

# 2024 DISTRICT 11 4-H FOOD SHOW

## Information & Guidelines

### FOOD SHOW EVENT INFORMATION

This year's 4-H Food Show theme is again ***Cooking Through the Decades... Take a trip back in time and explore different dishes that were popular in years past! Some of our most favorite recipes and dishes were made popular in a different decade than we live in today.*** Take time to explore past decades dishes, flavors, or cooking techniques that you aren't familiar with. Whether it be grandma's famous meatloaf from the 50's or a homemade version of a Pop tart made popular in the 90s, your tastebuds will experience a throwback trip through the decades. Dishes can be inspired from any past decade and should be recreated to be healthier, safer, and more nutritious.

**SENIORS**, please keep in mind your 75-minute kitchen time at State Roundup when selecting your recipe. ABSOLUTELY NO open flames or outdoor type grills will be allowed at the State Food Show! 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 educational and personal development and recognizes youth who excel in the 4-H Food and Nutrition Program. The state level competition is open to qualifying senior 4-H members and is held during 4-H Roundup. Seniors will refer to the State 4-H Food Show Guidelines, Rules and Regulations. Each county Extension office received a copy of these. You can also access the current year information online at <https://texas4-h.tamu.edu/projects/food-nutrition/>

### 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 2023-2024 District Contest: Junior, Intermediate & Seniors may participate in BOTH Food & Nutrition Contest (Food Show AND Food Challenge).**

- **Junior:** Participant must be in the 3<sup>rd</sup> grade to 5<sup>th</sup> grade for the 2024-2025 4-H year.
- **Intermediate:** Participants must be in the 6<sup>th</sup> grade to 8<sup>th</sup> grade for the 2024-2025 4-H year.
- **Senior:** Participants must be in the 9<sup>th</sup> grade to 12<sup>th</sup> grade for the 2024-2025 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 possible 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 the State 4-H Food Show at Texas 4-H Roundup.

## **REQUIRED ENTRY MATERIALS**

**The Food Show entry form is to be uploaded on 4Honline. All age divisions will use the Texas 4-H entry form.**

## **REGISTRATION**

Registration will be completed through 4Honline for each member qualifying for district. Regular registration will be open from October 21 – November 8, 2024. Late registration will be from November 9 – November 15, 2024, for an additional \$25.

**A Registration fee of \$20 will be accessed through 4H Online.**

## **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.

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 broccoli cheese casserole, vegetable soup, 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. Remember to keep in mind good nutrition and healthy preparation methods as you select your recipe.

- **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 and that do 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.

**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. At State a 75-minute oven baking time limit exists for all contestants in all categories. Maximum time allowed in the kitchen is 2 – 2.5 hours.**

### **PRIOR COMPETITION**

Most State winning individuals can compete in the contest again (including the same category for that contest) after winning first place at Texas 4-H Roundup.

### **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.

### **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 the 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.

### **NEW for SENIORS – Preparation Judging (State Competition only):**

Contestants will be judged while preparing their dish in the kitchen area and are encouraged to prepare ALL ingredients on site. Ingredients should not be prepared ahead of time-this includes any pre-measuring, pre-slicing, pre-chopping, pre-cooking etc. This judging process will focus on food safety, equipment safety, proper cooking techniques, and sanitation around the cooking area during and after preparation. Judges will ask questions, if necessary, during the process; therefore, contestants should be prepared to multi-task. When choosing your dish for District, keep in mind the ingredients that you will be using in your dish and equipment/utensils needed.

### **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 into 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: 12 minutes

The contestants 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*** for all ***senior*** participants. However, it is ***optional but encouraged*** for junior and intermediate participants to give this presentation.

The contestants will have **four minutes** following the participant presentation to address topics listed below, as well as topics listed above that were not addressed by the participant. All participants are encouraged to review the scoresheet to be prepared for topics of questions. Some topics might 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, 2020*
- 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 (1) minute for serving. Participants should serve judges only a single serving 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 be asked to showcase a skill. They will then leave the judging station and take their food to the Display table in the holding area.

**FOOD SHOW DISH PRESENTATION/INTERVIEW:**

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.

**SKILL SHOWCASE (all age divisions):**

Upon completion of the interview process, the contestants will be asked to showcase a skill learned in the food and nutrition project. 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 demonstration will include a time limit which will be announced during participant orientation.

Examples of skills include, but are not limited to:

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

**THERE WILL BE NO KNOWLEDGE SHOWCASE AT DISTRICT.**

Senior 4-H members qualifying for the State Food Show WILL have a Knowledge Showcase. 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.

**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.**

**SCORING AND PLACING**

Junior, Intermediate, and Senior placing (1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup>) 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, Skills Showcase, Communication Skills, Food, and Recipe.

**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)

## **PREPARATION RESOURCES for 4-H MEMBER**

### **NUTRITION RESOURCES**

- Dietary Guidelines-Top 10 Things You Need to Know  
<https://www.dietaryguidelines.gov/2020-2025-dietary-guidelines-online-materials/top-10-things-you-need-know>
- FightBac  
[https://texas4-h.tamu.edu/wp-content/uploads/national\\_food\\_challenge\\_fight\\_back\\_brochure.pdf](https://texas4-h.tamu.edu/wp-content/uploads/national_food_challenge_fight_back_brochure.pdf)
- Food Safety Fact Sheet  
[https://texas4-h.tamu.edu/wp-content/uploads/food\\_kitchen\\_safety\\_fact\\_sheet.pdf](https://texas4-h.tamu.edu/wp-content/uploads/food_kitchen_safety_fact_sheet.pdf)
- Know Your Nutrients  
[https://texas4-h.tamu.edu/wp-content/uploads/Know-Your-Nutrients\\_FINAL.pdf](https://texas4-h.tamu.edu/wp-content/uploads/Know-Your-Nutrients_FINAL.pdf)
- MyPlate Mini Poster  
<https://texas4-h.tamu.edu/wp-content/uploads/MyPlate-Mini-Poster.pdf>
- Preparation Principles & Function of Ingredients  
<https://texas4-h.tamu.edu/wp-content/uploads/Preparation-Principles-and-Function-of-Ingredients.pdf>
- Quick Ingredient Substitutions  
[https://texas4-h.tamu.edu/wp-content/uploads/project\\_food\\_nutrition\\_quick\\_ingredient\\_substitutions\\_1.pdf](https://texas4-h.tamu.edu/wp-content/uploads/project_food_nutrition_quick_ingredient_substitutions_1.pdf)

### **THEME RESOURCES**

- 20<sup>th</sup> Century Food Timeline  
<https://www.foodtimeline.org/fooddecades.html>
- All Recipes – Convert Vintage Recipes for Modern Kitchens  
<https://www.allrecipes.com/article/how-to-convert-vintage-recipes-for-modern-kitchens/>
- Taste of Home  
<https://www.tasteofhome.com/collection/vintage-recipes-from-every-decade/>