

**2017 District 10 4-H  
Fall Round-Up  
Guide**



**December 7-9, 2017  
Kerrville, TX**

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# **Fall Round-Up Schedule**

## **Thursday, December 7, 2017**

**10:00 am Food Challenge and Food Show  
Set-up ALL 4-H and FCS Agents  
(Subject to change)**

## **Friday, December 8, 2017**

**8:15 am Food Challenge Registration**

**1:30 pm Food Show Registration**

**1:30 pm Entomology Registration**

## **Saturday, December 9, 2017**

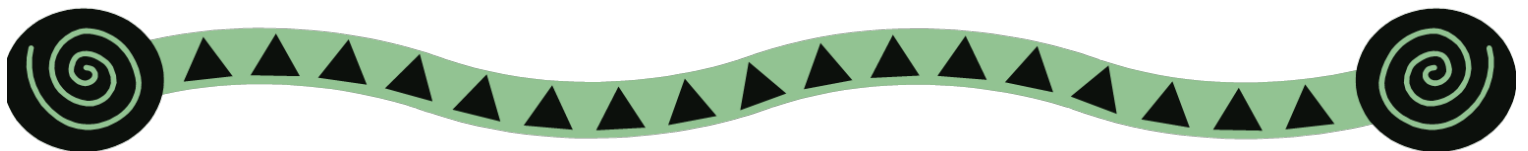
**8:30 am Beef and Horse Quiz Bowls  
Registration**

**9:15 am Nutrition Quiz Bowl Registration**

**12:00 pm Public Speaking & Educational  
Presentations Registration**



# General Rules



# General Rules

## **AGE DIVISIONS:**

There will be three age divisions. Divisions for all District Contests are determined as the age as of August 31, 2017. The age divisions are as follows (except for Leaders 4 Life and Smallbore Rifle):

- Juniors – 3<sup>rd</sup> Grade (and 8 years old) – 5<sup>th</sup> Grade
- Intermediates – 6<sup>th</sup> – 8<sup>th</sup> Grade
- Seniors – 9<sup>th</sup>- 12<sup>th</sup> Grade (has not surpassed their 18<sup>th</sup> birthday as of August 31, 2016)

*Leaders 4 Life and Smallbore Rifle age divisions will be in the Spring Round-Up Guide.*

Juniors may move up to the Intermediate age division when participating on a team that has true intermediates (based on grades listed above) on it. No one may move up to the Senior age division.

## **REGISTRATION:**

Registration will be conducted on 4-H Connect. Each member of a team will be required to register themselves.

Cost of Registration:

- \$10 per contest entered. For example if entering Food Show, Food Challenge, and Nutrition Quiz Bowl it will cost \$30 total.

Registration Period:

- **Regular Registration will be open on 4-H Connect October 24-November 7, 2017.**
- Late Registration will be from November 8-9, 2017 ONLY for an additional \$25 fee.
- All paperwork due for any Fall Contests must be in the District Office by November 10, 2017.

**No refunds will be given for any District Contest Registration.**

## **ADVANCING TO DISTRICT (contest entry limits or restrictions):**

Team Contests for the most part do not have a limit on the number of teams that can advance to District (except as noted below). If it is a team contest that allows individuals, please note that only two individuals per age division will be allowed at District. That means that if you have three individuals than they must be combined into a team in order to compete at the District level.

Contests listed below do have limits per county:

- **Food Show**
  - 1 entry per age division, per category can advance to District
- **Food Challenge**
  - 2 teams per age division can advance to District



# **Food Challenge Packet**

**Memo To: District 10 County Extension Agents**

**Subject: 2017-18 District 10 Food Challenge Contest Letter**

**December 8, 2017**

Hill Country Youth Event Center in Kerrville, TX  
 3785 Highway 27, Kerrville, TX 78028

**From: Kathleen Greer**  
**District Extension Administrator**

**Megan Logan**  
**4-H Specialist**

The District 10 4-H Food Challenge will be held ***December 8, 2017 at the Hill Country Youth Event Center in Kerrville, TX.*** This contest challenges teams of 4-H members to create a dish using only a predetermined number of ingredients. From these ingredients, team members must identify and prepare the dish, then make a presentation about it to the judges. Below are the details about the District 10 Contest.

**Tentative Schedule: (subject to change depending on number of entries)**

December 7<sup>th</sup> — **TENATIVE ALL 4-H and FCS agents please hold December 7<sup>th</sup> (may end up being only the committee, final assignments will be sent out closer to the event)** so we can purchase groceries & prep for the contest and then head over to the Hill Country Youth Event Center for setup. Time will be sent out once confirmed with the Hill Country Youth Event Center.

**December 8, 2017**

<b>Time</b>	
7:45	Agents/Committee Arrive
8:15	Food Challenge Judges Arrive
8:15	All contestants arrive and check boxes
8:45	Judges & Group Leader Orientation
9:00	Contestant Orientation
9:30	Contest Heat Begins
10:15	Contest Heat Ends
10:20	Judging Begins
12:30	Awards program *** subject to change depending on tabulation

Note: Lunch will be provided for agents and volunteers.



### **Team Information and Number of Entries:**

An entry for the Food Challenge consists of teams of 3 to 5 members in the same age division. If a county does not have enough 4-H'ers in an age division to create a team, the following age groups may combine to create teams: Juniors may move up to the Intermediate age division and the team will compete as an Intermediate team. Intermediates may **NOT** move up to the senior age division. Seniors may not move down to a younger age division.

**All teams will compete in heat one.**

### **Counties may advance the following number of teams in each age division:**

- Juniors – 2 teams
- Intermediates – 2 teams
- Seniors – 2 teams

### **Here are suggestions on how counties may conduct their County Food Challenge to determine what two teams will advance to the District Contest.**

- At the county contest, all teams within one age division are judged against each other and placed (not judged and placed according to food category).
- If your county has a large participation in the County Contest and you plan to use more than one set of judges for an age division (i.e. a set of judges for each food category), you may need to have 1st place teams in each food category do a second presentation/interview with a new set of judges to determine which two teams will advance to District.
- Counties may choose to have only two food categories for each age division at the County Food Challenge. First place winners in each food category will advance to District.

**There will be four food categories in each age division at the District Contest:** Main Dish, Fruits and Vegetables, Bread and Cereal, and Nutritious Snacks. Teams will be randomly assigned to a category, but assignments will not be announced until orientation the morning of the contest.

### **Contest Rules & Guidelines:**

County teams will need to review the Texas 4-H Food Challenge Rules and Guidelines for all of the contest rules and guidelines. The rules and guidelines can be found at: <https://texas4-h.tamu.edu/wp-content/uploads/2018-Food-Challenge-Rules-and-Guidelines.pdf>

### **Please make sure that teams understand the following details for the District Contest:**

- Teams must provide their own supply box of equipment and other items listed on the supply list in the Food Challenge Manual.

- **Please review supply lists attached. There are now 3 different ones based on age division. This was done to cut back on the electricity usage at the facility as well as help new teams get started.**
- **Teams may NOT SHARE supply boxes**
- Teams will be provided the following items at the contest:
  - Food ingredients
  - The recipe ingredient list with nutrition information, the food category and a clue about their recipe
  - Copy of the Food Challenge Worksheet
  - Notebook with the printed resources (reference food challenge manual)
  - Grocery Store Receipts

### **Agent Assignments:**

Enclosed in the packet are the agent assignments. Please review carefully and make sure you have the December 7<sup>th</sup> and 8<sup>th</sup> dates on your calendar. **All agents will be required to attend, including CEP and EFNEP.** If you are unable to fulfill your duties, it is your responsibility to get permission from your direct supervisor **and** to notify Megan. **If you are exempt from attendance, then you will be responsible for securing a volunteer to fulfill your assigned duties at the contest.**

### **Judges for Food Challenge:**

Counties will be required to recruit and confirm a minimum of two adult volunteers to serve as judges for the Food Challenge. **Please complete the *Food Challenge Volunteer* form that is at the following link: <http://d104-h.tamu.edu/district-10-4-h-fall-round-up/> and return it by e-mail to Megan Logan, [mmlogan@ag.tamu.edu](mailto:mmlogan@ag.tamu.edu) by November 10, 2017.** The judging assignments will be sent out prior to the contest so that you can inform your volunteers of their assignments.

**PLEASE NOTE THAT THE PHONE NUMBER AND E-MAIL FOR VOLUNTEERS IS REQUIRED! WE WILL TRY TO E-MAIL THEM ONCE ASSIGNMENTS ARE MADE.**

### **4-H Council Officers and Members to Assist with Awards Program:**

A form is included in this packet for youth to be nominated to assist with the Food Challenge Awards Program. Please provide senior 4-H members with this opportunity and submit the form to the District Office by **November 10, 2017.** If you have no seniors interested, you may invite intermediate youth to apply. 4-H'ers selected to assist with the Food Challenge Awards Program will be contacted by Matt Miranda or Stacy Drury prior to the Food Challenge with details.

**Information for 4-H Families:**

A sample letter is enclosed in this packet for counties to use in communicating with the 4-H members and families who will be competing in the District Food Challenge. Please edit as needed to fit your county's needs.

