

## D8 4-H FOOD CHALLENGE & FOOD SHOW

### *District Contest Information*

- Event Date:** Thursday, December 3, 2020  
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>
- Resources:** <http://texas4-h.tamu.edu/events/roundup/>  
<https://texas4-h.tamu.edu/projects/food-nutrition/>  
<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.

**Central District 8 | 4-H Youth Development**  
Texas A&M AgriLife Extension Service  
1229 N US Hwy 281 | Stephenville, Texas 76401  
Megan.parr@ag.tamu.edu <http://d84-h.tamu.edu>  
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## 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

### **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, 2020, 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 9, 2020 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.** There will be four food categories in each age division: Appetizer, Main Dish, Side Dish, and Healthy Dessert. Teams will be randomly assigned to a category, which will not be announced until the day of the contest.
8. **Preparation.** Each team will create an entire dish/recipe (not a full meal) using the provided key ingredient and grocery store items. Dishes/recipes created should include two or more servings. Teams should present the entire dish/ recipe to the judges and communicate during their presentation what an individual serving size should be. Teams will be responsible for determining the number of servings their dish provides. Teams should not create side or multiple dishes with their ingredients/grocery store items.
9. **Attire.** Each team will have the option of wearing coordinated clothing and/or aprons. Team members must wear closed-toe shoes and hair restraints. No electronic devices or jewelry (except for medically required) is allowed in contest. This includes cell phones, smart watches, or other communication devices.
10. **Resource Materials provided at contest.** Resource materials will be provided for each team at the contest. These include MyPlate Mini-Poster, Fight Bac - Fight Food Borne Bacteria Brochure, Know Your Nutrients, Food Safety Fact Sheet, and the Food Challenge Worksheet. Optional resources will include copies of grocery receipts/purchase prices for age groups calculating costs. No other resource materials will be allowed. Teams may not use their personal copies of the resources during the contest.
11. **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 may be checked by contest officials. Any extra equipment will be removed from the team's supply box. See attached list.
12. **Pantry Ingredients.** Each team may include in their equipment box the following "pantry" ingredients which they may use when preparing their dish if desired. There is no requirement to use these items, nor is it mandatory that teams include these in their supply box.

- Salt
- Pepper
- Oil (up to 17 oz)
- 1 jar chicken bouillon
- 1 medium onion
- 2 (up to 16 oz) cans vegetables and/or fruit - team choice
- Rice (white or brown) or pasta (up to 16 oz) –team choice

13. **Awards:** The top five high scoring teams in each food category will be recognized with awards during the virtual awards program. There will not be an in-person awards ceremony this year, participants will be able to view awards ceremony on District 8 4-H's Facebook page. The ceremony will be recorded and available for later viewing on the District 8 4-H YouTube Channel & Facebook page. County agents will have all awards available for pickup at county offices, please arrange award pickup with your local county.

14. **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 the District Office (254) 968-4144.
15. **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/>.
16. **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.

## 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 (4)
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 (3)	Pot with lid
Disposable tasting spoons (no limit)	Potato masher
Dry measuring cups (1 set)	Potato peeler
Electric skillet	 Sanitizing wipes (1 container) or bleach solution spray
Extension cord	<i>Recipe available at: <a href="https://agrilifetoday.tamu.edu/2020/03/25/texas-am-experts-offer-covid-19-cleaning-disinfection-guidelines/">https://agrilifetoday.tamu.edu/2020/03/25/texas-am-experts-offer-covid-19-cleaning-disinfection-guidelines/</a></i>
<i>(Teams should be certain the extension cord is compatible (2-prong/3-prong) with the plugs on their electrical supplies.)</i>	Serving platter or plate
First aid kit	Serving utensil
Food thermometer	Skewers (1 set)
Fork	Skillet with lid
Gloves	Spatulas (2)
Grater	Stirring spoon
Hand sanitizer	Storage bags (1 box)
Hot pads (up to 5)	Tongs
Kitchen shears (1 pair)	Two single-burner hot plates OR one double-burner plate (electric only!)
Kitchen timer	Whisk



### Pantry Items:

Salt, Pepper, Oil (up to 17 oz), 1 jar chicken bouillon, 1 medium onion, 2 (up to 16 oz) cans vegetables and/or fruit (team choice), Rice (white or brown) or pasta (up to 16 oz) (team choice)

### Gadget of the Year:

Teams may have the following kitchen gadget for their box for the 2020-2021 Contest Year:

### ***Spiralizer (manual only)***

## D8 4-H FOOD CHALLENGE

### Rules of Play

1. **Check-in.** Teams will report to assigned registration area (Assignments will be given prior to contest)
2. **Orientation.** An orientation will be provided for all participants.
3. **Stations and Grocery Store.** Each team will be directed to a cooking/preparation station. Each team will receive an information sheet with their contest category and “key” ingredient for that category (no ingredient amounts, recipe, or instructions will be provided at the station). The “key” ingredient will be representative of one of the following categories: Appetizer, Main Dish, Side Dish, Healthy Dessert.



