



DISTRICT 10



FALL ROUNDUP

RULES & GUIDELINES

NOVEMBER 30-DECEMBER 2, 2021



Kerrville, TX

Table of Contents

Schedule	3
General Rules and Guidelines	4
Livestock & Horse Quiz Bowl.....	5-7
Educational Presentations & Public Speaking	8-13
Food Show	14-30
FCH Quiz Bowl.....	31-33
Entomology.....	34-36
Food Challenge	37-43

(Click on the section you want to jump to)

SCHEDULE

TUESDAY, NOVEMBER 30, 2021

Livestock & Horse Quiz Bowl Kerrville Church of Christ

8:30-9:00 a.m. Livestock Quiz Bowl Check-in Opens
Horse Quiz Bowl Check-in Opens
9:00 a.m. Contestant & Coaches Orientation
Contest Begins (*immediately following orientation*)
Awards (*immediately following conclusion of the contest*)

Educational Presentations & Public Speaking..... Kerrville Church of Christ

1:00-2:00- p.m. Contestant & Judges Check-in Opens
2:00 p.m. Contestant Orientation
2:30 p.m. Contest Begins
Awards (*immediately following conclusion of the contest*)

WEDNESDAY, DECEMBER 1, 2021

Food Show..... Hill Country Youth Event Center

8:00-8:15 a.m. Judges & Agent Check-In Opens
8:30 a.m. Judges Orientation
9:00 a.m. Contest Begins
Food Show Awards (*following contest and tabulation*)

Food & Nutrition Quiz Bowl..... Hill Country Youth Event Center

12:30 p.m. Food & Nutrition Quiz Bowl Check-in Opens
1:00 p.m. Contestant & Coaches Orientation
Contest Begins (*immediately following orientation OR conclusion of Food Show*)
Awards (*immediately following conclusion of the contest*)

Entomology Judging..... Hill Country Youth Event Center

1:00 p.m. Entomology Judging Check-in Opens
3:00 p.m. Contest Begins (*immediately following orientation OR conclusion of FCH Quiz Bowl*)
Awards (*following contest and tabulation*)

THURSDAY, DECEMBER 2, 2021

Food Challenge..... Hill Country Youth Event Center

9:00 a.m. Food Challenge Check-in Opens
10:00 a.m. Contest Begins
9:15 a.m. Contest Begins
Awards (*following contest and tabulation*)

General Rules & Guidelines

The following rules apply to all Fall Roundup District contests, unless otherwise stated in the contest's specific rules.

MEMBERSHIP & AGE DIVISIONS

1. Participants must be 4-H members currently enrolled in a Texas 4-H Youth Development county program and actively participating in the Food and Nutrition project.
2. There are three age divisions for competition as outlined below. 4-H members' division is determined by their grade as of August 31, 2020.
 - a. Junior- Grades 3rd, 4th & 5th
 - b. Intermediate- Grades 6th, 7th, & 8th
 - c. Senior- Grades 9th, 10th, 11th & 12th
3. 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.
4. No one may move up to the Senior age division.

REGISTRATION

1. Registration will be conducted on 4-HOnline. Each member of a team will be required to register themselves.
2. Regular Registration
 - a. October 18 -November 3, 2021
 - b. \$15.00 per contest entered
3. Late Registration
 - a. November 4-5, 2021 ONLY
 - b. \$15.00 per contest entered plus an addition \$25.00 late fee
4. For contests with additional paperwork, all paperwork due to the District Office by November 5, 2021.
5. No refunds will be given for any District Contest Registrations.

ADVANCING TO DISTRICT

Team Contests

1. Unless otherwise stated, team contests do not have a limit on the number of teams that can advance to District.
 - a. Food Challenge is limited to two (2) teams per age division per county
2. Team Contests that allow individuals will only allow two individuals per age division.
 - a. If a county has three or more individuals entered, those individuals must be combined into a team to compete at District.
3. All team members must be from the same county.

Individual Contests

1. Unless otherwise stated, contests do not have a limit on the number of teams that can advance to District.
 - a. Food Show is limited to 1 individual per age division, per category, per county