**In the case of inclement weather, please refer for families to look at the District 10 Facebook page.**

Enclosures

- Food Challenge Agent Assignments
- District 10 Food Challenge Judge's Form
- Food Challenge Awards Program Volunteer Form
- Sample Letter for Participants/Families
- Maps

## Food Challenge Agent Assignments

\*\*\*Assignments are subject to change\*\*\*

<b>TASK</b>	<b>PERSON RESPONSIBLE</b>
Food Show Committee	Nicole Demmer (Co-Chair), Angie Gutierrez (Co-Chair), Charla Bading Grace Guerra-Gonzales, Matt Miranda, Connie Sheppard, Gretchen Sanders, Elsie Lacy, Angela Fiedler, Molly Flores and Crystal Wiltz
Registration	Nelda Speller/Maggie Johnson
Recipes, Receipts and Clues	Nicole Demmer/Angie Gutierrez Junior- Crystal Wiltz and Grace Guerra-Gonzales Intermediate- Matt Miranda and Molly Flores Senior- Connie Sheppard, Elsie Lacy and Angela Fiedler
Heat Coordinator	Krystal Batten
Food Challenge Judges and Group Leaders/Clean up/Helpers/Other Duties	Bandera: Stacy Drury Bastrop: Hillary Long/April Kuck Bexar: Eliza Cavazos/Grace Guerra-Gonzales/Natalie Cervantes Blanco: Gretchen Sanders Caldwell: Elsie Lacy Comal: Connie Sheppard/Victoria Grissom/Krystal Batten Gillespie: Shea Nebgen/Taylor Osbourn Gonzales: Geri Kline Guadalupe: Charla Bading/Matt Miranda Hays: Kate Blankenship Kerr: Angela Fiedler/Dakota Moyers Kendall: Medina: Sandra Kunkel Sutton: Jessica Stapper Travis: Mellanie Mickelson /Sonia Coyle/ Charlotte Wehrman/ NathanTucker/ Crystal Wiltz/ Maria Rosario-Mejias Uvalde: Molly Flores Wilson: Nicole Demmer/Kailey Hunt
Judges Gifts, Paperwork, Signs, and Awards	District Office (Megan Logan)
Awards Ceremony Coordination	Natalie Cervantes/Matt Miranda -Develop awards program script -Work with 4-H members who sign up to assist with awards program -Put out signs for Participants seating
Tabulation	Megan Logan/Angie Gutierrez/Nicole Demmer
Judges Orientation	Nicole Demmer
Group Leader Orientation	Nicole Demmer
Participant Orientation	Angie Gutierrez
Judges/Volunteer Refreshments	Angela Fiedler
Supply Box Check in	Taylor Osbourn/ Natalie Cervantes/Victoria Grissom/Kailey Hunt/ Dakota Moyers

**The following Ag Agents need to hold late afternoon of December 8<sup>th</sup> to help with clean-up for Food Challenge: Brad Roeder, Michael Haynes, and Stephen Zoeller**

**Items District Office/Committee Members Will Provide:**

- Food (Committee will purchase day of contest)
- Bags for ingredients – one per team
- Receipts for each team
- Trash Bags
- Paper Towels (to clean tables in between rounds)
- Sanitary Wipes (to clean tables in between rounds)
- Gallons of Water
- Resource Notebooks
- Participant and Judge's Orientation Materials
- First Aid Kit
- Table Sign Holders
- Team Signs to Place At Work Stations
- Recipes for Judges/Food Lists for Teams
- Folders for Category Chairman
- Score sheets
- Pencils
- Clipboards
- Awards
- Judge's Gifts
- 4-H and American Flag & Flag Stands
- Tool Box
- Timers
- Programs for Awards Program
- Registration Information
- Computer
- Printer

## JUNIOR Supply Box List

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

Beverage glass

Bowls

- Dip Size (1)
- Mixing (2)
- Serving (1)

Calculator

Can Opener

Cookie sheet

Colander

Cutting Boards (2)

Disposable tasting spoons (no limit)

Dry measuring cups (1 set)

First aid kit

Fork

Gloves

Grater

Hand sanitizer

Kitchen shears (1 pair)

Kitchen timer

Knives (2)

Liquid measuring cup

Measuring spoons (1 set)

Note cards (1 package - no larger than 5 X 7)

Paper towels (1 roll)

Pencils (no limit)

Plastic box or trash bag for dirty equipment

Potato masher

Potato peeler

Sanitizing wipes (1 container)

Serving platter

Serving utensil

Skewers (1 set)

Spatula

Stirring spoon

Storage bags (1 box)

Tongs

Whisk

## INTERMEDIATE Supply Box List

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

Beverage glass

Bowls

- Dip Size (1)
- Mixing (2)
- Serving (1)

Calculator

Can Opener

Cookie sheet

Colander

Cutting Boards (2)

Disposable tasting spoons (no limit)

Dry measuring cups (1 set)

Electric Skillet

Extension cord

*(Teams should be certain the extension cord is compatible (2-prong/3-prong) with the plugs on their electrical supplies)*

First aid kit

Food thermometer

Fork

Gloves

Grater

Hand sanitizer

Hot pads (up to 5)

Kitchen shears (1 pair)

Kitchen timer

Knives (2)

Liquid measuring cup

Measuring spoons (1 set)

Non-stick cooking spray

Note cards (1 package - no larger than 5 X 7)

Paper towels (1 roll)

Pancake turner

Pencils (no limit)

Plastic box or trash bag for dirty equipment

Potato masher

Potato peeler

Sanitizing wipes (1 container)

Serving platter

Serving utensil

Skewers (1 set)

Spatula

Stirring spoon

Storage bags (1 box)

Tongs

Whisk

### SENIOR Supply Box List

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 <ul style="list-style-type: none"><li>• Dip Size (1)</li><li>• Mixing (2)</li><li>• Serving (1)</li></ul>	Liquid measuring cup
Calculator	Measuring spoons (1 set)
Can Opener	Non-stick cooking spray
Cookie sheet	Note cards (1 package - no larger than 5 X 7)
Colander	Paper towels (1 roll)
Cutting Boards (2)	Pancake turner
Disposable tasting spoons (no limit)	Pencils (no limit)
Dry measuring cups (1 set)	Plastic box or trash bag for dirty equipment
Electric Skillet	Pot with lid
Extension cord <i>(Teams should be certain the extension cord is compatible (2-prong/3-prong) with the plugs on their electrical supplies)</i>	Potato masher
First aid kit	Potato peeler
Food thermometer	Sanitizing wipes (1 container)
Fork	Serving platter
Gloves	Serving utensil
Grater	Skewers (1 set)
Hand sanitizer	Skillet with lid
Hot pads (up to 5)	Spatula
Kitchen shears (1 pair)	Stirring spoon
Kitchen timer	Storage bags (1 box)
	Tongs
	Two single-burner hot plates <b>OR</b> one double-burner plate (electric only!)
	Whisk



## Food Challenge Awards Program Volunteer Form

Each county can only submit one name plus one alternate to represent their county on the program. **These youth must be intermediate or senior 4-H members.** If you have a 4-H member serving as an officer or as a member on the Family & Consumer Sciences Project Committee, list them in the first slot. **Fill out form and e-mail it to Megan Logan by November 10, 2017.** Selections will be made and 4-H'ers will be notified by e-mail.

**Please mark the duties below that the 4-H'er would be willing to do at the awards program.**

	<b>Master/Mistress of Ceremonies</b>		<b>Pledges</b>		<b>Welcome</b>
	<b>Introduction of Guests</b>		<b>Food Challenge Objectives</b>		
	<b>Assist with Awards</b>		<b>Closing Comments</b>		

Name	
Address	
City, Zip Code	
Phone Number	
e-mail Address	
Is this 4-H'er an <b>officer</b> in the FCS Project Committee?	<input type="checkbox"/> <b>Yes</b> <input type="checkbox"/> <b>No</b>
Is this 4-H'er a <b>member</b> of the FCS Project Committee?	<input type="checkbox"/> <b>Yes</b> <input type="checkbox"/> <b>No</b>
<b>Alternate</b>	
Name	
Address	
City, Zip Code	
Phone Number	
e-mail Address	
Is this 4-H'er an <b>officer</b> in the FCS Project Committee?	<input type="checkbox"/> <b>Yes</b> <input type="checkbox"/> <b>No</b>
Is this 4-H'er a <b>member</b> of the FCS Project Committee?	<input type="checkbox"/> <b>Yes</b> <input type="checkbox"/> <b>No</b>



**SAMPLE LETTER TO PARTICIPANTS/FAMILIES**

**MEMO TO:** \_\_\_\_\_ **COUNTY FOOD CHALLENGE PARTICIPANTS**

**SUBJECT: DISTRICT 10 4-H FOOD CHALLENGE – December 8, 2017**  
 Hill Country Youth Event Center in Kerrville, TX  
 3785 Highway 27, Kerrville, TX 78028

**FROM:** \_\_\_\_\_  
**CEA**

Congratulations on advancing to the District 10 4-H Food Challenge! We are excited about this new contest and hope you and your teams are ready to face off against other teams to find out who the Food Challenge champions will be! Please review this letter carefully for details about the District Food Challenge.

**Tentative Schedule: (subject to change depending on number of entries)**

**December 8, 2017**

<b>Time</b>	
7:45	Agents/Committee Arrive
8:15	Food Challenge Judges Arrive
8:15	All contestants arrive and check boxes
8:45	Judges & Group Leader Orientation
9:00	Contestant Orientation
9:30	Contest Heat Begins
10:15	Contest Heat Ends
10:20	Judging Begins
12:30	Awards program *** subject to change depending on tabulation

Note: Lunch will not be provided

**There will be four food categories in each age division at the District Contest:** Main Dish, Fruits and Vegetables, Bread and Cereal, and Nutritious Snacks. Teams will be randomly assigned to a category, but assignments will not be announced until orientation the morning of the contest.

### **County Team Entries:**

The following teams will be competing for \_\_\_\_\_ County at the District Food Challenge. ***(Insert list of teams below – county may have 2 junior, 2 intermediate, and 2 senior teams)***

### **Contest Registration:**

Registration will be conducted on 4-H Connect. Each member of a team will be required to register. The registration fee will be \$10 per team member and will cover contest food and supplies, insurance, and awards. **Registration will be open on 4-H Connect October 24-November 7, 2017.** Late Registration will be from November 8-9, 2017 ONLY for an additional \$25 fee. No refunds will be given for Food Challenge. A substitution may be made if someone decides not to go or is ineligible.

### **Contest Rules & Guidelines:**

County teams will need to review the Texas 4-H Food Challenge Manual for all of the contest rules and guidelines.

### **Please make sure that teams understand the following details for the District Contest:**

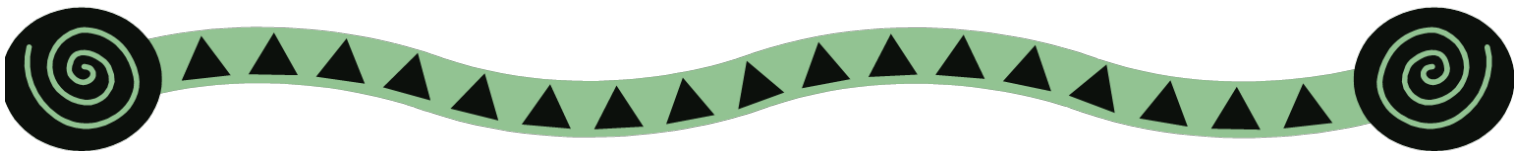
- Teams must provide their own supply box of equipment and other items listed on the supply list in the Food Challenge Manual.
  - **Please review supply lists attached. There are now 3 different ones based on age division. This was done to cut back on the electricity usage at the facility as well as help new teams get started.**
- **Teams may NOT SHARE supply boxes**
- Teams will be provided the following items at the contest:
  - Food ingredients
  - The recipe ingredient list with nutrition information, the food category and a clue about their recipe
  - Copy of the Food Challenge Worksheet
  - Notebook with the printed resources (reference food challenge manual)
  - Grocery Store Receipts

Attached is the map to the **Hill Country Youth Event Center in Kerrville, TX** for your reference as you travel to the Food Challenge!