Teams will have access to a “grocery store” of additional ingredients which can be “purchased” and combined with the team’s “key” ingredient to create an original recipe/dish during the contest. The “grocery store” will include items commonly found in grocery stores such as produce, canned goods, crackers, dairy products, etc.

Teams must “purchase” at least two additional items from the “grocery store”. Teams will receive a pricing sheet for “grocery store” items at their station. “Grocery Store” items will be “purchased” using a pricing system and “contest currency.” This will enable teams to analyze the cost of their entire dish and individual serving. The currency system will be explained prior to the contest. Teams may not exceed the provided “contest currency” or trade “currency” or grocery store items with other teams. Teams will be provided a set dollar amount to “spend” at the store; each item in the store will be priced and teams must calculate cost according to total spent. **Each team may only send one person at a time to the “grocery store.”**

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 select grocery store items, 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 create an entire dish/recipe (not a full meal) using the provided key ingredient and grocery store items. Dishes/recipes created should include two or more servings. Teams should present the entire dish/ recipe to the judges and communicate during their presentation what an individual serving size should be. Teams will be responsible for determining the number of servings their dish provides. Teams should not create side or multiple dishes with their ingredients/pantry items.
  - a. Teams are challenged to be creative and develop an original recipe with the ingredients provided.
  - b. Teams must incorporate key ingredient into their dish. However, teams may determine the exact amount of ingredient to use.
  - c. Teams must use at least two additional items from the grocery store. Teams will receive a pricing sheet for grocery store items at their station. Grocery store items will be “purchased” using a pricing system and “contest currency.” All age divisions will “purchase” grocery store items to complete their dishes, ONLY Senior teams will complete a cost analysis of their dish. The currency system will be explained prior to the contest. Teams may not exceed the provided “contest currency” or trade “currency” or pantry items with other teams. Teams will analyze the cost of their entire dish and individual serving. Example: teams may be provided \$5.00 in “contest currency” to spend at the pantry; each item in the pantry will be priced and teams must calculate cost according to total spent. The ingredients provided to each team (“key” ingredient, grocery store ingredients, and pantry items) may also be used to garnish the dish.

d. 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.

e. Judged on preparation

8. **Food and Equipment Safety.** A safe and sanitary working environment must be maintained during the contest. Each station will have food and kitchen safety resources. Teams should follow the steps listed to ensure proper food and equipment safety is followed. Judges will be scoring teams on food and equipment safety during the preparation phase of the contest. Teams should also discuss safety steps used during the presentation phase of the contest.



**Gloves:** Gloves do not have to be worn throughout the contest; however, proper hand sanitizing techniques will be required and expected throughout the contest. If the participants decide to wear gloves, they must be changed between handling raw meats/seafood; handling cooked items; and ready to eat items or raw vegetables to prevent cross contamination. Hand sanitizer should be used during the preparation phase of the contest to further prevent cross contamination.

**Hair Restraint:** Each team member must wear a hat, hair net and/or other type of hair restraint during the food preparation part of the competition. Examples of acceptable hair restraints include hairnets, bandana with hair completed pulled back, Chef hat with hair restrained inside, or cap with hair completely tucked inside.

9. **Electricity.** Teams should be prepared to only plug in one piece of equipment at a time to reduce the risk of electrical malfunction. Contest officials will announce if this is necessary during participant orientation. If electricity goes out during the preparation phase of the contest, teams are asked to immediately notify their Group Leader or other contest official. 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. **Nutrition.** Each station will have a variety of nutrition resources/references. Each team should name key nutrients in their dish and their functions.
11. **Cost Analysis.** Price(s) of the key ingredient and grocery store items will be provided to teams. Senior teams will calculate the price of the dish based on the amount of ingredients used; teams should calculate the cost of the total recipe, as well as the price per serving. Junior and Intermediate teams will not be required to complete cost analysis. Teams will determine the number of servings for their recipe.
12. **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.
13. **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.
14. **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.
15. **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. To earn maximum points, teams must use the 5-minute presentation to address the following areas of the presentation scorecard: Knowledge of MyPlate, Nutrition Knowledge, Food Preparation, Safety Concerns, and Serving Size.
  - e. Judges will not ask questions related to what teams should have covered during the presentation. Judges questions will be related to general nutrition, health, chronic disease prevention or others relevant to food and nutrition.
16. **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.
17. **Finished Dishes.** Finished dishes MAY NOT leave the preparation/judging areas. Dishes must be discarded after teams complete the judging process to ensure teams in following heats do not see what ingredients are available to gain an advantage.
18. **Rankings.** Placing will be based on the rankings of teams by judges. Judges' results are final.
17. **Awards Program.** There will not be an in-person awards ceremony this year, participants will be able to view awards ceremony on District 8's 4-H Facebook page, ceremony will be recorded and available for later viewing on the District 8 4-H YouTube & Facebook page. County agents will have all awards available for pickup at county offices, please arrange award pickup with your local county.





