

5. Knowledge Show Case

- a. Contestants will be given a 10-question quiz containing multiple choice and true/false questions. The quiz will be given and graded by Scan Tron. All questions will be read aloud.
- b. The quiz will test contestant's knowledge of food preparation, food safety, kitchen safety, and general nutrition knowledge.
- c. No study materials will be provided; however, contestants should refer to the Texas 4-H Food & Nutrition page (<https://texas4-h.tamu.edu/projects/food-nutrition/>) for potential resources.

Other Senior Guidelines

1. Senior 4-H members wanting to assist with District 4-H Food Show awards program may apply at the time of registration on 4-H Connect
2. The top placing Senior in each dish category will advance to State.
 - a. The four (4) SENIORS advancing to State will upload their food show recipe at the same time they register through 4-H Connect for State 4-H Roundup.
 - b. State 4-H Round-Up registration is May 1- 12, 2021.
 - c. The State Food Show is scheduled for Thursday, June 11, 2021, during Texas 4-H Roundup week in College Station.

District 10 Food Show

Senior Score Card

Contestant Name: _____ County: _____

Entry Category: _____ Appetizer _____ Main Dish _____ Side Dish _____ Healthy Dessert

	Comments	Points	Score
I. PRESENTATION			
Theme:		(5)	
Is theme represented in this entry?			
Knowledge of MyPlate:		(10)	
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			
Nutrition Knowledge:		(10)	
Contestant understands what this dish contributes to the diet			
Food Preparation:		(10)	
Knows the key steps in preparation of food and function of ingredients			
Food Safety Concerns & Practices:		(10)	
Knows food safety concerns in preparation and storage of dish			
II. INTERVIEW (category specific)			
Judge's Questions		(15)	
4-H Food & Nutrition Project Activities		(10)	
III. FOOD PRESENTATION/QUALITY			
Appearance of food (texture, uniformity)		(5)	
Garnishing			
IV. EFFECTIVENESS OF COMMUNICATION			
Voice, poise, personal appearance		(5)	
V. SKILL SHOWCASE			
Proper demonstration of assigned skill		(10)	
VI. Knowledge Showcase			
		(10)	
Additional Comments:		Total Points	
		(100)	
Judges Initials:			
Revised August 2020			

Intermediate Judging Rules & Guidelines

Intermediate Judging will consist of two components as listed below.

1. Interview
 - a. Five-minute interview
 - i. Intermediate contestants will NOT give a prepared presentation. If the contestant begins to present the judges will ask the contestant to stop and remind them that this is an interview only.
 - b. Judges will ask questions applicable to the attached scorecard
 - i. This 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.
 - c. Judges may ask additional questions related to general food and health, food systems, food safety, or food/health issues.
 - d. [See page 14](#) for possible questions
2. Skill Showcase
 - a. A maximum of three minutes will be allowed for the Skill Showcase.
 - b. Contestants will showcase a skill learned in the food and nutrition project area when they bring their dish to be judged as assigned by the judges.
 - c. All materials to demonstrate this skill will be provided
 - d. Judges will score the skill based on correct procedures, safety, and other pertinent information related to the skill assigned.
 - e. The skill will be assigned during designated judging time for each contestant and not prior.

Serving Size/ Dish Display

1. Intermediate participants will only bring, display, and present to the judges a single serving of the dish instead of the entire dish.
2. Intermediates will not “serve the judges” as the dish they present will only be a single serving and therefore does not need to be “served.”
3. Judges will not taste the food.

District 10 Food Show

Intermediate Score Card

Contestant Name: _____ County: _____

Entry Category: _____ Appetizer _____ Main Dish _____ Side Dish _____ Healthy Dessert

	Comments
I. INTERVIEW	
Theme: Is theme represented in this entry?	
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	
Nutrition Knowledge: Contestant understands what this dish contributes to the diet	
Food Preparation: Knows the key steps in preparation of food and function of ingredients	
Food Safety Concerns & Practices: Knows food safety concerns in preparation and storage of dish	
Judge's Questions	
4-H Food & Nutrition Project Activities	
II. FOOD PRESENTATION/QUALITY	
Appearance of food (texture, uniformity)	
Garnishing	
III. EFFECTIVENESS OF COMMUNICATION	
Voice, poise, personal appearance	
IV. SKILL SHOWCASE	
Proper demonstration of assigned skill	
Additional Comments:	
Judges Initials	

Revised August 2020

Junior Judging Rules & Guidelines

Junior Judging will consist of one component as listed below.