Good luck to you as you represent \_\_\_\_\_ County in the District 10 Food Challenge! If you have any other questions, please contact the Extension Office.



# Food Show Packet



Texas 4-H & Youth Development  
District 10 4-H Program

## 2017-2018 DISTRICT 10 4-H FOOD SHOW PACKET

**WHEN:** Friday, December 8, 2017

**WHERE:** Hill Country Youth Center in Kerrville, TX  
3785 Highway 27  
Kerrville, TX 78028

### **SCHEDULE:**

- 1:30 p.m.** Registration and Prep Area are open to contestants and parents
- 2:00 p.m.** Judges and Group Leader Orientation
- 2:00 p.m.** Orientation for Contestants
- 2:30 p.m.** Food Show Judging Begins
- 4:30 p.m.** Presentation of awards (approximate time)

### **RULES:**

We will follow the 2018 State 4-H Food Show rules **except** where noted in the District Rules Section of this letter. The 2018 State 4-H Food Show Packet will be available on the web at: <https://texas4-h.tamu.edu/wp-content/uploads/2018-4-H-State-Food-Show-Guidelines.pdf>

### **DISTRICT RULES:**

The State and District Food Show theme for 2017-2018 is **“Fresh from the Farm.”**

The theme for the 2018 Food Show is “Fresh from the Farm”. This theme will allow participants the opportunity to explore many aspects of fresh foods, physical activity, and the value of locally grown foods. Another aspect to consider is the simpler life of the farm and the importance of family and working together. In addition, 4-H members can discuss the growing season their dish is associated with: late spring and early summer, high summer, and early fall. As well as, discussing where the ingredients for their dish were grown, especially if purchased from a local producer or farmers market or possibly harvested from their own garden.

### **Junior/Intermediate Age Divisions**

1. Juniors and Intermediates will be required to bring one serving of their dish to the District Contest.
2. The dish may be served on a disposable or non-disposable dish.
3. Garnishes must be edible.
4. No decorations are allowed
5. No heating trays, chafing dishes, electric appliances or open flame of any kind are allowed.

Junior/Intermediate time breakdown will be as follows:

Five (5) minutes to be interviewed by the judges.

**Junior and Intermediate 4-H members only** entering the Food Show will be required to complete the District 10 4-H Food Show Record Form. The paperwork will be sent in to the District Office by November 10, 2017 (only ONE COPY is required to be turned in). **All paperwork must be received in the District Office by 5:00 p.m. on Wednesday, November 10, 2017 (physically in the office, not postmarked by that date).**

### **Senior Age Division**

1. Seniors will be required to bring their entire dish to the District Contest and will need to serve one serving to the judges.
2. The recipe may be served on a disposable or non-disposable dish.
3. Garnishes must be edible.
4. No decorations are allowed.
5. No heating trays, chafing dishes, electric appliances or open flame of any kind are allowed.

Senior time breakdown will be as follows:

Four (4) minutes for presentation

Four (4) minutes for questions from judges

One (1) minute to serve dish to the judges

**Senior 4-H members** will be required to complete the State Food Show paperwork from the State Packet. One copy of the Senior Food Show Paperwork is **due in the District Office by 5:00 p.m. on Wednesday, November 10, 2017 (physically in the office, not postmarked by that date)**. The four (4) SENIORS that advance to State will be allowed to update their State Food Show paperwork before submitting to the State Food Show Contest Committee. **Please see state website for paperwork deadline for Round-Up.**

## **RECIPE SELECTION**

Four entry categories allow for presentation of a variety of foods in the Food Show. The categories also provide an opportunity for contestants to exhibit a variety of food presentation principles.

Many recipes can be entered in more than one category. Participants should consult with the website <http://www.choosemyplate.gov/> when selecting a recipe category. All four food categories may use ovens during food preparation.

**Protein** - All foods made from meat, poultry, seafood, beans and peas, eggs, processed soy products, nuts, and seeds are considered part of the Protein Foods Group. Beans and peas are also part of the Vegetable Group.

- EX: Dishes that contain meat or meat alternative such as eggs, dry beans, peas or peanut butter.

**Fruit and Vegetable** - Any fruit or 100% fruit juice counts as part of the Fruit Group. Fruits may be fresh, canned, frozen, or dried, and may be whole, cut-up, or pureed. Any vegetable or 100% vegetable juice counts as a member of the Vegetable Group. Vegetables may be raw or cooked; fresh, frozen, canned, or dried/dehydrated; and may be whole, cut-up, or mashed. Vegetables are organized into 5 subgroups, based on their nutrient content.

- EX: Dishes that accompany a main dish (salads, relish trays, cooked fruits and vegetables)

**Grains** - Any food made from wheat, rice, oats, cornmeal, barley or another cereal grain is a grain product. Bread, pasta, oatmeal, breakfast cereals, tortillas, and grits are examples of grain products. Grains are divided into 2 subgroups, Whole Grains and Refined Grains. Whole grains contain the entire grain kernel — the bran, germ, and endosperm.

- EX: Quick, yeast, bread mixes, rice, pasta

**Dairy** - All fluid milk products and many foods made from milk are considered part of this food group. Most Dairy Group choices should be fat-free or low-fat. Foods made from milk that retain their calcium content are part of the group. Foods made from milk that have little to no calcium, such as cream cheese, cream, and butter, are not. Calcium-fortified soymilk (soy beverage) is also part of the Dairy Group.

- EX: Dishes selected must contain a minimum of a half serving of dairy (macaroni and cheese, drinks, custards, cheese logs, etc.)

## **INGREDIENTS:**

No alcohol or alcohol-containing ingredients can be used.

## **JUDGING:**

Participants will be interviewed by a team of judges to determine their knowledge of food and nutrition and to judge the food they have prepared. The judges will have the District 10 4-H Food Show Record Form when they judge as a reference.

## **AWARDS:**

The awards program will begin approximately at 5:45 p.m. or following Food Show tabulation

## **AGENT PAPERWORK FOR DISTRICT FOOD SHOW:**

1. Entries - Youth must register on 4-H Connect:
  - a. **Regular Registration: October 24-November 7, 2017**
  - b. Late Registration: November 8-9, 2017 ONLY
2. Agents must have all participants approved by **November 10, 2017**.
3. **Food Show Record Form** for Juniors/Intermediates and **Senior State Food Show Forms** are due to the District Office by **November 10, 2017** (must be physically in the office, not postmarked by this date!).
4. Names and addresses of **confirmed** judges and helpers, each county needs to provide a minimum of two volunteers to work Food Show - complete the Excel Spreadsheet (Volunteer Form) and return to the District Office by **Friday, November 10, 2017** (email). Please use the form found at the following link: <http://d104-h.tamu.edu/district-10-4-h-fall-round-up/>
5. **Names of senior 4-H'ers to assist with awards program** - Due to District Office by **Monday, November 10, 2017** (email)
6. Be sure to work with your local schools to make sure all contestants are academically eligible to compete in the District Food Show.

## **Agent Assignments:**

Enclosed in the packet are the agent assignments. Please review carefully and make sure you have the December 7<sup>th</sup> & 8<sup>th</sup> dates on your calendar. **All agents will be required to attend.** If you are unable to fulfill your duties, it is your responsibility to get permission from your direct supervisor **and** to notify Megan. **If you are exempt from attendance, then you will be responsible for securing a volunteer to fulfill your assigned duties at the contest.**

## **Judges for Food Show:**

Counties will be required to recruit and confirm a minimum of one adult volunteer to serve as judge/category leader for the Food Show. Please complete the **Food Show Judge/Category Leader Recruitment** form that is included in this packet and return it by e-mail to Megan Logan, [mmlogan@ag.tamu.edu](mailto:mmlogan@ag.tamu.edu) and Isabel Hernandez [Isabel.hernandez@ag.tamu.edu](mailto:Isabel.hernandez@ag.tamu.edu) by **November 10, 2017**. The judging assignments will be sent out prior to the contest so that you can inform your volunteers of their assignments.

**PLEASE NOTE THAT THE PHONE NUMBER AND E-MAIL FOR VOLUNTEERS IS REQUIRED! WE WILL TRY TO E-MAIL THEM ONCE ASSIGNMENTS ARE MADE.**

## **4-H Council Officers and Members to Assist with Awards Program:**

A form is included in this packet for youth to be nominated to assist with the Food Show Awards Program. Please provide senior 4-H members with this opportunity and submit the form to the District Office by **November 10, 2017**. If you have no seniors interested, you may invite intermediate youth to apply. 4-H'ers selected to assist with the Food Show Awards



Program will be contacted by Victoria Grissom and Matt Miranda prior to the Food Show with details.

**Information for 4-H Families:**

A sample letter is enclosed in this packet for counties to use in communicating with the 4-H members and families who will be competing in the District Food Show. Please edit as needed to fit your county's needs.

**Dress Requirements for Agents:**

Dress for the day will be professional casual with comfortable shoes. No tennis shoes or jeans, please.