## D8 4-H FOOD CHALLENGE

### Junior & Intermediate Scorecard – Presentation

<b>CATEGORY</b>		<b>TEAM MEMBERS</b>	
<b>COUNTY &amp; TEAM #</b>			

Team Presentation	Comments	Points	Score
<b><i>Knowledge of MyPlate:</i></b>			
Serving sizes and examples in MyPlate		4	
Told how MyPlate represented in dish prepared		3	
Team shared healthy lifestyle choices based on dietary guidelines		2	
<b><i>Nutrition Knowledge:</i></b>			
Knows key nutrition in prepared dish		6	
Function of nutrients		5	
Healthy substitutions		4	
<b><i>Food Preparation:</i></b>			
Explained key steps in how dish was prepared		4	
Explained function of ingredients in dish		4	
<b><i>Safety Concerns and Practices:</i></b>			
Explained food safety according to Fight BAC		5	
<b><i>Serving Size Information</i></b>			
Demonstrated knowledge of serving size for prepared dish		6	
<b><i>Food Appearance/Quality:</i></b>			
Food is appealing and appetizing		3	
Appeared to be cooked properly		2	
Attractive and appropriate garnish		3	
<b><i>Creativity:</i></b>			
Used ingredients in a creative way		5	
Incorporated pantry items into dish or garnish		3	
<b><i>Effectiveness of Communication:</i></b>			
Displayed effective communication skills		6	
Poise and personal appearance		4	
<b><i>Questions:</i></b>			
Accurately and appropriately answered questions		6	
<b><i>Additional Comments:</i></b> <i>(Use back of sheet for additional space)</i>		Total Points (75)	

## D8 4-H FOOD CHALLENGE

### Junior & Intermediate Worksheet

<b>CATEGORY</b>		<b>TEAM MEMBERS</b>	
<b>COUNTY &amp; TEAM #</b>			

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

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

<b>Food Preparation</b> (Know the steps in the preparation of the food):	
Steps:	What was prepared/performed in this step?

<b>Food Safety</b> (List food safety concerns associated with this dish):

<b>Serving Size information</b>

## D8 4-H FOOD CHALLENGE

### Senior Scorecard – Presentation

<b>CATEGORY</b>		<b>TEAM MEMBERS</b>	
<b>COUNTY &amp; TEAM #</b>			

Team Presentation	Comments	Points	Score
<b>Knowledge of MyPlate:</b>			
Serving sizes and examples of MyPlate		4	
Told how MyPlate represented in dish prepared		3	
Team shared healthy lifestyle choices based on dietary guidelines		2	
<b>Nutrition Knowledge:</b>			
Knows key nutrition in prepared dish		6	
Function of nutrients		5	
Healthy substitutions		4	
<b>Food Preparation:</b>			
Listed & explained steps in how dish was prepared		4	
Explained function of ingredients in dish		4	
<b>Safety Concerns and Practices:</b>			
Explained food safety according to Fight BAC		5	
<b>Serving Size Information:</b>			
Demonstrated knowledge of serving size for prepared dish		4	
Shared estimated cost of the prepared dish and individual serving		2	
<b>Food Appearance/Quality:</b>			
Food is appealing and appetizing		3	
Appeared to be cooked properly		2	
Attractive and appropriate garnish		3	
<b>Creativity:</b>			
Used ingredients in a creative way		5	
Incorporated pantry items into dish or garnish		3	
<b>Effectiveness of Communication:</b>			
Displayed effective communication skills		6	
Poise and personal appearance		4	
<b>Questions:</b>			
Accurately and appropriately answered questions		6	
<b>Additional Comments:</b> <i>(Use back of sheet for additional space)</i>		Total Points (75)	

# D8 4-H FOOD CHALLENGE

## Senior Worksheet

<b>CATEGORY</b>		<b>TEAM MEMBERS</b>	
<b>COUNTY &amp; TEAM #</b>			

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

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

<b>Food Preparation</b> (Know the steps in the preparation of the food):	
Steps:	What was prepared/performed in this step?