1. Interview
 - a. Five-minute interview
 - i. Junior contestants will NOT give a prepared presentation. If the contestant begins to present the judges will ask the contestant to stop and remind them that this an interview only.
 - b. Judges will ask questions applicable to the attached scorecard
 - i. This 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.
 - c. Judges may ask additional questions related to general food and health, food systems, food safety, or food/health issues.
 - d. [See page 14](#) for possible questions

Serving Size/ Dish Display

1. Junior participants will only bring, display, and present to the judges a single serving of the dish instead of the entire dish.
2. Juniors will not “serve the judges” as the dish they present will only be a single serving and therefore does not need to be “served.”
3. Judges will not taste the food.

District 10 Food Show

Junior Score Card

Contestant Name: _____ County: _____

Entry Category: _____ Appetizer _____ Main Dish _____ Side Dish _____ Healthy Dessert

Comments

I. INTERVIEW

Theme:

Is theme represented in this entry?

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

Nutrition Knowledge:

Contestant understands what this dish contributes to the diet

Food Preparation:

Knows the key steps in preparation of food and function of ingredients

Food Safety Concerns & Practices:

Knows food safety concerns in preparation and storage of dish

Judge's Questions

4-H Food & Nutrition Project Activities

II. FOOD EVALUATION

Food Presentation/Quality:

Appearance of food (texture, uniformity)

Garnishing

III. EFFECTIVENESS OF COMMUNICATION

Voice, poise, personal appearance

Additional Comments:

Judges Initials

Revised August 2020

Junior & Intermediate Sample Questions

1. What are the key nutrients you would get from your recipe? Why do you need these nutrients?
2. What are the preparation steps in your recipe and why are they important?
3. What did you learn about food safety in your foods & nutrition project?
4. Tell me about one of the ingredients in your dish and why it is important in your recipe?
5. (Function of ingredients)
6. What have you learned in your foods project about healthy eating?
7. Give one example of a food from each My Plate section.
8. Other than My Plate, what should you consider when planning a meal?
9. What did you learned in your foods and nutrition project that you thought was most important in Community Services, Leadership and Workshops?
10. Could you substitute anything in your recipe to make it healthier or modify the taste?
11. What is the cost of your dish?
12. Give one example of how you incorporated the theme into your dish / dish selection

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
 - <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

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/>

RECIPE CHECKLIST

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

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 & cooking processes,			
Size & 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 1package/what kind) Low fat, Fat free, etc.)
½ teaspoon vanilla	
½ teaspoon lime juice	
6-ounce can mandarin oranges, drained	(always include size)
8-ounce can pineapple tidbits, drained	
1cups 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)
½ 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 ½ 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 ½ cups boiling water. Pour into shallow pan, 24x16x1 inches. Chill until set. Cookie cut the jiggler 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 ½ cup servings. (Note number of servings is listed.)



TEXAS 4-H FOOD SHOW RECIPE SUBMISSION PAPERWORK

CONTESTANT NAME:								
CATEGORY <i>Please check one</i>	<input type="checkbox"/>	Appetizer	<input type="checkbox"/>	Main Dish	<input type="checkbox"/>	Side Dishes	<input type="checkbox"/>	Healthy Desserts
COUNTY								
DISTRICT								

Name of Recipe:		
Prep Time:	Cook Time:	Cost:

Type Recipe Here:

By submitting the recipe, the contestant releases the recipe for use by Texas 4-H Youth Development and Texas A&M AgriLife Extension.

Revised July 2020