## **TABLE OF CONTENTS**

1. 4-H Volunteer Members for Food Show Awards Program Form – Due Friday, November 10, 2017.
2. Judge’s Assignments Form – Due Friday, November 10, 2017
3. Agent Assignments
4. Group Leader Responsibilities
5. Sample letter for 4-H Contestants
6. District 10 4-H Food Show Recipe Form – Juniors and Intermediates
7. State 4-H Food Show Paperwork - Seniors
8. 4-H Food Show Scorecard – All Age Divisions
9. District 10 4-H Food Show Interview Questions - Juniors and Intermediates
10. Maps

# ***Agent Reports & Information***

**4-H Volunteer Members for the District 10 4-H Food Show Awards Program**

Each county can only submit one name plus one alternate to represent their county on the program. Fill out form and return it to the District Office by **November 10, 2017.** Selections will be made and 4-H'ers will be notified **by e-mail.**

**Circle the part you would like to help with:**

- |                                           |                                    |
|-------------------------------------------|------------------------------------|
| Presiding                                 | Explanation of Project Development |
| Motto and Pledge                          | Committee                          |
| Welcome                                   | Presentation of Awards             |
| Introduction of Guests                    | Presentation of Winners            |
| Food and Nutrition Program and Objectives | Closing Comments                   |
|                                           | Usher                              |

Name: \_\_\_\_\_

Telephone \_\_\_\_\_ Age \_\_\_\_\_

County \_\_\_\_\_ Email \_\_\_\_\_

Alternate Name: \_\_\_\_\_

Telephone (\_\_\_\_\_) \_\_\_\_\_ Age \_\_\_\_\_

County \_\_\_\_\_ Email \_\_\_\_\_

**Fax (or email) to the District Office by November 10, 2017  
FAX #: (830)278-4008.**

Agent Signature: \_\_\_\_\_

***Agent  
Assignments  
&  
Position  
Descriptions***

## AGENT ASSIGNMENTS (Tentative)

Agents have been assigned responsibilities at the District 4-H Food Show. **If there is a reason you cannot fulfill your assigned responsibilities, contact your District Administrator.** As you complete your responsibilities, evaluate them carefully and try to determine ways we can more effectively and efficiently conduct District 4-H events. We want to offer good, positive learning experiences for youth and there may be some ways we can improve the District event experience for 4-H members, volunteers and agents. Agents may be assigned to a different role with the contest. We will notify you of your official roles after all entries and volunteers have been accepted.

TASK	PERSON RESPONSIBLE
Food Show Committee	Gretchen Sanders (Co-Chair), Elsie Lacy (Co-Chair), Angela Fiedler, Molly Flores, Crystal Wiltz, Nicole Demmer, Angie Gutierrez, Charla Bading, Grace Guerra-Gonzales, Matt Miranda, Connie Sheppard
Registration	Nelda Speller/Maggie Johnson
Orientation	Youth – Charla Bading Judges – Nicole Demmer Group Leaders – Angie Gutierrez
Facilities	Angela Fiedler
Food Show Judges and Group Leaders/Clean up/Helpers/ Other Duties	Bandera: Stacy Drury Bastrop: Hillary Long/April Kuck Bexar: Eliza Cavazos/Grace Guerra-Gonzales/Natalie Cervantes Blanco: Gretchen Sanders Caldwell: Elsie Lacy Comal: Connie Sheppard/Victoria Grissom/Krystal Batteen Gillespie: Shea Nebgen/Taylor Osbourn Gonzales: Geri Kline Guadalupe: Charla Bading/Matt Miranda Hays: Kate Blankenship Kerr: Angela Fiedler/Dakota Moyers Kendall: Medina: Sandra Kunkel Sutton: Jessica Stapper Travis: Mellanie Mickelson /Sonia Coyle/ Charlotte Wehrman/ NathanTucker/ Crystal Wiltz/ Maria Rosario-Mejias Uvalde: Molly Flores Wilson: Nicole Demmer/Kailey Hunt
Judges Gifts, Paperwork, Signs, and Awards	District Office
Awards Ceremony Coordination	Natalie Cervantes/Matt Miranda
Tabulation	Megan Logan/Gretchen Sanders/Elsie Lacy
Clean-up	EVERYONE

## GROUP LEADER RESPONSIBILITIES

1. Check to be sure the participants are in the right location. You will have a food group in one age category (example: Junior - Dairy).
2. Remind them to relax and leave their dishes packed as long as possible.
3. Judging should be done in order listed on tally sheet unless a member requests a specific change for a valid reason.
4. Introduce yourself to the judges and answer any questions.
5. Assist the contestants to the judges. They may only take their food entry: (a serving size of their recipe), (no utensils, candles, placemats, etc.)
6. See that contestants have equal time with the judges (about 8 minutes for Seniors and 5 minutes for Intermediates and Juniors). **Use the timer and keep the judges on schedule. Remember that Seniors give a 3 minute presentation first then answer questions from the judges.**
7. When a contestant has been judged, they may take dish, ice chest, etc. to car.
8. **Do not taste** contestants' food or allow contestants or judges to taste food.
9. Clean up the area, especially the judges' table. **Make sure all trash with all food items is put in trash bags.**
10. Contestants may leave the judging area after being judged but should return in time for awards presentation.
11. Turn in all the paperwork and ranking/placing sheets for all contestants as you finish a category.
12. **Assist your division during the awards program. Make sure all contestants are seated in designated area. You are responsible for announcing the results for your category. A copy of the results will be provided to you prior to the awards program.**
13. After the awards program, be sure no one has forgotten or left articles in your area.
14. It's best not to comment to others about any contestant. You can easily be misunderstood.
15. Plan to stay until after Awards have been presented and clean-up is completed.

# ***Materials for Contestants***





Texas 4-H & Youth Development  
District 10 4-H Program

### 2017-2018 District Food Show

**MEMO TO:** Food Show Contestants and Parents

**SUBJECT:** District 10 4-H Food Show

**WHEN:** Friday, December 8, 2017

**WHERE:** Hill Country Youth Center in Kerrville, TX  
3785 Highway 27  
Kerrville, TX 78028

#### **SCHEDULE:**

**1:30 p.m.** Registration and Prep Area are open to contestants and parents

**2:00 p.m.** Judges and Group Leader Orientation

**2:00 p.m.** Orientation for Contestants

**2:30 p.m.** Food Show Judging Begins

**4:30 p.m.** Presentation of awards (approximate time)

#### **REGISTRATION:**

Registration will be conducted on 4-H Connect. The registration fee will be \$10. **Registration will be open on 4-H Connect October 24-November 7, 2017.** Late Registration will be from November 8-9, 2017 ONLY for an additional \$25 fee. No refunds will be given for Food Show.

Counties must pay by one county check or individuals may pay using a credit card. Please make sure all payments are completed by November 10, 2017. No refunds will be given after registration has been certified at the District Level.

**Food Show Record Form** for Juniors/Intermediates and **Senior State Food Show Forms** are due to your County Extension Office by \_\_\_\_\_ (must be physically in the office, not postmarked by this date!).

## **RULES:**

We will follow the 2018 State 4-H Food Show rules **except** where noted in the District Rules Section of this letter. The 2018 State 4-H Food Show Packet will be available on the web at: <https://texas4-h.tamu.edu/wp-content/uploads/2018-4-H-State-Food-Show-Guidelines.pdf>

## **DISTRICT RULES:**

The State and District Food Show theme for 2017-2018 is **“Fresh from the Farm.”**

The theme for the 2018 Food Show is “Fresh from the Farm”. This theme will allow participants the opportunity to explore many aspects of fresh foods, physical activity, and the value of locally grown foods. Another aspect to consider is the simpler life of the farm and the importance of family and working together. In addition, 4-H members can discuss the growing season their dish is associated with: late spring and early summer, high summer, and early fall. As well as, discussing where the ingredients for their dish were grown, especially if purchased from a local producer or farmers market or possibly harvested from their own garden.

## **Senior Age Division:**

Seniors will be required to bring their entire dish to the District Contest and will need to serve it to the judges.

Senior time breakdown will be as follows:

- Four (4) minutes for presentation
- Four (4) minutes for questions from judges
- One (1) minute to serve dish to the judges

## **Junior/Intermediate Age Divisions:**

Juniors and Intermediates will have five (5) minutes to be interviewed by the judges.

## **REQUIRED PAPERWORK FOR DISTRICT FOOD SHOW:**

**Junior and Intermediate 4-H members only** entering the Food Show will be required to complete the District 10 4-H Food Show Record Form. The paperwork will be sent in to the District Office by November 10, 2017 (only ONE COPY is required to be turned in). **All paperwork must be received in the District Office by 5:00 p.m. on Friday, November 10, 2017 (physically in the office, not postmarked by that date).**

**Senior 4-H members** will be required to complete the State Food Show paperwork from the State Packet. One copy of the Senior Food Show Paperwork is **due in the District Office by 5:00 p.m. on Friday, November 10, 2017 (physically in the office, not postmarked by that date)**. The four (4) SENIORS that advance to State will be allowed to update their State Food Show paperwork before submitting to the State Food Show Contest Committee. **Please see state website for paperwork deadline for Round-Up**

## **WHAT TO BRING – CONTESTANTS:**

The following items are what each contestant (Juniors and Intermediates) will be required to bring to the District Food Show.

- Single serving of your recipe on any type of dish.
- Use edible garnishes only for your dish

## **WHAT NOT TO BRING – CONTESTANTS:**

- No decorations are allowed
- Heating tray, chafing dish, electrical appliances, or open flame of any kind

## **RECIPE SELECTION**

Four entry categories allow for presentation of a variety of foods in the Food Show. The categories also provide an opportunity for contestants to exhibit a variety of food presentation principles.

Many recipes can be entered in more than one category. Participants should consult with the website <http://www.choosemyplate.gov/> when selecting a recipe category. All four food categories may use ovens during food preparation.

**Protein** - All foods made from meat, poultry, seafood, beans and peas, eggs, processed soy products, nuts, and seeds are considered part of the Protein Foods Group. Beans and peas are also part of the Vegetable Group.

- EX: Dishes that contain meat or meat alternative such as eggs, dry beans, peas or peanut butter.

**Fruit and Vegetable** - Any fruit or 100% fruit juice counts as part of the Fruit Group. Fruits may be fresh, canned, frozen, or dried, and may be whole, cut-up, or pureed. Any vegetable or 100% vegetable juice counts as a member of the Vegetable Group. Vegetables may be raw or cooked; fresh, frozen, canned, or dried/dehydrated; and may be whole, cut-up, or mashed. Vegetables are organized into 5 subgroups, based on their nutrient content.

- EX: Dishes that accompany a main dish (salads, relish trays, cooked fruits and vegetables)

**Grains** - Any food made from wheat, rice, oats, cornmeal, barley or another cereal grain is a grain product. Bread, pasta, oatmeal, breakfast cereals, tortillas, and grits are examples of grain products. Grains are divided into 2 subgroups, Whole Grains and Refined Grains. Whole grains contain the entire grain kernel — the bran, germ, and endosperm.

- EX: Quick, yeast, bread mixes, rice, pasta

**Dairy** - All fluid milk products and many foods made from milk are considered part of this food group. Most Dairy Group choices should be fat-free or low-fat. Foods made from milk that retain their calcium content are part of the group. Foods made from milk that have little to no calcium, such as cream cheese, cream, and butter, are not. Calcium-fortified soymilk (soy beverage) is also part of the Dairy Group.

