



**Location
TENTATIVE!**



2023-2024 Leon County 4-H Food Challenge & Food Show Rules & Guidelines



Event Date: Saturday, November 11, 2023
Schedule will be released closer to date

Location: First Baptist Church in Jewett, TX *Tentative*

Entry Deadline: Wednesday, November 1, 2023

Entry Forms: Paper Form or Enter via Online at:
<https://leon.agrilife.org/4-h-food-challenge-food-show-entry-form/>

Entry Fee: \$10/4-H Member *for Food Show & Food Challenge, regardless of participation in 1 contest or both contests.*

Questions: Ms. Cassie Ferguson -cassie.ferguson@ag.tamu.edu
Leon County Extension Office- 903-536-2531

LEON COUNTY 4-H FOOD CHALLENGE

Rules & Guidelines

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 teams of 4-H members to create a dish using only a predetermined set of ingredients. From these ingredients, team members must identify and prepare the dish, then make a presentation about it to the judges.

OBJECTIVES

- Provide opportunities for participants to exhibit their knowledge and skill when preparing and presenting a dish
- Provide opportunities for participants to learn from other team members
- Promote teamwork
- Give participants opportunities for public speaking
- Provide leadership opportunities

RULES

1. **Participation.** Participants must be 4-H members currently enrolled in a Texas 4-H and Youth Development county program and actively participating in the Food and Nutrition project.

4-H members that were part of a first-place team for a category in the Food Challenge at Texas 4-H Roundup are eligible to compete again.

2. **Age Divisions.** Age divisions are determined by a participant's grade as of August 31, 2022, as follows:

<u>Division</u>	<u>Grades</u>	
Clover Kids	K, 1, 2	<i>*Can ONLY Compete at County Level</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>

There will be four age divisions in BOTH Food Show & Food Challenge. Youth may participate in BOTH events.

In Food Challenge, Juniors may move up to the Intermediate age division when participating on a team that has a true Intermediates (based upon grades listed above) on it. No one may move up to the Senior age division. NO individual may move down to a younger age division. Clover Kids cannot move up to another age division.

3. **Teams Advancing to D8 4-H Food Challenge Contest.** Only juniors, intermediates & seniors may advance to district. Each county may enter a maximum of two (2) Junior teams, two (2) Intermediate teams, and two (2) Senior teams. The two (2) highest placing teams in both age divisions should advance to the district contest.
4. **Members per team.** Each team will have at least three (3) & a maximum of four (4) members. Also, see rule #2.
5. **Entry Fee.** Each individual will be required to pay a registration fee of \$10 to the Leon County Extension Office by the deadline, **November 1, 2023** and submit the entry form.
6. **Food Categories.** There will be four food categories in each age division: Appetizer, Main Dish, Side Dish, and Healthy Dessert. Teams will be randomly assigned to a category, which will not be announced until the day of the contest.

