

2020-2021 DISTRICT 11 4-H FOOD SHOW Information & Guidelines

FOOD SHOW EVENT INFORMATION

This year's 4-H Food Show theme is **Grocery Games**. Texas is a diverse state, in more ways than one! Some of us live in a metroplex with access to major supermarkets and aisles upon aisles of options. Others live in small towns supplied by a convenience store or a larger store if we are willing to travel. A few of us find fresh food in our own backyard garden. The rest of us are somewhere in between! This year, we want you to be creative by using YOUR local food sources to create a dish on a budget of \$10 or less. This year's Food Show will be especially unique as 4-H'ers bring foods created from the supermarket, the small-town convenience stores, the dollar stores, and even the garden! What are you bringing to the table? Remember to keep in mind good nutrition and healthy preparation methods as you select your recipe.

This activity is open to all 4-H members. The Food Show provides for educational and personal development and recognizes youth who excel in the 4-H Food and Nutrition Program. The state level competition is open to senior 4-H members and is held during 4-H Roundup. There are similar processes at county and district levels. Refer to State 4-H Food Show: Guidelines, Rules and Regulations, sent to each county Extension office, for the current year information or access the information online at <http://fch.tamu.edu>

OBJECTIVES

Additional objectives of the 4-H Food Show are:

- To promote a sound image of the 4-H Food and Nutrition Program, both within Texas AgriLife Extension and throughout Coastal Bend District 11
- To provide 4-H members an opportunity for additional learning experiences
- To provide 4-H members an opportunity to be recognized for their achievements in the 4-H Food and Nutrition Program
- Practice recommended food preparation skills including food safety
- Understand connection of foods to holidays, while also learning about how to make them healthier through substitutions or limiting to healthy portions
- Learn the nutrients in your dish and the health benefits they provide to your body

AGE DIVISIONS

For the 2020-2021 District Contest: Junior, Intermediate, & Seniors may participate in BOTH Food & Nutrition Contest (Food Show AND Food Challenge).

- **Junior:** Participant must be in the 3^d grade to 5th grade for the 2020-2021 4-H year.
- **Intermediate:** Participants must be in the 6th grade to 5th grade for the 2020-2021 4-H year.

- **Senior:** Participants must be in the 9th grade to 12th grade for the 2020-2021 4-H year.

CERTIFICATION

Participants must be certified by their County Extension Agent as one of the top three scoring individuals in one of the four entry categories in the junior, intermediate or senior division of the County 4-H Food Show for district participation. This is a total of thirty-six (36) contestants from each county. Each participant must exhibit the same food in the same entry category at the county and district level. Only the top scoring individual in each of the Senior classes will advance to State 4-H Food Show at Texas 4-H Roundup. 4-H participants who have won first place in any category, in any year, at the State 4-H Food Show are eligible to participate in any category at State Food Show.

REQUIRED ENTRY MATERIALS

Food Show entry form is to be uploaded on 4-H Connect. All age divisions will use Texas 4-H entry form.

REGISTRATION

Registration will be completed through 4Honline 2.0 for each member qualifying for district. Regular registration will be open from October 1 – November 6, 2020. Late registration will be from November 7 – November 13 for an additional \$25.

Registration fees will be assessed through 4-H Connect. Each youth will be charged a \$15 facility fee and an additional \$5 per contest.

ENTRY CATEGORIES – All Age Groups

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 preparation principles.

It is strongly urged that 4-H'ers choose recipes that are relatively simple (i.e. less than 7 ingredients, 1 dish meals, etc.). All four food categories may use ovens during food preparation. A 75 minute oven baking time limit exists for State Food Show contestants for all recipes in all categories. Maximum time allowed in the kitchen is 2 – 2.5 hours.

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. Examples are salad bread bowl, broccoli cheese casserole, vegetable soup, and macaroni and cheese. Participants need to be prepared to explain their recipe category if asked by a judge. Participants should consult with their County Extension Agent and project leader when selecting a recipe category.

Senior age division contestants may not **enter** the same recipe if they already qualified with it at Texas 4-H Food Show in previous year(s).