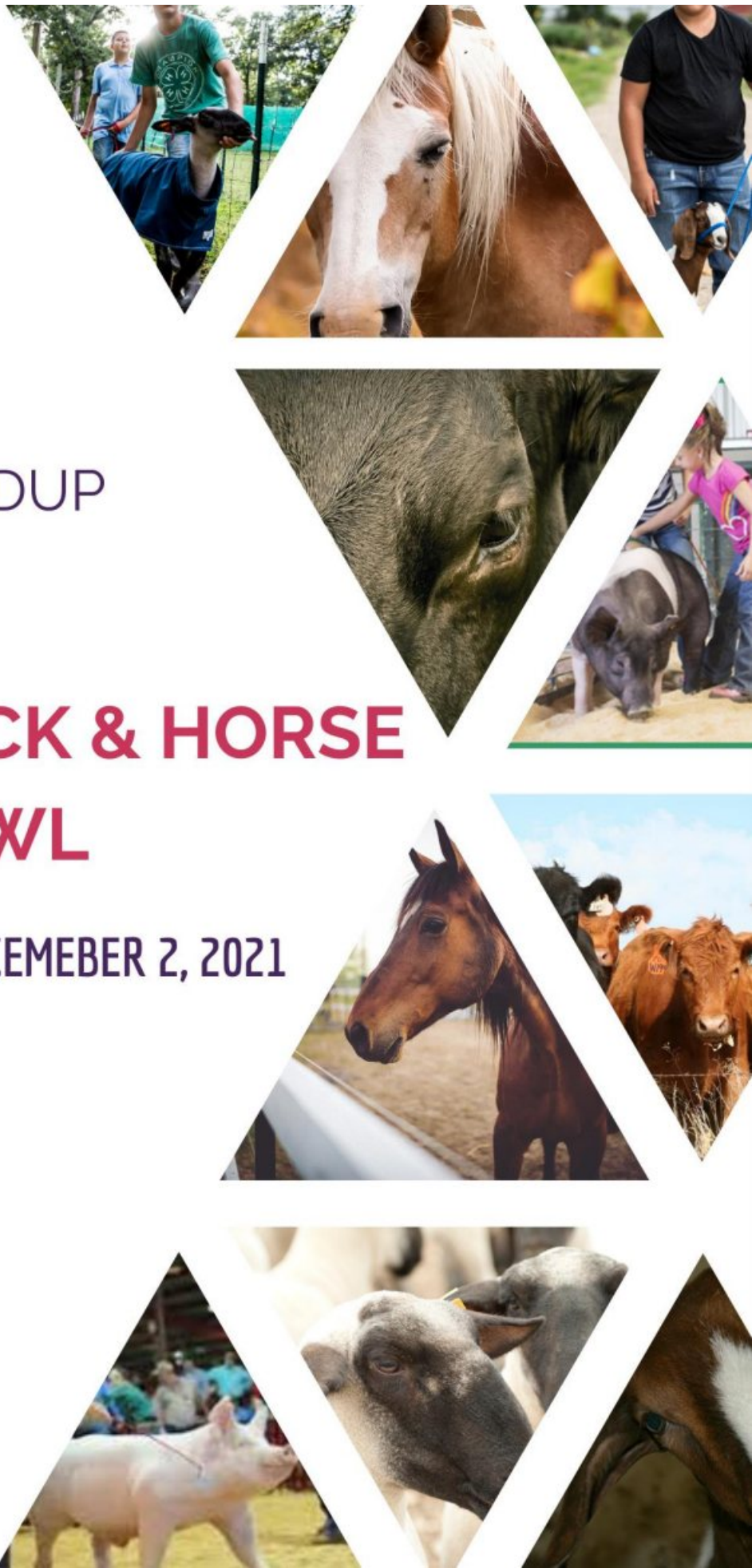


DISTRICT 10
FALL ROUNDUP

LIVESTOCK & HORSE QUIZ BOWL

NOVEMBER 30-DECEMBER 2, 2021

Kerrville, TX



Livestock & Horse Quiz Bowl

DATE

Tuesday, November 30, 2021

LOCATION

Kerrville Church of Christ (1900 Loop 534 Kerrville, TX 78028)

SCHEDULE

8:30-9:00 a.m. Livestock Quiz Bowl Check-in Opens
Horse Quiz Bowl Check-in Opens
9:00 a.m. Contestant & Coaches Orientation
Contest Begins (*immediately following orientation*)
Awards (*immediately following conclusion of the contest*)

CONTEST TYPE

District Invitational, State Qualifying

1. Counties may send an unlimited number of teams to District Roundup.
2. The top 3 Senior teams qualify to compete at State Roundup.
 - a. Senior teams must compete at District to qualify for State.

CONTEST STRUCTURE

Team

1. Senior Teams must consist of four (4) youth
2. Intermediate Teams may consist of 3-4 youth
3. Junior Team may consist of 3-4 youth
 - a. 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.
4. Teams must be declared in advance by the County agent on 4-HOnline
5. There are no individual entries in this contest

CONTEST RULES

The District 10 4-H Livestock & Horse Quiz Bowl contests will follow the State 4-H Quiz Bowl Rules & Guidelines, with following the exceptions:

1. Team structures for Juniors & intermediates as listed above.
2. District 10 will NOT calculate or distribute individual awards in any of the Quiz Bowl events at the District Level.

The Texas 4-H Quiz Bowl Rules & Guidelines can be found here: <https://texas4h.wpengine.com/quiz/>

CONTEST RESOURCES

The Livestock & Horse Quiz Bowl Resources are the State recognized list of resources that questions will be pulled from and should be used as study materials. Resources for both contests can be found here:

<https://texas4h.wpengine.com/quiz/>

AGENT INFORMATION

COMMITTEE

- Travis Franke, HQB Co-Chair
- Samantha Shannon, HQB Co-Chair

- Jeff Hanselka, LQB Co-Chair
- Courtney White, LQB Co-Chair

AGENT ASSIGNMENTS

The following agents will be assisting with the contest. Agents be will notified of official roles after all entries have been accepted. More information will be sent prior to the contest by chairpersons.

- Taryn Titsworth
- Dwight Sexton
- Dakota Kempken
- Stephen Zoeller
- Sam Womble

SUPPLIES

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



DISTRICT 10
FALL ROUNDUP

EDUCATIONAL PRESENTATION & PUBLIC SPEAKING

NOVEMBER 30, 2021



Kerrville, TX



Educational Presentations & Public Speaking

DATE

Tuesday, November 30, 2021

LOCATION

Kerrville Church of Christ (1900 Loop 534 Kerrville, TX 78028)

SCHEDULE

12:15-12:30 p.m.	Agents Arrive
12:30 p.m.	Agent Meeting & Set up
1:00-2:00 p.m.	Contestant Check-in Judges Check-in
2:00 p.m.	Contestant Orientation Judges Orientation
2:30 p.m.	Contests Begin in assigned locations * <i>Awards (will be awarded in the contest room following contest and tabulation)</i>

* 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*

CONTEST TYPE

District Invitational, State Qualifying

1. Counties may send an unlimited number of contestants to District Roundup.
2. Educational Presentations-
 - a. The top 3 Seniors in each category will qualify to compete at State Roundup.
3. Public Speaking-
 - a. The top 3 Seniors will qualify to compete at State Roundup.