- EX: Dishes selected must contain a minimum of a half serving of dairy (macaroni and cheese, drinks, custards, cheese logs, etc.)

**INGREDIENTS:**

No alcohol or alcohol-containing ingredients can be used.

We look forward to seeing you on December 8th. Good Luck!

Sincerely,

County Extension Agent

**2017-2018 DISTRICT 10 4-H FOOD SHOW RECORD FORM  
FOR JUNIORS & INTERMEDIATES**

**Age Division: (Circle One):**

**Junior**

**Intermediate**

**Food Show Category (Check One):**

Protein

Fruits & Vegetables

Grains

Dairy

Name: \_\_\_\_\_

Age (as of Aug. 31, 2017): \_\_\_\_\_

Address: \_\_\_\_\_

District: \_\_\_\_\_

City, Town, Zip \_\_\_\_\_

Years in 4-H: \_\_\_\_\_

County: \_\_\_\_\_

Years in project: \_\_\_\_\_

Birth Date: \_\_\_\_\_

Grade: \_\_\_\_\_

(Attach an additional sheet if necessary to complete your recipe)

\*\*\*\*\*

**RECIPE**

**Please Summarize your Food and Nutrition Project Experiences  
(250 words or less in no less than 11 point font)**

I certify that the above information is true and correct and completed during the current project year.

**Contestant Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

I certify that the 4-H member named above has provided accurate and correct information.

**Agent Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

## 2017-2018 District 10 4-H Food Show Questions

### Suggested Questions – Juniors and Intermediates

1. What are the food groups included in **My Plate**? What portion does each group take up?
2. What are the **key nutrients** you would get from your recipe? Why do you need these nutrients?
3. What are the **preparation steps** in your recipe and why are they important?
4. What did you learn about **food safety** in your foods & nutrition project?
5. Tell me about one of the ingredients in your dish and why it is important in your recipe?  
**(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?

Give one example of how you brought the theme “Fresh from the Farm” with your dish.

## District 10 4-H Food Show Scorecard

NAME \_\_\_\_\_ Jr \_\_\_\_\_ Int \_\_\_\_\_ Sr \_\_\_\_\_

ENTRY CATEGORY: \_\_\_\_\_ Protein \_\_\_\_\_ Fruit & Vegetable \_\_\_\_\_ Grains \_\_\_\_\_ Dairy

County \_\_\_\_\_

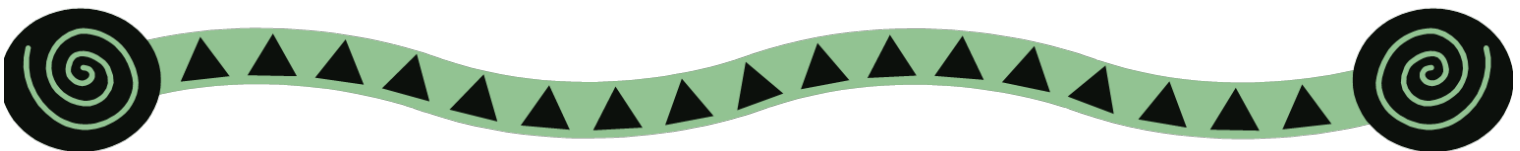
	Rating				Comments	Points
	Outstanding	Good	Fair	Needs Improvement		
<b>I. THE INTERVIEW</b>						
Knowledge of MyPlate: Food group of individual ingredients, serving amount needed from each group daily, food group that dish falls into, number of servings provided by an individual serving of the dish, knowledge of personal healthy lifestyle choices based on dietary guidelines						20
Nutrient Knowledge: Knows what this dish contributes to the diet						15
Food Preparation: Knows the key steps in preparation of dish and function of ingredients						15
Food Presentation/Quality: Appearance of food (texture, uniformity) Garnishing						10
Food Safety Concerns and Practices: Knows food safety concerns in preparation and storage of dish						10
4-H Food and Nutrition Project Activities: Community service, leadership, workshops						10
Effectiveness of Communication: Voice Poise Personal/Appearance						10
<b>II. PAPERWORK</b>						
Complete Recipe						5
Summary of Experiences						5
<b>ADDITIONAL COMMENTS</b>						

Revised 7/2012





# **Entomology Judging Packet**





**MEMORANDUM**

**TO:** District 10 County Extension Agents

**FROM:** Kathleen Greer  
District Extension Administrator

Megan Logan  
District 10 4-H Specialist

**SUBJECT:** 2017-2018 District 10 4-H Entomology Judging Contest

**DATE:** Friday, December 8, 2017 – Entomology Judging  
Our Lady of the Hills High School  
235 Peterson Farm Road  
Kerrville, TX 78028

**REGISTRATION:**           **Registration on 4-H Connect as follows:**

- Regular Registration: October 24 - November 7, 2017
- Late Registration: November 8-9, 2017 ONLY

**COST:**                   **Regular Registration:     \$10 per individual**

**LATE Registration:     \$35.00 per individual**

**\*\*\*This is the regular registration cost plus a \$25 late fee\*\*\***

If counties are paying for participant registration fees with a county check, please make payments directly to Texas A&M AgriLife Extension Service. Please include a report of the participants you are paying for with the check so proper credit can be made!

**AGE DIVISIONS:** There will be three age divisions for all Judging Contests. Age division is determined by the 4-H'ers birthday as of August 31, 2017.

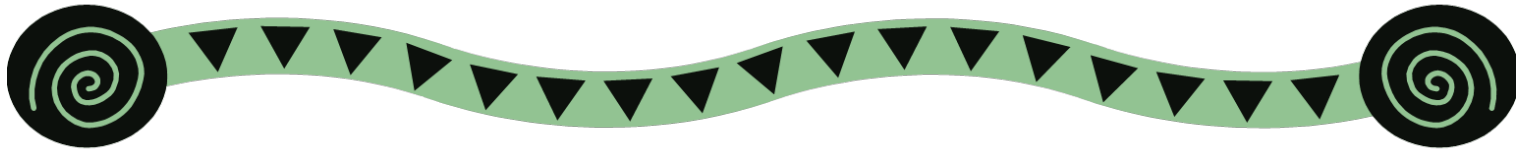
- Juniors – 3<sup>rd</sup> Grade (and 8 years old) – 5<sup>th</sup> Grade
- Intermediates – 6<sup>th</sup> – 8<sup>th</sup> Grade
- Seniors – 9<sup>th</sup>- 12<sup>th</sup> Grade (has not surpassed their 18<sup>th</sup> birthday as of August 31, 2017)

**TEAM/**

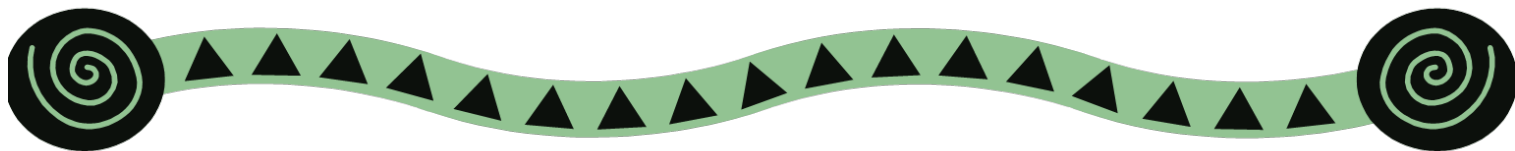
**INDIVIDUAL:** Counties may enter as many teams and up to 2 individuals in judging contests in each age division. All youth entered in each age division will be eligible for high point individual awards.

**MATERIALS:** Answer packets/placing cards will be provided for all participants at the judging contests. Contestants will be required to bring two (2) #2 pencils and one clipboard.

<b>CONTEST SCHEDULE AND ASSIGNMENTS</b>		
<b>Contest</b>	<b>Location/Time</b>	<b>Assignments</b>
<b>Friday, December 8, 2017 – Our Lady of the Hills High School, Kerrville, TX</b>		
<b>Entomology Judging</b>  Identify selected insects and complete a written examination on insects. Questions will be selected primarily from "Study Materials for 4-H Entomology Contests."	Our Lady of the Hills High School 235 Peterson Farm Road Kerrville, TX 78028  1:30 pm Registration  1:45 pm Contest begins	<b>Superintendents:</b>  David Rodriguez  Kailey Hunt  <b>Committee:</b>  James Crockett  Dakota Moyers  Roy Walston  Chris Wiemers



# **Beef & Horse Quiz Bowl Packet**



Texas 4-H & Youth Development

District 10 4-H Program

**MEMORANDUM TO:** DISTRICT 10 AGENTS

**SUBJECT:** 2017-2018 Beef and Horse Quiz Bowls

**DATE:** Saturday, December 9, 2017

**LOCATION:** Our Lady of the Hills High School  
235 Peterson Farm Road  
Kerrville, TX 78028

**COMMITTEE:**

Travis Franke, Co-Chair	Jeff Hanselka, Co-Chair
Jason Fleming	Samantha Korzekwa
Dwight Sexton	Sam Silvers
Julie Zimmerman	

**SCHEDULE:**

**8:30 am** Registration Opens  
**9:00 am** Orientation for Contestants  
**9:15 am** Quiz Bowls Begin

Presentation of awards immediately following the completion of the contest

**ENTRIES:**

Counties may enter as many teams as they wish in each age division for the District Contest. **Teams must be declared in advance by the County agent on 4-H Connect.** Teams consist of three (3) or four (4) youth who are in the same age division. An exception to the age division is that juniors may move up to compete with an intermediate team but intermediates or seniors may not move up or down to a different age division. There are no individual entries in this contest

## CONTEST RESOURCES:

### General Quiz Bowl

- Texas 4-H Quiz Bowl Guide – <https://texas4-h.tamu.edu/events/roundup/>
- Texas 4-H Quiz Bowl Score Sheet - **to be added when state rules are updated.**

### Beef Quiz Bowl

- Texas 4-H Beef Quiz Bowl Supplement – this includes the list of resources that questions can be pulled from. <https://texas4-h.tamu.edu/events/roundup/>
- Beef Quiz Bowl Sample Questions - **to be added when state rules are updated.**

### Horse Quiz Bowl

- Texas 4-H Horse Quiz Bowl Supplement – this includes the list of resources that questions can be pulled from. <https://texas4-h.tamu.edu/events/roundup/>

## ADDITIONAL CONTEST RULES:

1. Counties are encouraged to have a local/county contest so that 4-H members may practice before District. Senior 4-H members must participate in District to qualify for State.
2. All teams members must be from the same county. Counties may enter as many teams as they wish in the District contest in each division. **In State contests that allow three entries, the top three (3) teams will advance, of which one, two, or three entries could possibly come from the same county within the District. Mixing of individuals from various counties to create district “all star” team(s) is not allowed.**
3. PRIOR COMPETITION: 4-H members are **eligible** to enter a contest in which they have previously been part of a **first place entry** at State. However, if a team that placed first at State participated in the National Contest they are INELIGIBLE to compete again at State.