FOOD SHOW COMPONENTS

FOOD SHOW DISH PRESENTATION/INTERVIEW: Food show contestants will prepare a dish onsite at the state contest as traditionally has been done. 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/>. 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. The contestant's recipe must cost less than \$10 to prepare (excluding spices and seasonings).

- **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 Dish**– 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.

Note on Ingredients:

- When choosing a recipe, Senior contestants need to keep in mind what ingredients will be available in College Station in June.
- No alcohol or alcohol-containing ingredients can be used.

SKILL SHOWCASE (all age divisions): Food show contestants will showcase a skill learned in the food and nutrition project area when they bring their dish to be judged. Youth will demonstrate their knowledge of a skill assigned by judges. All materials to demonstrate this skill will be provided and judges will score the skill based on correct procedures, safety, and other pertinent information related to the skill assigned. The skill will be assigned during designated judging time for each contestant and not prior.

For 2020-2021, youth will be given one of these 5 skills to demonstrate in front of judges

- Knife skills – any skill ranging from safe handling to cutting demonstration.
- Zesting produce
- Garnishing
- Dry & Wet Measurements
- Food Safety Demonstration

KNOWLEDGE SHOWCASE (INT & SR only): 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.

PREPARATION OF 4-H MEMBER

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

- 10 Tips: Save More at the Grocery Store
<https://www.choosemyplate.gov/ten-tips-save-more-at-the-grocery-store>
- 20 Money Saving Grocery Shopping Tips
<https://www.eatright.org/food/planning-and-prep/eat-right-on-a-budget/20-money-saving-grocery-shopping-tips>
- 10 Tips for Healthy Grocery Shopping
<https://www.webmd.com/food-recipes/features/10-tips-for-healthy-grocery-shopping#1>
- Eating Better on a Budget
<https://choosemyplate-prod.azureedge.net/sites/default/files/tentips/DGTipsheet16EatingBetterOnABudget.pdf>
- Smart Shopping for Veggies and Fruits
<https://choosemyplate-prod.azureedge.net/sites/default/files/tentips/DGTipsheet9SmartShopping.pdf>
- Stretch Your Food Dollars At the Grocery Store

<https://hgic.clemson.edu/factsheet/stretch-your-food-dollars-part-2-at-the-grocery-store/>

PREPARATION OF FOOD

- All food displayed must be prepared prior to the Food Show. EXCEPTION: Members may only add garnishes or stir dishes upon arrival at District Food Show.
- There will not be a preparation area or time designated for preparation.
- Contestants are expected to prepare their own dish; last minute preparation/assistance on-site of the Food Show may only come from other 4-H members - NO ADULTS!
- All garnishes must be edible.

PRESENTING THE DISH TO BE JUDGED

The contestant's dish will be presented in a serving dish, or if appropriate, the dish in which the food was cooked or baked. In some instances, it is not necessary to present the entire recipe. For example, if a recipe makes a 9" x 13" casserole, the dish could be divided and baked in an 8" x 8" dish. Senior contestants are to bring the entire dish being entered in the food show. Juniors and Intermediates have the option of bringing one serving of the entry dish, instead of the entire dish. For example, a participant may bring one serving (glass) of a fruit smoothie, rather than bringing an entire pitcher of fruit smoothie.

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 use only serving dishes and utensils appropriate and necessary to present and serve the dish to be judged.

JUDGING PROCESS

INTERVIEW

Total judging time: 9 minutes (Jr/Int) or 10 minutes (Seniors)

All contestants from the same county will be called to line up prior to going into the judging room. At the designated judging time, the county group will then be escorted into the judging room.

The contestant will come to the team of judges with the entry display. The 4-H'er may stand or sit behind the display while the judges sit facing the participant across the table. Entry display may only consist of the entry serving dish, serving utensil and napkin for serving utensil.

To start the interview, each participant will introduce him-/herself to the judges with his/her name and the entry dish name. Following the introduction, each participant is allowed a **maximum of five minutes** to present information on any combination of the following topics. It will be an oral presentation with no handouts or visuals.

- Theme
- Knowledge of MyPlate
- Nutrition knowledge
- Food Preparation
- Food Safety Concerns & Practices

NOTE: This five-minute oral presentation is **required** of all senior participants. However, it is **optional** for junior and intermediate participants.