CONTEST STRUCTURE

1. **Educational Presentations-** Individuals and Teams
 - a. Entries may consist of 1 to 2 4-H members only.
 - b. All members must have a role in the presentation.
 - c. Teams must be declared in advance by the County agent on 4-HOnline
2. **Public Speaking-** Individuals only, no teams.

GENERAL RULES

1. Youth may participate in both Educational Presentation and Public Speaking. However, they are only allowed one entry in each.
2. Parents and spectators ARE allowed in all presentations; however, you will not be allowed to enter or leave the room while a presentation is in progress. The superintendent will open the door when it is permitted to move around.
3. No flash photography or video/recordings may be taken during contests. Individuals will be asked to leave the room if caught.

PUBLIC SPEAKING

Unless otherwise stated in the rules below, District 10 will follow the State Roundup Public Speaking Rules & Guidelines.

1. No props, visual aids, or audio/video recordings are permitted.
2. Time limit for public speaking presentations is 5-8 minutes.
3. Topic should relate to current events related to youth.
4. No flash photography or video/recordings may be taken during contests.

Public Speaking Rules and Score Sheets can be found here:

<https://texas4h.wpengine.com/events/roundup/>

EDUCATIONAL PRESENTATIONS

Unless otherwise stated in the rules below, District 10 will follow the State Roundup Educational Presentation Rules & Guidelines.

1. Youth are allowed to enter a maximum of one (1) category from table below.
2. Projectors and computers will be provided.
 - a. Contestants will need to bring their own easel and slide clickers.
3. Time limit for educational presentations 12 minutes for presentation and 9 minutes for set up/take down.

Educational Presentation Rules and Score Sheets can be found here:

<https://texas4h.wpengine.com/events/roundup/>

Educational Presentation Categories

Category Choices	Category Description
Agricultural Technology & Farm Safety	<p>Any current or future subject that addresses topics such as:</p> <ul style="list-style-type: none"> • Biotechnology • Biogenetics • Bioengineering • Mechanical engineering • Farm safety <p>Use of technology, research, laser, satellites or advancements made in agricultural practices through the use of technology, computer systems, or cutting-edge ideas.</p>
Animal Science	<p>Any current or future subject that addresses any aspects of the dairy, poultry, sheep, goat, swine, or specialty animal industries such as embryo transfer and invitro-fertilization. Beef related presentations should fall under the beef category.</p>
Beef	<p>Any current or future subject that addresses topics related to the beef industry such as:</p> <ul style="list-style-type: none"> • Reproductive technologies • Nutritional management • Health • Breeding and genetic considerations • Behavior • Beef carcasses and end-products • Production costs • General management aspects • Cattle marketing <p>Presentations may target cow-calf, stocker, or feedlot industry sectors.</p>
Discover Scientific Method Poster	<p>The Discover Scientific Research Method Poster contest will allow youth to apply the scientific method to the subject matter they have learned through their 4-H projects. The scientific method is a process for experimentation that is used to formulate and test a hypothesis through experimentation and data analysis. Scientists use the scientific method to explore relationships in nature. The poster contest will allow youth an opportunity to display and explain through the scientific method their project, research, and observations.</p>
Health & Wellness	<p>Presentations should focus on healthy lifestyles, prevention and wellness, not illness/treatment. It is suggested that project experiences in this area include topics aimed at youth health, wellness and prevention.</p> <p>Suggested presentation topics:</p> <ul style="list-style-type: none"> • Increasing physical activity • Tobacco prevention • Alcohol prevention • Sun safety • Preventing the spread of the cold and flu • Sleep • Reducing stress
Horse	<p>Presentation is to cover the theory and/or practical skills learned in the 4-H horse project and should be appropriate for presentation at a 4-H club meeting. After hearing the presentation, the audience should be able to put information into practice to improve their production, management, training, or horse use knowledge and/or skills.</p>
Open (General)	<p>Youth will relate to skills learned in a project in which the 4-H member has been involved. Make sure your presentation is not better suited for another category.</p>

Open Ag & Natural Resources	<p>Youth will relate information to knowledge or skills learned in the field of Agriculture and Natural Resources. Before entering this category, make sure the presentation does not fit any other related educational presentation category.</p> <p>Topics may include:</p> <ul style="list-style-type: none"> • Agronomy/crop production • Farm and ranch economics • Horticulture • Meat science • Shooting sports related fields • Other ANR field of study
Open Family Community Health	<p>Youth will relate information to knowledge or skills learned in the field of Family and Consumer Sciences. Before entering this category, make sure the presentation does not fit any other related educational presentation category.</p> <p>Topics may include:</p> <ul style="list-style-type: none"> • Consumer life skills • Financial management • Fashion • Clothing & Textiles • Interior Design • Food and nutrition • Housing and home environment • Other FCS field of study <p>*Health related topics, which could include such things as increasing physical activity, tobacco and alcohol prevention, sun safety, preventing spread of colds and flu, sleep, and reducing stress, should compete under health & wellness educational presentation.</p>
Promote 4-H	<p>The purpose of this contest is to:</p> <p>Encourage 4-H members to develop promotion and marketing skills as they market and interpret 4-H through various types of media and presentations.</p> <ul style="list-style-type: none"> • Increase the promotion of 4-H to non-4-H audiences • Increase the number of people who join and support the 4-H program. <p>The 4-H promotion should convey a contemporary image of 4-H in a changing society. Promotional methods might include: radio, television, illustrated talks, method demonstrations, newspaper, posters, projected images, exhibits, photographs, slide/tape presentations, puppets, PSA's, speeches, drama, skits, videos, computer programs, etc. Contestants identify a non- 4-H audience and demonstrate a promotional method which communicates the ideas or ideals of the 4-H program. Before entering this category make sure your presentation does not fit any other related educational presentation category.</p>
Safety & Injury Prevention	<p>Topics may include accident prevention when operating motor vehicles, boats, home, yard machinery. Also included are safety topics on handling chemicals, animals and prevention of accidents relative to falls, fire, electricity, hunting and natural disasters.</p> <p>Suggested presentation topics:</p> <ul style="list-style-type: none"> • Drinking and driving • Distracted driving • Personal safety • ATV safety • Natural disasters (flooding, hurricanes, drought, etc.) <p>Safety as it relates to agriculture would fall under the Agricultural Technology & Farm Safety category.</p>