7. **Preparation.** Each team will create an entire dish/recipe (not a full meal) using the provided key ingredient and grocery store items. Dishes/recipes created should include two or more servings. Teams should present the entire dish/ recipe to the judges and communicate during their presentation what an individual serving size should be. Teams will be responsible for determining the number of servings their dish provides. Teams should not create side or multiple dishes with their ingredients/grocery store items.
8. **Attire.** Each team will have the option of wearing coordinated clothing and/or aprons. Team members must wear closed-toe shoes and hair restraints. No electronic devices or jewelry (except for medically required) is allowed in contest. This includes cell phones, smart watches, or other communication devices.
9. **Resource Materials provided at contest.** Resource materials will be provided for each team at the contest. These include MyPlate Mini-Poster, Fight Bac - Fight Food Borne Bacteria Brochure, Know Your Nutrients, Food Safety Fact Sheet, and the Food Challenge Worksheet. Optional resources will include copies of grocery receipts/purchase prices for age groups calculating costs. No other resource materials will be allowed. Teams may not use their personal copies of the resources during the contest.
10. **Supply box.** Each team must supply their own equipment for the challenge. Teams may bring only the supplies listed in the supply box section. Supply boxes may be checked by contest officials. Any extra equipment will be removed from the team's supply box. See attached list. (*District/State Rules ONLY- Not County:* Boxes must be completely closed and all equipment should remain inside the box until the start of the contest. Supply boxes are limited to the following dimensions: 40" x 24" X 40". If box is on wheels, the height of the wheels is included in the dimensions. The contest committee may measure any and/ or all boxes to determine compliance to size.) Clover Kids will **NOT** need a supply box. Utensils and supplies will be provided at the day of contest by contest officials for clover kid teams. **NEW!** An EMPTY tub for dirty dishes may be placed on top of equipment box.
11. **Pantry Ingredients.** Each team may include in their equipment box the following "pantry" ingredients which they may use when preparing their dish if desired. There is no requirement to use these items, nor is it mandatory that teams include these in their supply box.
 - Salt - Pepper - Oil (up to 17 oz) - 1 jar chicken bouillon - 1 medium onion
 - 2 (up to 16 oz) cans vegetables and/or fruit - team choice
 - Rice (white or brown) or pasta (up to 16 oz) –team choice - Cornstarch (up to 1 lb) or Flour (up to 1 lb) - team choice
12. **Awards:** Red and Blue Quality awards will be presented to each team. District Qualifier and Alternate District Qualifier rosettes will be presented as well as gift items. **Team Spirit awards** will be awarded in each category and age division. The Team Spirit award will be given based on teamwork, enthusiasm, and professional appearance. Team Spirit judges will be different than presentation judges. Team Spirit will be evaluated during the 40-minute preparation time based upon the attached Presentation Scorecard. **Clover Kids** will receive participation awards & a gift item.
13. **Participants with disabilities.** Any competitor who requires auxiliary aids or special accommodations must contact the Leon County Extension Office at least two (2) weeks before the competition. Contact the Leon County Extension Office at 903-536-2531
14. **Contest References & Forms.** Refer to the following website for additional rules, scorecard, and forms: <https://leon.agrilife.org/4-h/4-h-projects/food-nutrition/>. Rules for the District 8 4-H Food Challenge Contest can be found at: <https://agrilife.org/d84h/events-and-activities/food-challenge-food-show/> . Rules for the Texas 4-H Food Challenge Contest (Seniors Only) can be found at: <https://texas4-h.tamu.edu/projects/food-nutrition/>

D8 4-H FOOD CHALLENGE

Supply Box

Supply boxes are limited to the following dimensions: 40" x 24" X 40"

Each team will bring an equipment box containing **only one** each of the following items, unless a different quantity is noted:

Bowls (up to 4- any size)	Non-stick cooking spray
Calculator	Note cards (1 package – no larger than 5x7)
Can opener	Paper towels (1 roll)
Colander	Pancake turner (up to 2)
NEW! Cookie Cutters (up to 2- team choice)	Pencils (no limit)
Cutting Boards (up to 4)	Plastic box or trash bag for dirty equipment
Disposable tasting spoons (no limit)	Pot with lid
Dry measuring cups (1 set)	Potato masher
Electric skillet	Potato peeler
Extension cord (multiple outlet or strip style)	Sanitizing wipes (1 container)
<i>(Teams should be certain the extension cord is compatible (2-prong/3-prong) with the plugs on their electrical supplies.)</i>	Serving Dishes/utensils
First aid kit	1 plate/platter
Food thermometer	1 bowl
Fork	1 utensil
Gloves	Skewers (1 set)
Grater	Skillet with lid
Hand sanitizer	Spatulas (up to 2)
Hot pads (up to 5)	Stirring spoon
Kitchen shears (1 pair)	Storage bags (1 box)
Kitchen timer	Tongs (up to 2)
Knives (up to 6)	Toothpicks (no limit)
Liquid measuring cup (2-cup size)	Two single-burner hot plates OR one double-burner plate (electric only!)
Manual Pencil Sharpener	Whisk
Measuring spoons (1 set)	

NEW! *An EMPTY tub for dirty dishes may be placed on top of equipment box.

Pantry Items:

Salt, Pepper, Oil (up to 17 oz), 1 jar chicken bouillon, 1 medium onion, 2 (up to 16 oz) cans vegetables and/or fruit (team choice), Rice (white or brown) or pasta (up to 16 oz) (team choice),
NEW! Cornstarch (up to 1 lb) or Flour (up to 1 lb) (team choice)

D8 4-H FOOD CHALLENGE

Rules of Play

1. **Check-in.** Teams will Check-in at the Leon County Expo Center- *Time will be announced.*
2. **Orientation.** An orientation will be provided for all participants.
3. **Stations and Grocery Store.** Each team will be directed to a cooking/preparation station. Each team will receive an information sheet with their contest category and “key” ingredient for that category (no ingredient amounts, recipe, or instructions will be provided at the station). The “key” ingredient will be representative of one of the following categories: Appetizer, Main Dish, Side Dish, Healthy Dessert.