## Items to be supplied by District Office:

- 4 Sets of Buzzers
- Dry Erase Boards and Markers
- Easels
- Extension Cords/Power Strips

- Score Sheets
- Awards
- Brackets

**AGENT ASSIGNMENTS:**

The following agents will be assisting with the contest as time keepers or score keepers. More information may be sent to you prior to the District Contest by Travis Franke and Jeff Hanselka, Contest Superintendents.

**COMMITTEE:**

Travis Franke, Co-Chair

Jeff Hanselka , Co-Chair

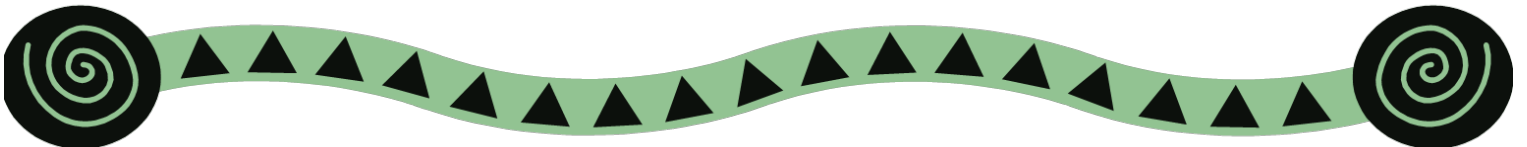
**ADDITIONAL HELPERS:** Jason Fleming  
Dwight Sexton  
Julie Zimmerman

Samantha Korzekwa  
Sam Silvers

**Agents may be assigned to different roles with the contest. We will notify you of your official roles after all entries have been accepted.** If you have further questions about Beef or Horse Quiz Bowl, please contact the District Office; Travis Franke or Jeff Hanselka, Contest Superintendents.



# **Nutrition Quiz Bowl Packet**







Texas 4-H & Youth Development

District 10 4-H Program

**MEMORANDUM TO:** DISTRICT 10 AGENTS

**SUBJECT:** 2017-2018 NUTRITION QUIZ BOWL CONTEST

**DATE:** Saturday, December 9, 2017

**LOCATION:** Our Lady of the Hills High School  
235 Peterson Farm Road  
Kerrville, TX 78028

**COMMITTEE:** Shea Nebgen, Co-Chair  
Kate Blankenship  
Jessica Stapper  
Charlotte Wehrman, Co-Chair  
Krystal Snider  
Nathan Tucker

**SCHEDULE:**

**9:00am** Agent Advisors  
**9:15 am** Registration Opens  
**9:45 am** Orientation for Contestants  
**10:00 am** NQB Begins

Presentation of awards immediately following the completion of the contest

**ENTRIES:**

Counties may enter as many teams as they wish in each age division for the District Contest. **Teams must be declared in advance by the County agent on 4-H Connect.** Teams consist of three (3) or four (4) youth who are in the same age division. An exception to the age division is that juniors may move up to compete with an intermediate team but intermediates or seniors may not move up or down to a different age division. There are no individual entries in this contest

## **DISTRICT CONTEST RESOURCES:**

This contest helps participants increase their knowledge of basic nutrition, consumer information, food and kitchen safety, food preparation skills and storage, and nutrition and health. This contest will follow the rules and procedures listed in the Texas 4-H Quiz Bowl Study Guide, 4-H 3-2.030. The State 4-H Food & Nutrition Quiz Bowl Study Guide should be utilized for support information. These documents will be released by the beginning of September and will be posted at this website. If there are significant changes from the State FDRM unit related to NQB, we will update this letter and re-send to the counties after we receive the information. <http://fcs.tamu.edu/food-and-nutrition/4-h-youth-food-and-nutrition/> under 2018 State 4-H Food & Nutrition Quiz Bowl Study Guide (PDF).

### **Official references by age group include:**

#### **Juniors**

- Safe Home Food Storage (Texas AgriLife Extension publication B-5031, rev. 8/02)
- Nutrient Needs at a Glance (Texas AgriLife Extension publication E-589, rev. 7/11)
- USDA My Plate  
<http://www.choosemyplate.gov/healthy-eating-tips/ten-tips.html>

Focus on these tip sheets:

Choose MyPlate

Add more Vegetables to Your Day

Focus on Fruits

Make Half Your Grains Whole

Be Food Safe

Got Dairy Today?

With Protein Foods, Variety is Key

Healthy Eating for Vegetarians

Salt and Sodium

<http://www.cnpp.usda.gov/Publications/MyPlate/GettingStartedWithMyPlate.pdf>

- Dietary Guidelines for Americans Executive Summary (DGA):

[https://health.gov/dietaryguidelines/2015/resources/2015-2020\\_Dietary\\_Guidelines.pdf](https://health.gov/dietaryguidelines/2015/resources/2015-2020_Dietary_Guidelines.pdf)

#### **Intermediates**

- *All Junior References PLUS*

- AAFCS Food: A Handbook of Terminology, Purchasing and Preparation, 11<sup>th</sup> edition

- Academy of Nutrition and Dietetics Complete Food and Nutrition Guide, 5<sup>th</sup> edition; Chapter 1, Page 3-20.

## **Seniors**

→ *All Junior and Intermediate Resources PLUS*

→ Academy of Nutrition and Dietetics Complete Food and Nutrition Guide, 5<sup>th</sup> edition.

### **ADDITIONAL CONTEST RULES:**

1. Counties are encouraged to have a local/county contest so that 4-H members may practice before District. Senior 4-H members must participate in District to qualify for State.
2. All team members must be from the same county. Counties may enter as many teams as they wish in the District contest in each division. **In State contests that allow three entries, the top three (3) teams will advance, of which one, two, or three entries could possibly come from the same county within the District. Mixing of individuals from various counties to create district “all star” team(s) is not allowed.**
3. PRIOR COMPETITION: 4-H members are **eligible** to enter a contest in which they have previously been part of a **first place entry** at State. However, if a team that placed first at State participated in the National Contest they are INELIGIBLE to compete again at State.

**AGENT ASSIGNMENTS:**

The following agents will be assisting with the contest as time keepers or score keepers. More information may be sent to you prior to the District Contest by Shea Nebgen, Contest Superintendent.

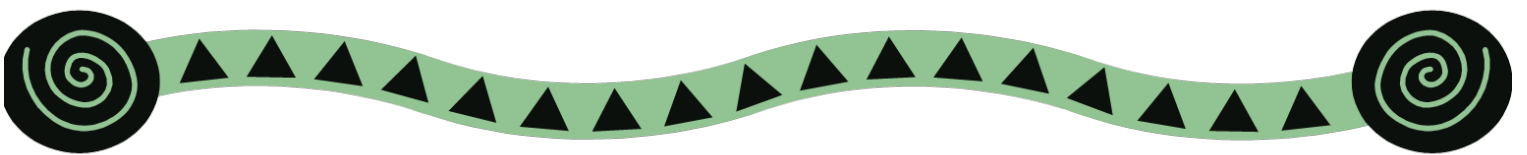
<b>COMMITTEE:</b>	Shea Nebgen, Co-Chair	Charlotte Wehrman, Co-Chair
	Kate Blankenship	Krystal Snider
	Jessica Stapper	Nathan Tucker

<b>ADDITIONAL HELPERS:</b>	Stacy Drury	Angie Gutierrez
	Natalie Cervantes	Gretchen Sanders
	Elsie Lacy	Victoria Grissom
	Connie Sheppard	Eliza Cavazos
	Matt Miranda	Charla Bading
	Angela Fiedler	Crystal Wiltz
	Sandy Kunkel	Hillary Long
	Sonia Coyle	Grace Guerra-Gonzalez
	Molly Flores	Kailey Hunt
	Nicole Demmer	Dakota Moyers
	Taylor Osbourn	

**Agents may be assigned to different roles with the contest. We will notify you of your official roles after all entries have been accepted.** If you have further questions about Nutrition Quiz Bowl, please contact the District Office or Shea Nebgen, Contest Superintendent.



# **Public Speaking & Educational Presentations Packet**





**MEMO TO:** DISTRICT 10 COUNTY EXTENSION AGENTS

**SUBJECT:** 2017-2018 DISTRICT 10 4-H Public Speaking & Educational Presentation Contests

**LOCATION:** Our Lady of the Hills High School  
235 Peterson Farm Road  
Kerrville, TX 78028

**FROM:** Kathleen Greer  
District Extension Administrator

Megan Logan  
District 10 4-H Specialist

**REGISTRATION:** Regular Registration: October 24-November 7, 2017  
Late Registration: November 8-9, 2017 ONLY

**PAPERWORK & JUDGES FORM DUE IN THE DISTRICT OFFICE ON NOVEMBER 10, 2017**

**SCHEDULE FOR THE DAY:**

11:30 am Agents Meeting & Set up contest rooms, registration, etc.  
12:00-1:00 pm Judges & Contestant Registration  
1:00 pm Judges & Contestant Orientation  
1:30 pm Contests Begin in assigned locations with Awards (Contestants will not be allowed into their judging rooms until the room superintendent and judges have set-up the room. Please wait outside until the room superintendent invites you in).

The following information is included in the packet:

- Contest Eligibility and Participation for State 4-H Roundup
- District 10 4-H Public Speaking & Educational Presentation Registration Information for Agents
- Agent Assignments
- Judges and Helpers Information
- Maps

Be sure to notify schools about 4-H'ers who will be competing at these 4-H functions for eligibility purposes. Please read and study the enclosed guidelines and share them with 4-H leaders and members.