AGENT INFORMATION

COMMITTEE

- Matt Miranda, Chair
- Beth McMahon, Co-Chair
- Nathan Tucker
- Brad Roeder
- Chris Wiemers
- Crystal Wiltz

IMPORTANT INFORMATION

1. County Extension Agents, please **double check your 4-H’ers speech topic** and category before you approve your entries on 4-H connect. There will be no changes made at the district contest this year.
2. **Volunteers for Judging**
 - a. Each county *with participants in the contest* is asked to send at least **two (2) judges for Educational Presentations** and **one (1) judge for Public Speaking**.
 - b. 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.
 - c. Please complete the Educational Pres. & Public Speaking Volunteers tab on the google doc found at: <https://docs.google.com/spreadsheets/d/1K4uHdF6ULQe0meUhXu54FdSj-NnTOk-4JY4irmZfTJU/edit#gid=542732300>

AGENT ASSIGNMENTS

The following agents will be assisting with the contest. Agents be will notified of official roles after all entries have been accepted. More information will be sent prior to the contest by chairpersons.

JUDGES AND/OR SUPERINTENDENTS – TO BE ASSIGNED BEFORE CONTEST		
TBA		
REGISTRATION/TABULATION		
Nelda Speller	Maggie Johnson	



DISTRICT 10
FALL ROUNDUP

FOOD SHOW

DECEMBER 1, 2021

Kerrville, TX



Table of Contents

Date, Location, Schedule	16
Theme	16
General Rules and Guidelines.....	17-18
Senior Rules & Guidelines, Scorecard.....	19-21
Intermediate Rules & Guidelines, Scorecard.....	22-23
Junior Rules and Guidelines, Scorecard.....	24-25
Junior & Intermediate Sample Questions	26
Food Show Resources	27
Recipe Checklist	28
Recipe Example.....	29
Recipe Submission Form.....	30

(Click on the section you want to jump to)

DATE

Wednesday, December 1, 2021

LOCATION

Hill Country Youth Center (3785 Highway 27 Kerrville, TX 78028)

SCHEDULE

TBD	Virtual Contestant Orientation (<i>held prior to contest date</i>)
8:00-8:15 a.m.	Judges & Agent Check-In Opens
8:30 a.m.	Judges Orientation
9:00 a.m.	Contest Begins
	Food Show Awards (following contest and tabulation)

Note: Contestants will receive a pre-determined contestant schedule with assigned time slots prior to the contest.

CONTEST TYPE

District & State Qualifying

1. Counties may send one contestant per category, per age division, per county.
2. The top placing Senior in each dish category will advance to State.
 - a. Seniors must compete at District to qualify for State.

CONTEST STRUCTURE

Individual

There are no team components to Food Show, this is an individual contest only.

THEME

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.

General Rules

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

1. An alternate cannot participate in the District 10 Food Show.
2. Contestants should wear clothing consistent with professional and safe food handling practices.
3. Contest Components
 - a. Each food show participant will complete/compete in each of the following components.
 - i. Dish
 - ii. Interview (Junior & Intermediates Only)
 - iii. Presentation & Interview (Seniors Only)
 - iv. Skills Showcase (Intermediates/Seniors Only)
 - v. Knowledge Showcase (Seniors Only)
4. Dish Selection
 - a. The selection and knowledge of the dish should highlight that the contestant has learned valuable skills and knowledge related to healthy eating and chronic disease prevention.
 - b. Contestants should ensure they are choosing healthy recipes that follow guidance in the Recipes for Good Health resource located at <https://texas4-h.tamu.edu/projects/food-nutrition/>
5. Dish Categories
 - a. Appetizer
 - i. Traditionally an appetizer is a small dish or food that is eaten prior to the main course. When selecting recipes for this category, contestants should consider foods that are lower in fat, sodium, and calories to not ruin one's appetite.
 - b. Main Dish
 - i. The main dish is usually the heaviest, heartiest, and most substantial dish in a meal. In a meal consisting of several courses, the main dish is served during the main course and is the featured dish of the meal. The key ingredient is usually meat or another protein food, but they may contain other foods.
 - c. Side Dishes
 - i. Side dishes are foods that are usually served along with a main dish or as accompaniments to the main course. Suggested dishes may include salads, cooked vegetables, cooked fruit, pasta or rice dishes, and/or combination vegetable dishes.
 - d. Healthy Desserts
 - i. Healthy can still mean delicious when it comes to desserts. Dishes in this category should be served at the end of the meal or for special occasions. Contestants should modify traditional recipes with healthy substitutions and consider MyPlate and Dietary Guidelines when selecting recipes for this category.
6. The decision as to whether a dish qualifies in a category will be left entirely to the discretion of the county extension agent during judging at the county level.

