

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, 2021, 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 7, 2021 in College Station.

8. **Recipe.** When selecting a recipe for competition, please remember:

- Recipes should be written in the standard recipe format using the included Recipe Submission Checklist.
- Oven time limit is 75 minutes in each category.
- No alcohol or ingredients containing alcohol may be used.
- Keep in mind what ingredients will be available or in season for all levels of competition: county, district, and state. Additionally, please consider if ingredients will be available in local grocery stores as needed for competition.
- Contestants must enter the same recipe at district that they qualified with at the county level. Seniors must also enter the same recipe at state that they qualified with at the district level.

9. **Garnishes.** Only edible garnishes are allowed. Participants will be asked to remove any other material besides a serving utensil, napkin, and edible garnish from the serving tray.

10. **Rules & Guidelines.** Contestants will follow all State Food Show rules.

- **Please note.** The state rules are written for Seniors who have qualified for the Food Show at Texas 4-H Roundup. The state rules discuss preparation at a contest site. For the District 8 Food Show, contestants will bring their prepared dish to the contest. Contestants should prepare their own dishes at home; parents may supervise but should not be preparing the food.

11. **Theme.** This year's 4-H Food Show theme is **Backyard BBQ!...What's your favorite dish at a backyard BBQ? Don't be afraid to showcase your culinary skills by experimenting with flavors and dishes commonly found at a backyard BBQ!** Summer isn't the only time for a Backyard BBQ! Sometimes, a backyard BBQ means you get to enjoy special dishes that you only see at a BBQ. The grill usually comes out and families have started gathering around to experiment with different flavors. Now is the time for you to get creative with flavors and recipes commonly found at a backyard BBQs. You may even want to try out a new piece of kitchen equipment such as a grill plate or indoor grill. Remember, not all backyard BBQ dishes even require a grill! Many Backyard BBQ dish favorites can be prepared on the stovetop, in the oven, in non-cook methods, or using special equipment. Remember to keep in mind good nutrition and healthy preparation methods as you select your recipe

12. **Contest Resources**

Participants are encouraged to use the following resources as a foundation to learning nutrition, food safety, and food preparation knowledge. Participants should not solely rely on these resources but seek other credible resources to expand their knowledge and expertise.

13. **Nutrition Resources**



- MyPlate
<http://www.choosemyplate.gov/>
- Food Safety
<https://texas4-h.tamu.edu/projects/food-nutrition/>
- Dietary Guidelines for Americans
<http://health.gov/DietaryGuidelines/>
- Preparation Principles & Function of Ingredients
<https://texas4-h.tamu.edu/wp-content/uploads/Preparation-Principles-and-Function-of-Ingredients.pdf>
- Know Your Nutrients
https://texas4-h.tamu.edu/wp-content/uploads/Know-Your-Nutrients_FINAL.pdf
- Nutrient Needs at a Glance
http://fcs.tamu.edu/food_and_nutrition/pdf/nutrient-needs-at-a-glance-E-589.pdf





14. Theme Resources

- Texas Beef Council
 - <https://beeflovingtexans.com/>
- Dinner Tonight
 - <https://dinnertonight.tamu.edu/>
- USDA
 - <https://www.usda.gov/media/press-releases/2021/05/27/usda-provides-food-safety-tips-grilling-pros-and-beginners>
 - <https://www.fsis.usda.gov/food-safety/safe-food-handling-and-preparation/food-safety-basics/grilling-food-safely>
- TAMU-BBQ Texas
 - <https://bbq.tamu.edu/>
- BBQ Guys
 - <https://www.bbqguys.com/>

15. Contestants Bring to District 8 Contest:

- **District 8 4-H Food Show Recipe Form & Project Experiences Form.** It is optional for contestants to bring food show paperwork to contest. **Paperwork for all age divisions needs to be uploaded when contestants register on 4-H connect.** Judges will be provided copies of each contestant's paperwork.
 - **Juniors & Intermediates** – Junior and Intermediate paperwork only includes the District 8 4-H Food Show Recipe Form.
 - **Seniors** – Senior paperwork includes the District 8 4-H Food Show Recipe Form and Project Experiences Form. (Seniors. Please note that if you qualify for state you will need to use the state forms.)
- **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.

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16. **Orientation.** Participant orientation for Food Show will be available in video format (with additional written documents) for participants to view before contest.
17. **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.
18. **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.
19. **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.
20. **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.
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21. **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.
22. **Judges' Comments.** Judges will have four minutes to write comments and score participants.
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23. **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.
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24. **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.
25. **Contest References & Forms.** Refer to the following website for specific rules, score sheets, and forms: <http://texas4-h.tamu.edu/events/roundup/>.

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Recipe Submission Checklist

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

DOES YOUR RECIPE HAVE ALL OF THESE PARTS?

YES

NO

Name of recipe	_____	_____
Complete list of ingredients	_____	_____
Size cans, number of packages, cans, etc. given	_____	_____
*EX: 10 oz box chopped frozen spinach NOT Spinach, box of spinach or frozen spinach		
Description for combining all ingredients	_____	_____

LIST OF INGREDIENTS

Ingredients are listed in order in which they are used in directions	_____	_____
Ingredients listed as they are measured.	_____	_____
*EX: ¼ cup chopped onion, not ¼ cup onion chopped.		
*EX: 1 green pepper, chopped, not 1 chopped green pepper		
Measurements given in common fractions	_____	_____
*Ex: 1/4 cup, 2 tablespoons, 1 teaspoon		
All measurements are spelled out, not abbreviated.	_____	_____
*Ex: cup, teaspoon, tablespoon, size can, etc.		
*Ex: 4-ounce can		
No brand names are used.	_____	_____
Complete description of ingredients is included	_____	_____
*EX: low-fat; packed in syrup; reduced fat; etc.		

DIRECTIONS

Clear instructions used for every step of combining and cooking the ingredients	_____	_____
Short, clear sentences used	_____	_____
Correct wording used to describe combining and cooking processes	_____	_____
Size and type of pan stated	_____	_____
Oven temperature and cooking times given	_____	_____
Number of servings or how much the recipe would make included	_____	_____

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Sample Questions

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

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

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2021 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.)*

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2021 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.

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2021 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
I. Presentation			
Theme: Is theme represented in this entry?		(5)	
Knowledge of MyPlate: <ul style="list-style-type: none"> • Food group of individual ingredients • Serving amount needed from each group daily • Food group that dish falls into • Knowledge of personal healthy lifestyles choices based on dietary guidelines 		(10)	
Nutrition Knowledge: <ul style="list-style-type: none"> • Contestant understands what this dish contributes to the diet 		(10)	
Food Preparation: <ul style="list-style-type: none"> • Knows the key steps in preparation of food and function of ingredients 		(10)	
Food Safety Concerns & Practices: <ul style="list-style-type: none"> • Knows food safety concerns in preparation and storage of dish 		(10)	
II. Interview (category specific)			
Judge's Questions		(15)	
4-H Food & Nutrition Project Activities		(10)	
III. Food Evaluation			
Food Presentation/Quality: <ul style="list-style-type: none"> • Appearance of food (texture, uniformity) • Garnishing 		(5)	
IV. Effectiveness of Communication			
<i>Voice, poise, personal appearance</i>		(5)	
V. Skill Showcase			
Proper demonstration of assigned skill		(10)	
Additional Comments:		Total Points	Possible (90)
		Final Score	