

2019-2020 Texas 4-H Food Challenge

Frequently Asked Questions



Where do I find a link to the online update that was offered on August 16, 2019?

The link to the online update is:

https://zoom.us/recording/share/JmmozaNPaoZ-X8g5lYA3YRw8-ECOR7JhVqoQ_wCkWuwlumekTziMw?startTime=1565981069000

Do the rules and guidelines found on the Texas 4-H Youth Development website apply to junior and intermediate age categories?

The Texas 4-H Food Challenge rules found at <https://texas4-h.tamu.edu/projects/food-nutrition/> are the official rules for the senior age division contest held during Texas 4-H Roundup. County and district contest committees may modify these rules for juniors and intermediates. Agents, coaches, and team members should verify at the local level what rules will apply at county and district contests.

Will major livestock show and/or other contests use the new, updated rules and guidelines for Texas 4-H Food Challenge?

Teams and coaches should check the guidelines for major shows and/or other contests to determine what rules they will be using. It is suggested coaches directly contact those entities for the answer to this question as it may be different for various contests.

Do boys have to wear hair restraints?

Yes, all team members must wear a hair restraint. Hair restraints can include hair nets, caps, bandanas, etc.

Will the Food Challenge Worksheet be used as a resource at Texas 4-H Roundup in 2020? No, this is an optional resource that will not be used at Texas 4-H Roundup. Teams should check with other contests to see if this will be an available resource. Official contest resources which will be provided are: MyPlate Mini-poster, Fight Foodborne Bacteria Brochure, Know Your Nutrients, and Food Safety Fact Sheet.

Do all items have to be in the supply box? No. Teams may not include any additional items than those listed on the official supply box checklist; however, they are not required to have everything on the list.

Will the teams be provided more than one key ingredient at their table? No. Teams will be provided one key ingredient which is reflective of the category they are assigned. All other recipe ingredients will come from the pantry. Teams must use at least 2 items from the pantry and adhere to pantry "spending" guidelines announced during contest orientation.

Will a standard amount to be spent in the pantry be set and announced for state and/or other contests? No. Contest committees will determine the maximum amount to be spent in the pantry. The maximum amount to be “spent” in the pantry will be announced during contest orientation.

Will the maximum amount to be spent, include the cost of the key ingredient? No. The pantry spending allowance will be in addition to the key ingredient cost when determining cost for the entire dish and individual serving. For example, if the key ingredient cost \$2.99 (and they use the entire item) and the team spends \$4.50 on pantry items used, the total cost of the dish would be \$7.49. Teams would determine how many servings their dish includes and divide the \$7.49 by the number of servings for the per serving cost.

What if a team decides on items from the pantry, but when they get to the pantry some of the items are not available? Just like “real life”, teams may find items are “out of stock” because other teams have selected these items as well. If this is the case, teams should use their critical thinking skills to determine a substitution for the items that are “out of stock.”

Will seasonings and spices be included in pantry cost at the 2020 Texas 4-H Roundup Food Challenge contest? No. Seasonings and spices will not be included in the pantry. These items will be available at another table and be “free” to use. They will not include any cost for these items in their recipe cost analysis. This may be different for other contests, so teams should inquire about the process for each contest they enter.

Regarding the team presentation, should teams provide information related to MyPlate based on the standard 2,000 calorie diet or MyPlate recommendations based on their team’s average age, gender, and activity level? It is recommended for teams to provide both the standard 2,000 calorie information and the information for boys and/or girls their age. Information does not have to be provided for all team members; instead, the person presenting this information can use their personal MyPlate recommendations as a reference. All team members; however, should be familiar with their personal MyPlate recommendations in case this is asked during the question/answer segment.

Do all team members have to share a healthy lifestyle choice based on dietary guidelines? No. It is recommended that the team member presenting this portion of the presentation provide this information. All team members; however, should be prepared to answer if asked specifically during the question/answer segment.

Will judges be provided sample questions that will be asked of all teams? No. Judges will have the ability to ask questions related to the dish, current health trends related to nutrition, project activity, etc.

For additional questions, please contact:

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