**District Public  
Speaking &  
Educational  
Presentation Rules  
and Information**

## District Public Speaking & Educational Presentation Rules and Information

### DISTRICT REGISTRATION:

**Regular Registration:** October 24 – November 7, 2017 on 4-H Connect  
**Late Registration:** November 8-9, 2017 ONLY on 4-H Connect

The registration fee will be \$10.00 per event entered/per child. A \$25 Late Fee will be added to all those who register November 8-9, 2017 bringing registration to a total of \$35 if late.

### DISTRICT ENTRIES:

4-Hers who will be participating in District 10 Round-Up will be allowed to enter a maximum of one (1) contest from table below.

<u>Contest Choices</u>
<i>Texas 4-H Round-Up Thursday Contests</i>
Beef
Clothing & Textiles
Companion Animals
Health
Horse
Open ANR
Open FCS
Open (General)
Promote 4-H
Safety & Injury Prevention
Sheep and Goat

### VOLUNTEERS TO JUDGE ROUNDUP CONTESTS:

**Each county is asked to send at least two (2) judges for Educational Presentations and one (1) judge for Public Speaking.** District Roundup Contests will need volunteers to serve as judges and assist with other contests. Agents will need to CONFIRM with these individuals prior to submitting their names. We will not be sending any confirmation letters to the volunteers prior to the contest so be sure to confirm with them. **Please email the Roundup Judges Form to the District Office on or before November 10, 2017 email to [isabel.hernandez@aq.tamu.edu](mailto:isabel.hernandez@aq.tamu.edu) and [mmlogan@aq.tamu.edu](mailto:mmlogan@aq.tamu.edu)**



## **MAPS:**

Map to Our Lady of the Hills School is attached.

## **PUBLIC SPEAKING RULES:**

1. Public Speaking is an individual contest. No team entries.
2. No props, visual aids, or audio/video recordings are permitted.
3. Time limit for public speaking presentations is 5-7 minutes.
4. Topic should relate to current events related to youth.
5. Counties may enter as many Junior, Intermediate and Senior entries in public speaking as they wish.

Public Speaking Rules and Score Sheets can be found at: <http://texas4-h.tamu.edu/wp-content/uploads/Public-Speaking-Score-Sheet.pdf>

## **EDUCATIONAL PRESENTATION RULES:**

1. ***Junior, Intermediate and Senior Entries*** – Counties may enter as many entries in each Educational Presentation Contest. For example, a county could have 2 presentations in Junior Health and 3 in Junior Horse.
2. County entries may involve 1 to 5 4-H members. All members will need to have a role in the presentation.
3. **LCD projectors and computers will be provided for each contest room by the superintendent.** Superintendents are to furnish an easel for the contest for which they are responsible.
4. The Time limit for Educational Presentations is 12 minutes for presentation and 9 minutes for set up/take down.
5. All awards will be presented in the contest room.
6. 2018 Roundup Guide is currently available on the Texas 4-H website. Website link: <https://texas4-h.tamu.edu/events/roundup/> **(has not been updated for 2017-2018 4-H Year as of 9/1/2017)** Refer to it for specific rules for each Educational Presentation Contest.
8. Educational Presentation Scoresheets can be found at: <http://texas4-h.tamu.edu/wp-content/uploads/Educational-Presentations-Score-Sheet.pdf>

# **District Roundup Contest Information**

## **Letter to Participants**

## **Score Cards for Public Speaking & Educational Presentations**



Dear 4-H Member:

Congratulations! We are pleased that you will represent your county at the District 10 4-H Public Speaking Contest. Public Speaking will be held on Saturday December 9, 2017 at Our Lady of the Hills School, 235 Peterson Farm Road, Kerrville, TX 78028.

Below is a schedule for the day.

11:30 am	Agents Meeting & Set up contest rooms, registration, etc.
12:00-1:00 pm	Judges & Contestant Registration
1:00 pm	Judges & Contestant Orientation
1:30 pm	Contests Begin in assigned locations with Awards (Contestants will not be allowed into their judging rooms until the room superintendent and judges have set-up the room. Please wait outside until the room superintendent invites you in).

Good luck! Remember to do your best, learn from others and have fun.

Sincerely,

County Extension Agent

County Extension Agent



# SCORE SHEET FOR PUBLIC SPEAKING

Name: \_\_\_\_\_ County: \_\_\_\_\_  
 Age Division: \_\_\_\_\_ Junior \_\_\_\_\_ Intermediate \_\_\_\_\_ Senior  
 Presentation Title: \_\_\_\_\_  
 Time (5-7 minutes) Start Time: \_\_\_\_\_ End Time: \_\_\_\_\_ Elapsed Time: \_\_\_\_\_

*Scores will be cut off before being returned*

Judges' Comments	Factors for Scoring	Poor	Fair	Good	Excellent	Superior
	<b>Composition and Organization (40 points)</b>					
	1. Introduction					
	a. Attention of audience gained	1	2	3	4	5
	b. Importance of subject established	1	2	3	4	5
	c. Purpose clearly stated	1	2	3	4	5
	2. Body					
	a. One central theme	1	2	3	4	5
	b. Information accurate-source given	1	2	3	4	5
	c. Information current	1	2	3	4	5
	d. Logical sequence	1	2	3	4	5
	3. Summary					
	a. Major points emphasized	1	2	3	4	5
	<b>Delivery (60 points)</b>					
	4. Appearance					
	a. Grooming and dress	1	2	3	4	5
	b. Poise and posture	1	2	3	4	5
	5. Voice clear and understood	1	2	3	4	5
	6. Appropriate vocal dynamics	1	2	3	4	5
	7. Correct use of grammar	1	2	3	4	5
	8. Eye contact with audience	1	2	3	4	5
	9. Appropriate use of gestures/body language	1	2	3	4	5
	10. Uniqueness of presentation	1	2	3	4	5
	11. Audience appeal	1	2	3	4	5
	12. Educational value	1	2	3	4	5
	13. Questions					
	a. Accuracy of answers	1	2	3	4	5
	b. Poise and self-confidence	1	2	3	4	5
	<b>Total Score (Max 100 points)</b>	_____				
	<b>Overtime Penalty (2 points per ½ minute)</b>	_____				
	<b>FINAL SCORE</b>	_____				
	<i>Judge's Initials</i>	_____				

# **AGENT ASSIGNMENTS**

## **SUPERINTENDENT'S INFORMATION**

### **JUDGE'S & CONTEST HELPER FORM**

**2017-2018 District 10 4-H Public Speaking Agent Assignments**

<b>EDUCATIONAL PRESENTATIONS SUPERINTENDENTS / JUDGES</b>		
Michael Haynes - Superintendent	Rachel Bauer - Superintendent	Natalie Cervantes - Superintendent
Jessica Stapper - Superintendent	Chris Wiemers - Superintendent	Victoria Grissom - Superintendent
<b>SHARE THE FUN</b>		
Krystal Snider - Superintendent	Nicole Demmer - Superintendent	Stacy Drury - Superintendent
<b>JUDGES – TO BE ASSIGNED BEFORE CONTEST</b>		
April Kuck	David Rodriguez	Sam Womble
Angie Gutierrez	Grace Guerra-Gonzalez	Gretchen Sanders
Elsie Lacy	Connie Sheppard	Troy Luepke
Shea Nebgen	Brad Roeder	Taylor Osbourn
Beth McMahon	Dwight Sexton	Travis Franke
Jeff Hanselka	Kate Blankenship	Jason Mangold
Jana Osbourn	Stephen Zoeller	Angela Fiedler
Roy Walston	Dakota Moyers	Sam Silvers
Samantha Korzekwa	Sandra Kunkel	Derrick Drury
Jason Fleming	Pascual Hernandez	Mellanie Mickelson
Sonia Coyle	Nathan Tucker	Crystal Wiltz
Daphne Richards	Molly Flores	
<b>REGISTRATION/TABULATION</b>		
Nelda Speller	Maggie Johnson	

## **2017-2018 District 10 4-H Public Speaking & Educational Presentations**

### **Instructions for Superintendents**

1. Take a picture of your room so that it can be set back up the correct way.
2. Review general information in the Texas 4-H Roundup Guide and give special attention to the description of the contests in which you are involved.
3. All Entries will be in your packet. Grade as of August 31, 2017:
  - Juniors – 3<sup>rd</sup> Grade (and 8 years old) – 5<sup>th</sup> Grade
  - Intermediates – 6<sup>th</sup> – 8<sup>th</sup> Grade
  - Seniors – 9<sup>th</sup>- 12<sup>th</sup> Grade (has not surpassed their 18<sup>th</sup> birthday as of August 31, 2017)
4. **Take roll call.** Start contest as soon as possible but do not rush contestants.
5. Introduce the judges and recognize leaders, coaches and visitors. Try to put the contestants at ease. Do not rush. This event is important to 4-H members. We must help them to feel secure in their contest so they can do the best job with their demonstration.
6. Ask who needs to compete first due to another contest and then set-up the rest of the judging order accordingly. This will also be denoted on your folder for your contest room.
  - (a) Have each judge complete a score sheet for each contestant **with constructive comments.**
  - (b) Judges are not required to fill out scores - they will rank. Judges **do** need to make comments. (Review scorecard). The score sheets will be returned to tabulation and **agents** must pick up their packet at the end of the day.
  - (c) Complete copy of the Judges Report Sheet and be sure it is signed by all judges. One copy you will keep to read the results, the other will be turned in at the headquarters room with the score sheets.
  - (d) Compile information for each contest in the following order and paper clip:
    - Judges Report Form (2 copies)
    - Score Sheets grouped by contestant
  - (e) Leave contest room and area straight and dispose of anything left by contestants.

9. Check in at the contest headquarters so we'll know you have completed your contests and turn in your results.
10. Announcements to make:
  - (a) **No score/comment sheets will be returned to participants at the contest.**
  - (b) Urge participants to leave contest area clean.
  - (c) Remind all contestants that there is an official photo area at the entrance for everyone to get their photo taken with their award.
11. The awards for all contests will be given in the contest rooms. Please plan to stay and present your awards for your contest room. You will present the placing for each category and the sweepstakes award for Educational Presentations.

Thanks for your help. We hope you will make suggestions for improving the contests next year.