<b>Food Safety</b> (List food safety concerns associated with this dish):

<b>Serving Size Information</b> (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

<b>CATEGORY</b>		<b>TEAM MEMBERS</b>	
<b>COUNTY &amp; TEAM #</b>			

Team Observation	Comments	Points	Score
<b><i>Teamwork:</i></b>			
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	
<b><i>Safety concerns and practices:</i></b>			
Exhibited knowledge of how to use equipment safely (heat, utensils, sharps, etc.)		3	
Handled ingredients appropriately to avoid cross contamination		3	
Personal Hygiene (hair, nails, jewelry, etc.)		3	
<b><i>Preparation:</i></b>			
Practiced correct cooking procedures based upon ingredients provided		3	
Completed tasks effectively and in a logical order		2	
<b><i>Management:</i></b>			
Used work space effectively		2	
Effective use of time		2	
Preparation table was clean at the conclusion of the preparation period		2	
<b><i>Additional comments: (based on observation)</i></b>		Total Points (25)	

## 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, 2020, 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 8, 2020 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 **GROCERY GAMES...Let your local food sources guide your healthy recipe selection with only \$10 to spend!**



12. 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

13. **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.

#### 14. 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](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](http://fcs.tamu.edu/food_and_nutrition/pdf/nutrient-needs-at-a-glance- E-589.pdf)

#### 15. 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/>

#### 16. 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.)
- ***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.



- **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.
- **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.



- 17. Orientation.** Participant orientation for Food Show will be available in video format (with additional written documents) for participants to view before contest.
- 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 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.
- 22. 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.
- 23. Judges' Comments.** Judges will have four minutes to write comments and score participants.
- 24. Knowledge Showcase.** Food show contestants 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. 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. Participants will complete knowledge showcase the day of the contest, after completion of interview & skills showcase.





25. **Awards.** The top five scoring individuals in each category will be recognized. There will not be an in-person awards ceremony this year, participants will be able to view awards ceremony on District 8 4-H's Facebook page. The ceremony will be recorded and available for later viewing on Youtube page. County agents will have all awards available for pickup at county offices, please arrange award pickup with your local county.
26. **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**

*2020 District 8 4-H Food Show*

*Recipe Form – All Age Divisions*

**Name** \_\_\_\_\_ **County** \_\_\_\_\_

**Age Division**    \_\_\_ Junior            \_\_\_ Intermediate            \_\_\_ Senior

**Category**            \_\_\_ Appetizer            \_\_\_ Side Dish            \_\_\_ Main Dish            \_\_\_ Healthy Dessert

**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**

*2020 District 8 4-H Food Show*

*Project Experiences – Seniors Only*

**Name** \_\_\_\_\_ **County** \_\_\_\_\_

**Age Division** \_\_\_\_\_   x   Senior

**Category** \_\_\_\_\_ Appetizer    \_\_\_\_\_ Side Dish    \_\_\_\_\_ Main Dish    \_\_\_\_\_ Healthy Dessert

**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

2020 District 8 4-H Food Show

### Score Sheet

Name \_\_\_\_\_ County \_\_\_\_\_

Age Division    \_\_\_ Junior            \_\_\_ Intermediate            \_\_\_ Senior

Category        \_\_\_ Appetizer            \_\_\_ Side Dish            \_\_\_ Main Dish            \_\_\_ Healthy Dessert

Name of Recipe \_\_\_\_\_

	Comments	Points	Score
<b>I. Presentation</b>			
<b>Theme:</b> Is theme represented in this entry?		(5)	
<b>Knowledge of MyPlate:</b> <ul style="list-style-type: none"> <li>• Food group of individual ingredients</li> <li>• Serving amount needed from each group daily</li> <li>• Food group that dish falls into</li> <li>• Knowledge of personal healthy lifestyles choices based on dietary guidelines</li> </ul>		(10)	
<b>Nutrition Knowledge:</b> <ul style="list-style-type: none"> <li>• Contestant understands what this dish contributes to the diet</li> </ul>		(10)	
<b>Food Preparation:</b> <ul style="list-style-type: none"> <li>• Knows the key steps in preparation of food and function of ingredients</li> </ul>		(10)	
<b>Food Safety Concerns &amp; Practices:</b> <ul style="list-style-type: none"> <li>• Knows food safety concerns in preparation and storage of dish</li> </ul>		(10)	
<b>II. Interview (category specific)</b>			
<b>Judge's Questions</b>		(15)	
<b>4-H Food &amp; Nutrition Project Activities</b>		(10)	
<b>III. Food Evaluation</b>			
<b>Food Presentation/Quality:</b> <ul style="list-style-type: none"> <li>• Appearance of food (texture, uniformity)</li> <li>• Garnishing</li> </ul>		(5)	
<b>IV. Effectiveness of Communication</b>			
<i>Voice, poise, personal appearance</i>		(5)	
<b>V. Skill Showcase</b>			
Proper demonstration of assigned skill		(10)	
<b>Additional Comments:</b>		Total Points	Possible (90)
		Final Score	