7. Recipes

- a. All participants will upload their recipe when registering for competition in 4-HOnline for District 4-H Food Show.
- b. Failure to upload the recipe at time of registration may result in disqualification.
- c. Recipes should be typed in the standard recipe format using the enclosed Recipe Submission Checklist as a guide. ([see page 28](#))
- d. Total dish serving size MUST be included at the bottom of the recipe

8. Cooking

- a. Contestants will select and prepare a dish at home and bring it to the contest.
- b. There will be no actual cooking preparation at the District Food Show.
- c. Contestants will NOT have access to electrical outlets, microwaves, ovens, refrigerators, freezers, sinks, etc. at the District Food Show.

9. Dish Displays

- a. Dishes may only be accompanied by the following:
 - i. A serving utensil
 - ii. An eating utensil (i.e. spoon, fork)
 - iii. Napkin
 - iv. Edible garnish
 - v. Serving tray (for transportation purposes).
- b. No decorations.
 - i. Contestants are encouraged to have an appealing “presentation,” however, excessive décor, plating, etc. is not acceptable.
- c. Both disposable and non-disposable serving dishes are acceptable.

10. Dish Staging Area

- a. Contestants will stage their dish in the assigned staging area as designated by contest officials.
- b. Parents/guardians/etc. will NOT be allowed in the contest area (which includes staging and holding areas).
 - i. If the contestant needs assistance preparing their dish for presentation, this should be done before entering the dish into the staging area.
- c. Hot dishes should be accompanied by a thick place mat, a trivet, or some other type liner to place between the hot dish on the table as a hot dish may damage the table or covering.

11. Contestant Schedule

- a. A Food Show contest schedule will be determined based on the number of entries and send to contestants prior to the contest with each contestants assigned time slot.

Senior Judging Rules & Guidelines

Senior Judging will consist of five components as listed below.

1. Presentation

- a. Maximum five-minute presentation to introduce themselves and their dish
- b. Presentation should include the following
 - i. Describe the inspiration in choosing the recipe
 - ii. How the recipe relates to the current theme
 - iii. Areas as indicated on the scorecard ([see page 21](#))
 1. Knowledge of MyPlate
 2. Nutrition Knowledge
 3. Food Preparation
 4. Food Safety Concerns

2. Interview

- a. Four-minute interview
- b. Judges will ask questions applicable to the attached scorecard
 - i. This includes but is not limited to basic nutrition, food safety, food preparation, chronic disease prevention, age related nutrition, or other areas of health, as well as project experiences.
- c. Judges may ask additional questions related to general food and health, food systems, food safety, or food/health issues.

3. Serving

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

4. Skill Showcase

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

5. Knowledge Show Case

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

Other Senior Guidelines

1. Senior 4-H members wanting to assist with District 4-H Food Show awards program may apply at the time of registration on 4-HOnline.
2. Note: State Food Show has been moved to the Tuesday of State Roundup.

District 10 Food Show
Senior Score Card

Contestant Name: _____ County: _____

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

	Comments	Points	Score
I. PRESENTATION			
Theme: Is theme represented in this entry?		(5)	
Knowledge of MyPlate: Food group of individual ingredients Serving amount needed from each group daily Food group that dish falls into Knowledge of personal healthy lifestyles choices based on dietary guidelines		(10)	
Nutrition Knowledge: Contestant understands what this dish contributes to the diet		(10)	
Food Preparation: Knows the key steps in preparation of food and function of ingredients		(10)	
Food Safety Concerns & Practices: 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 PRESENTATION/QUALITY			
Appearance of food (texture, uniformity) Garnishing		(5)	
IV. EFFECTIVENESS OF COMMUNICATION			
Voice, poise, personal appearance		(5)	
V. SKILL SHOWCASE			
Proper demonstration of assigned skill		(10)	
VI. Knowledge Showcase			
		(10)	
Additional Comments:		Total Points (100)	
Judges Initials:			

Intermediate Judging Rules & Guidelines

Intermediate Judging will consist of two components as listed below.

1. Interview
 - a. Five-minute interview
 - i. Intermediate contestants will NOT give a prepared presentation. If the contestant begins to present the judges will ask the contestant to stop and remind them that this is an interview only.
 - b. Judges will ask questions applicable to the attached scorecard
 - i. This includes but is not limited to basic nutrition, food safety, food preparation, chronic disease prevention, age related nutrition, or other areas of health, as well as project experiences.
 - c. Judges may ask additional questions related to general food and health, food systems, food safety, or food/health issues.
 - d. [See page 26](#) for possible questions
2. Skill Showcase
 - a. A maximum of three minutes will be allowed for the Skill Showcase.
 - b. Contestants will showcase a skill learned in the food and nutrition project area when they bring their dish to be judged as assigned by the judges.
 - c. All materials to demonstrate this skill will be provided
 - d. Judges will score the skill based on correct procedures, safety, and other pertinent information related to the skill assigned.
 - e. The skill will be assigned during designated judging time for each contestant and not prior.

Serving Size/ Dish Display

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

District 10 Food Show

Intermediate Score Card

Contestant Name: _____ County: _____

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

Comments

I. INTERVIEW

Theme:

Is theme represented in this entry?

Knowledge of MyPlate:

Food group of individual ingredients

Serving amount needed from each group daily

Food group that dish falls into

Knowledge of personal healthy lifestyles choices based on dietary guidelines

Nutrition Knowledge:

Contestant understands what this dish contributes to the diet

Food Preparation:

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

Food Safety Concerns & Practices:

Knows food safety concerns in preparation and storage of dish

Judge's Questions

4-H Food & Nutrition Project Activities

II. FOOD PRESENTATION/QUALITY

Appearance of food (texture, uniformity)

Garnishing

III. EFFECTIVENESS OF COMMUNICATION

Voice, poise, personal appearance

IV. SKILL SHOWCASE

Proper demonstration of assigned skill

Additional Comments:

Judges Initials

Revised August 2020

Junior Judging Rules & Guidelines

Junior Judging will consist of one component as listed below.