Teams will have access to a “grocery store” of additional ingredients which can be “purchased” and combined with the team’s “key” ingredient to create an original recipe/dish during the contest. The “grocery store” will include items commonly found in grocery stores such as produce, canned goods, crackers, dairy products, etc.

Teams must “purchase” at least two additional items from the “grocery store”. Teams will receive a pricing sheet for “grocery store” items at their station. “Grocery Store” items will be “purchased” using a pricing system and “contest currency.” This will enable teams to analyze the cost of their entire dish and individual serving. The currency system will be explained prior to the contest. Teams may not exceed the provided “contest currency” or trade “currency” or grocery store items with other teams. Teams will be provided a set dollar amount to “spend” at the store; each item in the store will be priced and teams must calculate cost according to total spent.

4. **Resources and Instructions.** General guidelines, resources and instructions will be located at each station to assist the team.
5. **Time.** Each team will have 40 minutes to select pantry items, prepare the dish, plan a presentation, and clean up the preparation area.
6. **Participants only.** Only participants and contest officials will be allowed in food preparation areas.
7. **Preparation.** Each team will create an entire dish/recipe (not a full meal) using the provided key ingredient and grocery store items. Dishes/recipes created should include two or more servings. Teams should present the entire dish/ recipe to the judges and communicate during their presentation what an individual serving size should be. Teams will be responsible for determining the number of servings their dish provides. Teams should not create side or multiple dishes with their ingredients/pantry items.
 - a. Teams are challenged to be creative and develop an original recipe with the ingredients provided.
 - b. Teams must incorporate key ingredient into their dish. However, teams may determine the exact amount of ingredient to use.
 - c. Teams must use at least two additional items from the pantry. Teams will receive a pricing sheet for grocery store items at their station. Grocery store items will be “purchased” using a pricing system and “contest currency.” All age divisions will “purchase” grocery store items to complete their dishes, ONLY Senior teams will complete a cost analysis of their dish. The currency system will be explained prior to the contest. Teams may not exceed the provided “contest currency” or trade “currency” or pantry items with other teams. Teams will analyze the cost of their entire dish and individual serving. Example: teams may be provided \$5.00 in “contest currency” to spend at the grocery store; each item in the grocery store will be priced and teams must calculate cost according to total spent. The ingredients provided to each team (“key” ingredient, grocery store ingredients, and pantry items) may also be used to garnish the dish.

- d. Teams must select & use at least two additional items from the grocery store. Teams will not be required to analyze the cost of their recipe, nor will this be included in the presentation and scoring of the contest.
 - e. Note cards and the Food Challenge Worksheet may be used to write down the recipe that the team creates, along with notes related to nutrition, and food safety. Teams should be exact on ingredients used, preparation steps, cooking time, temperature, etc.
 - f. Teams will be judged on preparation
8. **Food and Equipment Safety.** A safe and sanitary working environment must be maintained during the contest. Each station will have food and kitchen safety resources. Teams should follow the steps listed to ensure proper food and equipment safety is followed. Judges will be scoring teams on food and equipment safety during the preparation phase of the contest. Teams should also discuss safety steps used during the presentation phase of the contest.
- Gloves:** Gloves do not have to be worn throughout the contest; however, there should always be a barrier between our hand and any food touched. A barrier includes gloves and/or cooking utensils. When wearing gloves, they must be changed between handling raw meats/seafood; handling cooked items; and ready to eat items or raw vegetables to prevent cross contamination
- Hair Restraint:** Each team member must wear a hat, hair net and/or other type of hair restraint during the food preparation part of the competition. Examples of acceptable hair restraints include hairnets, bandana with hair completed pulled back, Chef hat with hair restrained inside, or cap with hair completely tucked inside.
9. **Electricity.** Teams should be prepared to only plug in one piece of equipment at a time to reduce the risk of electrical malfunction. Contest officials will announce if this is necessary during participant orientation. If electricity goes out during the preparation phase of the contest, teams are asked to immediately notify their Group Leader or other contest official. Teams will be asked to turn away from the table immediately. Contest officials will stop the clock so that no preparation time is lost.
10. **Nutrition.** Each station will have a variety of nutrition resources/references in a notebook on their preparation table. Each team should name key nutrients in their dish and their functions.
11. **Cost Analysis.** Team will not be required to analyze cost of the recipe, nor will this be included in the presentation or scoring of the contest.
12. **Clean-up.** Teams must clean up their preparation areas. Clean-up time is included in the 40-minute preparation allotment. Teams should plan to not have access to a kitchen facility; therefore, dirty dishes should be placed in a plastic container, bag, or box to be cleaned at home. Left-over food should be disposed of properly.
13. **Hot equipment.** If you have a hot plate or other items cooling, it may be the only thing out on the table other than the food you are presenting to the judges.
14. **No talking or writing after preparation.** After time is called for the 40-minute preparation period, no talking and no writing is allowed among any team members. Team members caught talking and/or writing will receive a warning. The second time the team will be disqualified and asked to leave the contest facility. Team members should not have pens or pencils in their possession while waiting to give their presentation.