The judging team will have **four minutes** following the participant presentation to address topics listed below, as well as topics listed above that was not addressed by the participant. All participants are encouraged to review the scoresheet in order to be prepared for topics of questions. Some topics include:

- Preparation principle(s) or critical step(s) in preparation of dish
- Function of ingredient(s) in entry dish
- Substitutions made (or that could be made) for ingredient(s) in entry dish
- Nutrients and nutrient functions as they relate to the food groups and entry dish
- Relationship of the entry dish to Dietary Guidelines as explained in the consumer brochure, *Dietary Guidelines for Americans, 2010*
- Approximate calorie content and cost for a serving of the entry dish
- Food safety concerns during the purchasing, preparing, serving and storing of the entry dish
- Menu ideas to complement the entry dish

Seniors Only: Serving of the entry dish will also occur during the judging time. Seniors will have an additional minute for serving. Participants should serve judges only a small portion of the dish. Juniors and Intermediates will NOT serve the judges. Tasting of food will not be allowed at the District 11 4-H Food Show.

Upon completion of the interview, the contestant will leave the judging station and position his/her food on the assigned display table.

KNOWLEDGE SHOWCASE (INT & SR AGE DIVISIONS ONLY)

Youth will need to employ their decision making and knowledge related to food purchasing, preparation, nutrition, and food safety to answer questions on a quiz. There will be a designated time for contestants to take this quiz. 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.

SKILL SHOWCASE (ALL AGE DIVISIONS)

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. Examples of skills to be assigned include, but are not limited to:

EXAMPLES	
Skill	Purpose
Dry and wet measure equivalents	Demonstrate how to properly measure various dry/wet ingredients and/or equivalencies.
Garnish	Liven up a plate with edible products to add color and flavor.
Themed food	Create something from fruits and vegetables that illustrates the theme such as ants on a log for a nature theme.
Table/flatware setting	Demonstrate appropriate table setting.
Knives	Select a knife based upon food to be cut. Demonstrate how to dice, mince, chop a vegetable.
Cross contamination prevention	Explain food safety, cutting boards, knives, gloves, handwashing when using either raw or fresh foods.
Small appliance demonstration or kitchen gadget demonstration.	Demonstrate how to use a small kitchen appliance or gadget properly and safely.
Meal Planning	Plan a meal using MyPlate and/or grocery store ad.
Product selection/identification.	Demonstrate how to properly select a food product based on quality, variety, or type.

NOTE: Contestants will be allowed to participate at the end if they have missed their scheduled time slot. Any individuals who miss their scheduled time slot and are not present by the end of all judging will not be judged.

DISH DISPLAY

No individual place settings, tablecloths, placemats, or table decorations will be allowed. **Displays for the public viewing may be more elaborate.** Please remember that each contestant is allowed a space of approximately 24 inches wide and 12 inches deep. Large table cloths, silver trays, etc. are not appropriate for the display because of these space limitations.

At a designated time, the display area will be open for public viewing. All exhibits must stay on display until the awards program has ended. No exhibit will be allowed to leave the area until that time.

SCORING AND PLACING

Junior, Intermediate, and Senior placing (1st, 2nd and 3rd) will be determined by rank. The judges will collectively decide upon the rankings, and the superintendent at the judging station will turn the placing sheet and entry folders into tabulation. **Once announced, all placings are final!**

TIE BREAKER PROCEDURE

If ties should occur, the ties shall be broken using scores of various categories on the scorecard. The order followed will be: Interview and Contestant Presentation (45 points), Knowledge Show Case (10 points), Skills Showcase (10 points), Communication Skills (15 points), Food (10 points), and Recipe (5 points).

AWARDS PROGRAM

Awards will be presented to the first place through third place contestants of each category.

APPEALS COMMITTEE

Should a discrepancy/problem arise, it shall be referred to the Appeals Committee for a ruling. All rulings by the Appeals Committee are final. The Appeals Committee shall be made up of the Food Show Committee, with the District Extension Administrator and 4-H Specialist serving as Ex-officio members (present, not voting)

COVID-19 ACCOMODATIONS

A detailed schedule will be released closer to the event so all necessary precautions for COVID-19 can be taken according to guidelines released at current time.