1. Interview
 - a. Five-minute interview
 - i. Junior contestants will NOT give a prepared presentation. If the contestant begins to present the judges will ask the contestant to stop and remind them that this an interview only.
 - b. Judges will ask questions applicable to the attached scorecard
 - i. This includes but is not limited to basic nutrition, food safety, food preparation, chronic disease prevention, age related nutrition, or other areas of health, as well as project experiences.
 - c. Judges may ask additional questions related to general food and health, food systems, food safety, or food/health issues.
 - d. [See page 26](#) for possible questions

Serving Size/ Dish Display

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

District 10 Food Show

Junior Score Card

Contestant Name: _____ County: _____

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

	Comments
I. INTERVIEW	
Theme: Is theme represented in this entry?	
Knowledge of MyPlate: Food group of individual ingredients Serving amount needed from each group daily Food group that dish falls into Knowledge of personal healthy lifestyles choices based on dietary guidelines	
Nutrition Knowledge: Contestant understands what this dish contributes to the diet	
Food Preparation: Knows the key steps in preparation of food and function of ingredients	
Food Safety Concerns & Practices: Knows food safety concerns in preparation and storage of dish	
Judge's Questions	
4-H Food & Nutrition Project Activities	
II. FOOD EVALUATION	
Food Presentation/Quality: Appearance of food (texture, uniformity) Garnishing	
III. EFFECTIVENESS OF COMMUNICATION	
Voice, poise, personal appearance	
Additional Comments: 	
Judges Initials	
Revised August 2020	

Junior & Intermediate Sample Questions

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

Food Show Resources

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

NUTRITION RESOURCES

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

THEME RESOURCES

- 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/>

RECIPE CHECKLIST

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

DOES YOUR RECIPE HAVE ALL OF THESE PARTS?		Yes	No
Name of recipe			
Complete list of ingredients			
Size cans, number of packages, cans, etc. given			
	*EX: 10 oz box chopped frozen spinach NOT Spinach, box of spinach or frozen spinach		
Description for combining all ingredients			
LIST OF INGREDIENTS			
Ingredients are listed in order in which they are used in directions			
Ingredients listed as they are measured.			
	*EX: ¼ cup chopped onion, not ¼ cup onion chopped.		
	*EX: 1 green pepper, chopped, not 1 chopped green pepper		
Measurements given in common fractions			
	*Ex: 1/4 cup, 2 tablespoons, 1 teaspoon		
All measurements are spelled out, not abbreviated.			
	*Ex: cup, teaspoon, tablespoon, size can, etc.		
	*Ex: 4-ounce can		
No brand names are used.			
Complete description of ingredients is included			
	*EX: low-fat; packed in syrup; reduced fat; etc.		
DIRECTIONS			
Clear instructions used for every step of combining and cooking the ingredients			
Short, clear sentences used			
Correct wording used to describe combining & cooking processes,			
Size & type of pan stated			
Oven temperature and cooking times given			
Number of servings or how much the recipe would make included			

RECIPE EXAMPLE

4-H Shamrock Salad

6-ounce package lime gelatin	(not just 1 package lime gelatin)
2 cups boiling water	
1 cup lemon-lime soda	
8-ounce package cream cheese, softened	(not just 1package/what kind) Low fat, Fat free, etc.)
½ teaspoon vanilla	
½ teaspoon lime juice	
6-ounce can mandarin oranges, drained	(always include size)
8-ounce can pineapple tidbits, drained	
1cups green grapes, halved, seeded	(not just grapes also color/kind) Red, concord, green)
2 cups chopped celery	(not 2 cups celery chopped – you must chop the celery to measure it, so chopped must be written first)
½ cup chopped pecans	(are you measuring the pecans before or after chopping? The way it is written here indicates chopping first)
8-ounce carton frozen low-fat whipped Topping, thawed	(indicate low-fat, fat-free, etc.)
3-ounce package lime gelatin 1 ½ cups boiling water	

Dissolve the 6-ounce package lime gelatin in 2 cups boiling water. Stir in 1 cup lemon-lime soda. Combine this with cream cheese, vanilla, and lime juice in blender, and process until smooth. Pour blended mixture into bowl. Stir in all fruit, celery and pecans. Fold in three-fourths carton whipped topping. Pour into 13x9x2 inch pan. (Note size of pan is listed) Chill until firm; then cut whole pan into 8 equal sized portions.

In order to make the 4-H Shamrock gelatin jigglers, dissolve the 3-ounce package lime gelatin in 1 ½ cups boiling water. Pour into shallow pan, 24x16x1 inches. Chill until set. Cookie cut the jigglers gelatin into 4-H Shamrock shapes. Serve salad squares on lettuce-lined plate. Top with 4-H Shamrocks. Garnish with remaining whipped topping. Chill until serving time. May add other garnishes to serving try for color variety. Yield 8 ½ cup servings. (Note number of servings is listed.)



TEXAS 4-H FOOD SHOW RECIPE SUBMISSION PAPERWORK

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

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

Type Recipe Here:

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

Revised July 2020



DISTRICT 10
FALL ROUNDUP

FCH QUIZ BOWL

DECEMBER 1, 2021

Kerrville, TX



FCH Quiz Bowl

DATE

Wednesday, December 1, 2021

LOCATION

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

SCHEDULE

12:30 p.m.	Food & Nutrition Quiz Bowl Check-in Opens
1:00 p.m.	Contestant & Coaches Orientation
	Contest Begins (<i>immediately following orientation OR conclusion of Food Show</i>)
	Awards (<i>immediately following conclusion of the contest</i>)

CONTEST TYPE

District Invitational, State Qualifying

1. Counties may send an unlimited number of teams to District Roundup.
2. The top 3 Senior teams qualify to compete at State Roundup.
 - a. Senior teams must compete at District to qualify for State.