Hillary Long and Emily Grant  
2017-2018 Contest Co-Chairs



**2017-2018 District 10 Public Speaking Judge's / Helpers List**

**DUE TO DISTRICT OFFICE: November 10, 2017**

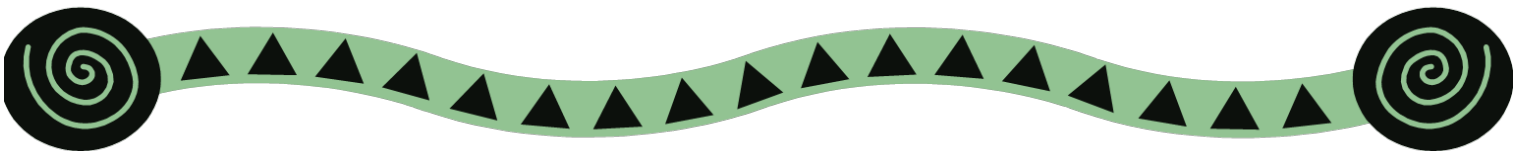
**E-MAIL TO: mmlogan@ag.tamu.edu and Isabel.hernandez@ag.tamu.edu**

**County: \_\_\_\_\_ Agent Submitting Information: \_\_\_\_\_**

Name		<input type="checkbox"/> Educational Presentation <input type="checkbox"/> Public Speaking  <b>CANNOT</b> <b>JUDGE: _____</b> (include age division as well as category)
Address		
City, Zip Code		
Phone		
E-mail		
Name		<input type="checkbox"/> Educational Presentation <input type="checkbox"/> Public Speaking  <b>CANNOT</b> <b>JUDGE: _____</b> (include age division as well as category)
Address		
City, Zip Code		
Phone		
E-mail		
Name		<input type="checkbox"/> Educational Presentation <input type="checkbox"/> Public Speaking  <b>CANNOT</b> <b>JUDGE: _____</b> (include age division as well as category)
Address		
City, Zip Code		
Phone		
E-mail		
Name		<input type="checkbox"/> Educational Presentation <input type="checkbox"/> Public Speaking  <b>CANNOT</b> <b>JUDGE: _____</b> (include age division as well as category)
Address		
City, Zip Code		
Phone		
E-mail		
Name		<input type="checkbox"/> Educational Presentation <input type="checkbox"/> Public Speaking  <b>CANNOT</b> <b>JUDGE: _____</b> (include age division as well as category)
Address		
City, Zip Code		
Phone		
E-mail		

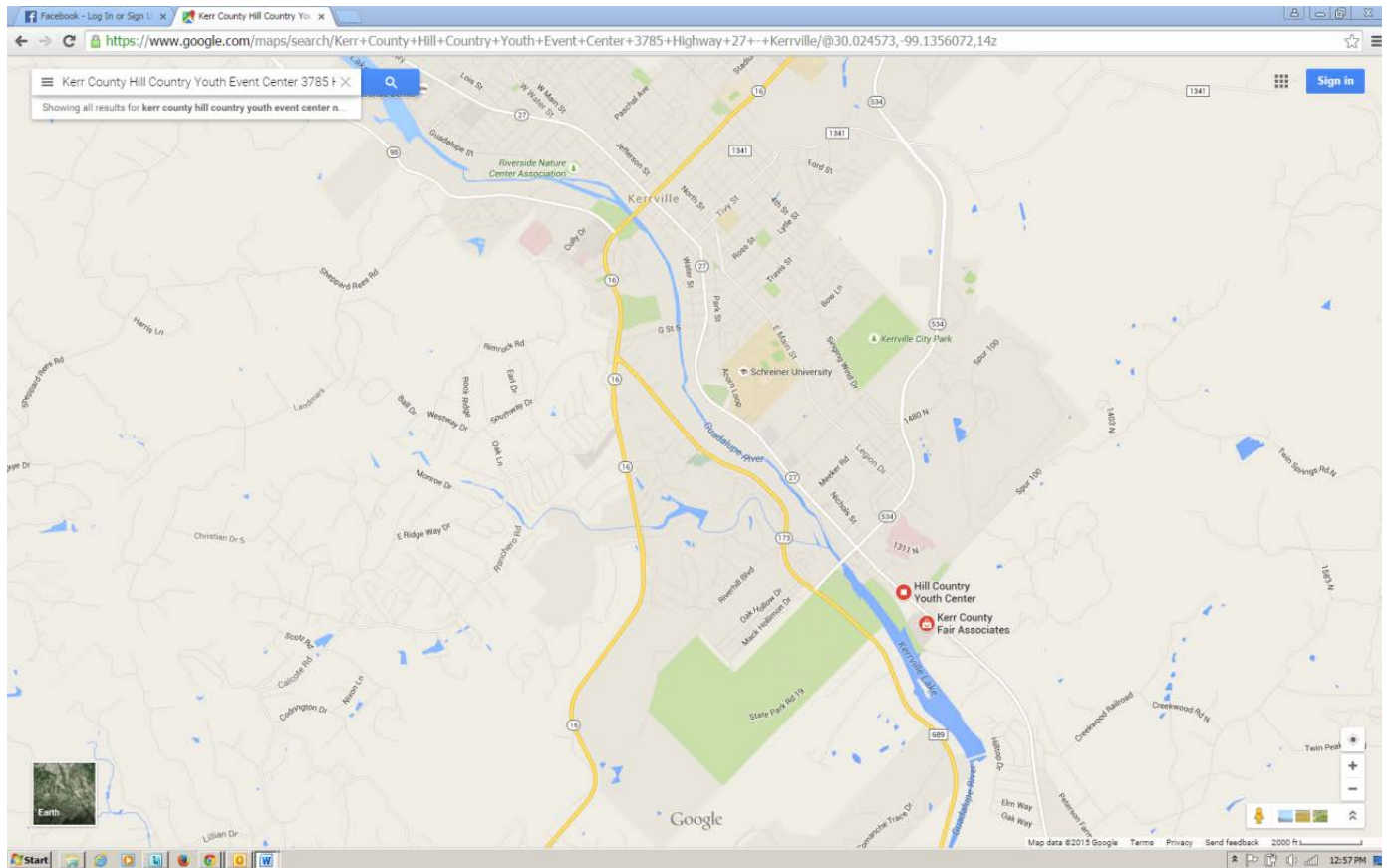


# Maps



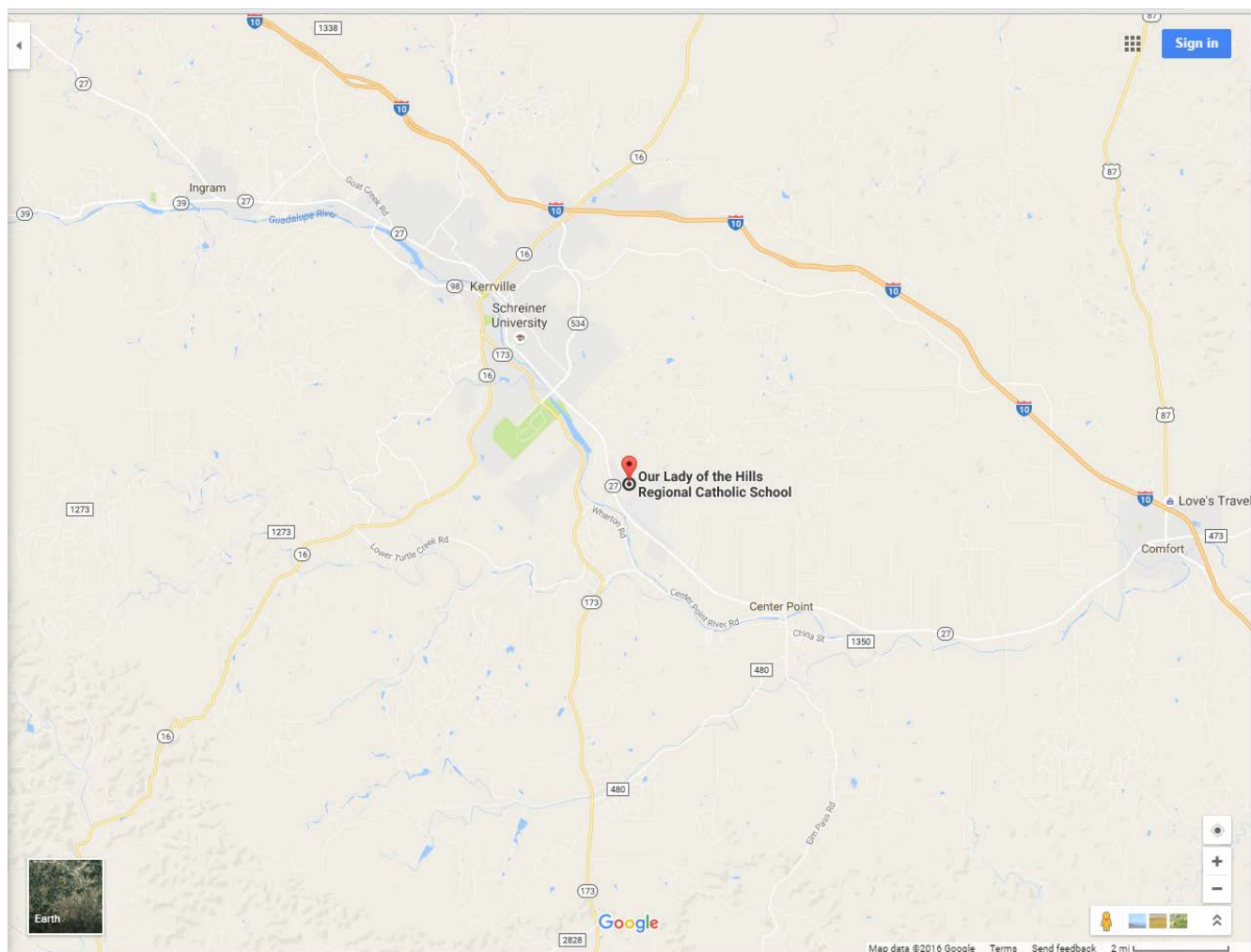
# **Food Show and Food Challenge:**

Kerr County Hill Country Youth Event Center  
3785 Highway 27  
Kerrville, TX 78028



# **Beef Quiz Bowl, Horse Quiz Bowl,** **Nutrition Quiz Bowl, Public** **Speaking, Educational** **Presentations and Entomology:**

Our Lady of the Hills High School  
235 Peterson Farm Road  
Kerrville, TX 78028





## **4-H Motto and Pledge**

**In support of the 4-H Club Motto:  
To Make the Best Better**

**I pledge: My Head to clearer  
thinking, My Heart to greater  
loyalty, My Hands to larger service,  
and My Health to better living, for  
my club, my community, my  
country, and my world**

