

CORYELL 4-H FOOD SHOW

Contest Information

DATE: MONDAY, NOVEMBER 20, 2023
LOCATION: GATESVILLE INTERMEDIATE SCHOOL CAFETERIA
 311 HORNET WAY - GATESVILLE, TX 76528
TIMES: 1:00 PM - CONTESTANTS CHECK-IN
 2:00 PM - CONTEST BEGINS
ENTRIES: DUE ONLINE – BY MONDAY, NOVEMBER 13, 2023
<https://forms.gle/MSRZ6gcCNmi8UB3c7>
CONTACT: DONNA SCHWAUSCH
 254.865.2414
DONNA.SCHWAUSCH@AG.TAMU.EDU

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, 2023, as follows:

<u>Division</u>	<u>Grades</u>	
Clover Kid	K*, 1, or 2	<i>*Must be at least 5 years old</i>
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 four age divisions in the County Food Show.

4. Each member may only submit one entry in the Food Show.

5. **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 considered the "feature/focus" of the meal. The key ingredient is usually a protein, but they may contain other foods/ingredients.
 - 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 or this category.
6. **Advancing to District 4-H Food Show.** The first-place entry in each Junior, Intermediate & Senior category will advance to District. The same recipe entry that was used at County level **MUST** be used at the district level. The District 8 4-H Food Show is set for December 13th at the Bell County Expo Center.
7. **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.
8. **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.
9. **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 County & 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.
10. **Theme.** This year's 4-H Food Show theme is "Cooking Through the Decades" ...What's your favorite family dish that has passed from generation to generation, maybe grandma's specialty, something that brings back memories? Don't be afraid to showcase your culinary skills by experimenting with flavors and dishes commonly found in your family kitchen, family cookbook or even an old magazine from the past! Maybe it is Watergate Salad. King Ranch Casserole, Tuna Casserole, or 7-up Cake, or Sloppy Joes. You can always add your own twist to old recipes too. Remember to keep in mind good nutrition and healthy preparation methods as you select your recipe.

11. 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.

12. 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

13. Theme Resources

- 20th 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/>

14. Contestants Bring to County Contest:

- **Paperwork:** A copy of your online submitted form will be provided to the judges. (Please note that if you qualify for district or state you will need to use the appropriate forms for each contest.)
- **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.
- **Presentation:** 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 County. Contestants will present 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 dishes and utensils appropriate and necessary to present their dish.

15. **Preparation.** Food must be prepared prior to arrival at the County Food show. There will be tables in the cafeteria for participants to set their dish as they wait to be judged. They can put the finishing touches on their dish in that area immediately prior to judging. Participants will have only about 10 minutes for preparation time, clear 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!

16. **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.

17. **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.
18. **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.
19. **Skills Showcase.** There will **NOT** be a Skills Showcase. Those seniors who qualify for the state contest will need to get with their FCH agent, Donna Schwausch, to work on this piece of the contest.
20. **Judges' Comments.** Judges will have four minutes to write comments and score participants.
21. **Knowledge Showcase.** There will **NOT** be a Knowledge Showcase. Those seniors who qualify for the state contest will need to get with their FCH agent, Donna Schwausch, to work on this piece of the contest.
22. **Awards.** The top scoring individuals in each category will be recognized. Awards will be held at the conclusion of the Food Challenge contest.
23. **Contest References & Forms.** Refer to the following website for specific rules, score sheets, and forms: <http://texas4-h.tamu.edu/events/roundup/>.

CORYELL 4-H FOOD SHOW

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

CORYELL 4-H FOOD SHOW

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.

CORYELL – FOOD SHOW SCORE SHEET

Name _____ **County** _____
Age Division _____ Junior _____ Intermediate _____ Senior _____ Clover Kid
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)	
Additional Comments:	Total Points	Possible (80)	
	Final Score		