CONTEST STRUCTURE

Team

1. Senior Teams must consist of four (4) youth
2. Intermediate Teams may consist of 3-4 youth
3. Junior Team may consist of 3-4 youth
 - a. 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.
4. Teams must be declared in advance by the County agent on 4-HOnline
5. There are no individual entries in this contest

CONTEST RULES

The District 10 4-H FCH Quiz Bowl contest will follow the State 4-H Quiz Bowl Rules & Guidelines, with following the exceptions:

1. Team structures for Juniors & intermediates as listed above.
2. District 10 will NOT calculate or distribute individual awards in any of the Quiz Bowl events at the District Level.

The Texas 4-H Quiz Bowl Rules & Guidelines can be found here: <https://texas4h.wpengine.com/quiz/>

CONTEST RESOURCES

The following list of resources will be used to pull questions from and therefore should be used as study materials. Resources are divided by age division.

Seniors

Seniors should use all the State 4-H FCH Quiz Bowl study resources found here: <https://texas4-h.tamu.edu/quiz/>

Juniors and Intermediates

Juniors and Intermediates should utilize the following:

1. The Junior/Intermediate section of the "Food and Nutrition Study Guide"
 - a. https://texas4-h.tamu.edu/wp-content/uploads/food_fch_quiz_bowl_study_guide_2021_2022.pdf
2. Healthy Lifestyles and Consumer Decision Making Contest Material listed on the State Quiz Bowl Resources page.
 - a. http://texas4-h.tamu.edu/wp-content/uploads/quiz_bowl_fch_resources_seniors.pdf

AGENT INFORMATION

COMMITTEE

- Shea Nebgen, Chair
- Nicole Demmer, Co-Chair
- Nathan Tucker
- Molly Flores
- Kate Blankenship

AGENT ASSIGNMENTS

The following agents will be assisting with the contest. Agents will be notified of official roles after all entries have been accepted. More information will be sent prior to the contest by chairpersons.

Jessica Faubion	Molly Flores	Natalie Cervantes	Caroline McLaren
Sonia Coyle	Elsie Lacy	Angie Gutierrez	Connie Sheppard
Lauren Strom	Matt Miranda	Charla Bading	Jennifer Smith
Mellanie Mickelson	Crystal Wiltz	Kara Spangler	Grace Guerra-Gonzalez
Hilary Putrite	Gillespie County 4-H Agent		



DISTRICT 10
FALL ROUNDUP

ENTOMOLOGY JUDGING

DECEMBER 1, 2021

Kerrville, TX



Entomology Judging

DATE

Wednesday, December 2, 2021

LOCATION

Hill Country Youth Center (3785 Highway 27 Kerrville, TX 78028)

SCHEDULE

1:00 p.m. Entomology Judging Check-in Opens
3:00 p.m. Contest Begins (*immediately following orientation OR conclusion of FCH Quiz Bowl*)
Awards (*following contest and tabulation*)

CONTEST TYPE

Invitational

Contest is open to all 4-H members and does not require individuals to qualify at district level contests to compete at State Roundup.

CONTEST STRUCTURE

Team and Individual

1. Teams may consist of 3-4 youth in the same ag division.
 - a. 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.
2. Teams must be declared in advance by the County agent on 4-HOnline
3. Up to two (2) individuals from a county may compete as individuals.
 - a. If a county has three or more individuals entered, those individuals must be combined into a team to compete at District.

CONTEST RULES

1. Contestants will identify selected insects and complete a written examination on insects.
2. Written examination questions will be selected primarily from "*Study Materials for 4-H Entomology Contests.*"
3. Answer packets/placing cards will be provided for all participants at the judging contests.
4. Contestants will be required to bring the following:
 - a. Two (2) sharpened #2 pencils
 - b. Good erasers
 - c. One (1) clipboard
5. All youth entered in each age division will be eligible for high point individual awards.

AGENT INFORMATION

COMMITTEE

- Noel Troxclair, Co-Chair
- David Rodriguez, Co-Chair
- Brett Allen
- Molly Keck
- Daphne Richards

AGENT ASSIGNMENTS

Agents be will notified of official roles after all entries have been accepted. More information will be sent prior to the contest by chairpersons.



DISTRICT 10
FALL ROUNDUP

FOOD CHALLENGE

DECEMBER 2, 2021

Kerrville, TX



Food Challenge

DATE

Thursday, December 3, 2021

LOCATION

Hill Country Youth Center (3785 Highway 27 Kerrville, TX 78028)

SCHEDULE*

7:45- 8:00 a.m.	Agents Arrive
8:45 a.m.	Judges Arrive
9:00 a.m.	Contestants Check-in Begins
9:15 a.m.	Judges Orientation
10:00 a.m.	Contest Heat Begins
10:40 a.m.	Heat Ends
10:50 a.m.	Judging Begins
1:00 p.m.	Awards <i>(subject to change depending on tabulation)</i>

**Schedule is subject to change*

CONTEST TYPE

District & State Qualifying

- Counties may advance the following number of teams in each age division:
 - Juniors – 2 teams
 - Intermediates – 2 teams
 - Seniors – 2 teams
- The top placing senior team from each category will advance to State Roundup.

CONTEST STRUCTURE

Team

- Teams may consist of 3-4 youth in the same ag 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.
- Teams must be declared in advance by the County agent on 4-HOnline.
 - A substitution may be made if someone decides not to go or is ineligible.

CONTEST RULES

1. District 10 Food Challenge will follow the State 4-H Food Challenge Rules and Guidelines lines unless otherwise stated in these rules.
 - a. State Rules and Guidelines, scorecards and additional resources can be found here: <https://texas4-h.tamu.edu/projects/food-nutrition/>
2. There will be four food categories in each age division at the District Contest:
 - a. Appetizers
 - b. Main Dish
 - c. Side Dish
 - d. Healthy Desserts
 - e. Teams will be randomly assigned to a category, but assignments will not be announced until the morning of the contest.
3. Teams must provide their own supply box of equipment and other items listed on the supply list in the Food Challenge Manual.
 - a. **Please review supply kit lists attached.**
 - i. Senior kit not attached – will follow state guidelines
 - b. There are 3 different ones based on age division.
4. Teams may NOT SHARE supply boxes.
5. Teams will be provided the following items at the contest:
 - a. Notebook with the printed resources (reference food challenge manual)
 - b. Juniors - will receive a recipe ingredient list (with amounts) with category, nutritional information, receipt, and tickets for grocery store.
 - c. Intermediates – will receive a list of ingredients (no amounts) with category, limited nutritional information, receipt, and coupons to purchase from grocery store. They will also receive a cost list for the grocery store. Intermediates will purchase from grocery store but WILL NOT need to calculate that cost into their dish.
 - d. Seniors – will receive a sheet with category, one food item, receipt, and coupons to purchase from grocery store. They will also receive a cost list for the grocery store. Seniors will purchase from the grocery store and WILL have to calculate that cost into their dish.

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 (3)

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 (4)

Liquid measuring cup (2 cup size)

Measuring spoons (1 set)

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 or plate

Serving utensil

Skewers (1 set)

Spatulas (2)

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 (3)

Disposable tasting spoons (no limit)

Dry measuring cups (1 set)

Electric Skillet

Extension cord

First aid kit

Food thermometer

Fork

Gloves

Grater

Hand sanitizer

Hot pads (up to 5)

Kitchen shears (1 pair)

Kitchen timer

Knives (4)

Liquid measuring cup (2 cup size)

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 or plate

Serving utensil

Skewers (1 set)

Spatulas (2)

Stirring spoon

Storage bags (1 box)

Tongs

Whisk

AGENT INFORMATION

COMMITTEE

- Charla Bading, Chair
- Elsie Lacey, Co-Chair
- Sonia Coyle, Co-Chair
- Grace Guerrea-Gonzales
- Angie Gutierrez

IMPORTANT INFORMATION

1. Volunteers for Judging

- a. Each county is asked to recruit and confirm at least **two (2) volunteer judges**.
- b. Please complete the Food Challenge Volunteers tab **by November 5, 2021**.

- i. The google doc found at:

<https://docs.google.com/spreadsheets/d/1K4uHdF6ULQe0meUhxu54FdSj-NnTOk-4JY4irmZfTJU/edit#gid=542732300>

2. Assistance with Awards

- a. Please provide senior 4-H members with this opportunity and submit the names of those interested by **November 5, 2021**.

- b. The google doc can be found here:

<https://docs.google.com/spreadsheets/d/1K4uHdF6ULQe0meUhxu54FdSj-NnTOk-4JY4irmZfTJU/edit#gid=542732300>

AGENT ASSIGNMENTS

- Enclosed in the packet are the agent assignments.
- Please review carefully and make sure you have the **November 30th and 3rd 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.
- **If you are exempt from attendance, then you will be responsible for securing a volunteer to fulfill your assigned duties at the contest.**
- More information will be sent prior to the contest by chairpersons.

SUPPLIES

Need from district office:

Resources

Clip Boards

Pencils

Awards

Picture Backdrop

Laptop and Printer for
tabulation and awards sheets

Large envelopes for each
county

3 green plastic table clothes

3 yellow plastic table clothes

3 blue plastic table clothes

12 purple table clothes for
judges' tables

White table paper for lunch
tables, tabulation, etc.

Food Challenge Agent Assignments

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

TASK	PERSON RESPONSIBLE
Registration	Nelda Speller/Maggie Johnson
Timekeeper	Gretchen Sanders
Duties as Assigned <i>Notification on official duties will be sent by chairperson(s).</i>	Bandera: Jessica Faubion Bastrop: Hillary Long, Mellanie Mickelson Bexar: Natalie Cervantes, Grace Guerra-Gonzales, Angie Gutierrez Blanco: Gretchen Sanders Caldwell: Elsie Lacy, Aaron McCoy Comal: Connie Sheppard, Jymann Davis, Lauren Strom Gillespie: Shea Nebgen Gonzales: Guadalupe: Charla Bading, Matt Miranda Hays: Kate Blankenship Kerr: Angela Fiedler, Jennifer Smith Kendall: Medina: Sutton: Travis: Sonia Coyle, Nathan Tucker, Crystal Wiltz, Mikayla Herron Uvalde: Molly Flores Wilson: Nicole Demmer, Courtney White
Judges Gifts, Paperwork, Signs, and Awards	District Office/Committee
Awards Ceremony Coordination	Natalie Cervantes, Matt Miranda <ul style="list-style-type: none"> • Develop awards program script • Work with 4-H members who sign up to assist with awards program • Put out signs for Participant's seating
Tabulation	Nelda Speller, Maggie Johnson
Judges Orientation	Lauren Strom
Group Leader Orientation	Elsie Lacy
Participant Orientation	Angie Gutierrez
Judges/Volunteer Refreshments	Angela Fiedler
Supply Box Check in	Natalie Cervantes, Mellanie Mickelson, Courtney White, Mikayla Herron

The following Ag Agents need to hold November 30th to help with set up for Food Challenge: Brad Roeder, Taryn Titsworth, and Stephen Zoeller.