15. **Presentation.** When time is called, each team will present their dish to the judges. Team presentations should include the criteria outlined on the scorecard. The following also pertains to team presentations:
- All team members, or at least a majority, should participate in the presentation.
 - Judging time will include:
 - 5 minutes for the presentation
 - 3 minutes for judges' questions
 - 3 minutes between team presentations for judges to score and write comments
 - Teams are allowed the use of note cards during the presentation, but should not read from them, as this minimizes the effectiveness of their communication.
 - To earn maximum points, teams must use the 5-minute presentation to address the following areas of the presentation scorecard: Knowledge of MyPlate, Nutrition Knowledge, Food Preparation, Safety Concerns, and Serving Size.
 - At the end of 5 minute presentation, time will be called- additional time will not be allowed. Judges will be allowed 3 minutes to ask questions. Judges will not ask questions related to what teams should have covered during the presentation. Judges questions will be related to general nutrition, health, chronic disease prevention or others relevant to food and nutrition. Following questions, judges will have 3 minutes to score/write comments.
16. **No tasting of food.** Judges are not allowed to taste the foods prepared. No left-over food should be shared with any participant or the audience.
17. **Finished Dishes.** We recommend not eating the dishes after the contest is over for sanitary purposes.
18. **Rankings.** Placing will be based on the rankings of teams by judges. Judges' results are final.
15. **Awards Program.** An awards program will be held at the conclusion of the judging process. During awards program, contestants will be sat in a separate area closer to awards table. We ask that all people attending awards program be respectful while awards are announced. Awards program will not start before 12:00pm on Saturday, November 11, 2023.



Information about Contest Day:

- Water Stations will be provided.
- Food waste buckets will be provided to dispose of any food (all other items will go in trash can).
- Liquid waste buckets will be provided to dispose of any liquids.
- Parents will **NOT** be allowed in the contest room (except for volunteers) and will need to leave prior to orientation.

Leon County 4-H FOOD CHALLENGE

Clover Kids- Special Rules

1. **Rules.** Clover Kids will follow the same rules as juniors & intermediates, except for the following below.
2. **Supplies.** Clover Kids will be provided all supplies at the contest. Do not supply them with a box of supplies. They will NOT be given hot plates, sharp knives or any other hazardous supplies for safety purposes. They will be given plastic utensils that they will use to prepare their dish. They will be given all necessary utensils to complete a dish.
3. **Preparation.** Clover Kids will have 40 minutes to prepare an easier dish & clean up their area. There will be a senior 4-H member or adult that will oversee & supervise the clover kid preparation area during the contest. We may ask the Clover Kid Food Challenge coach to supervise this portion.
4. **Presentation.** Clover Kids will present a presentation after they have completed their dish. The presentation can include: what they made, how they prepared it, and any other food & nutrition information that they would like to share.
5. **Awards.** Clover Kids will be presented with participation awards and a gift item.
6. **Purpose.** Clover Kids is a great way to introduce younger youth into 4-H. This will be a great way to get them interested in food & nutrition and prepare them for when they become official 4-H members.

Leon County 4-H FOOD CHALLENGE SCORECARD - PREPARATION

Clover Kids, Junior, Intermediate, & Senior Score Card

Team Name: _____ Team #: _____

Age Division: ___ Clover Kid ___ Junior ___ Intermediate ___ Senior

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

Team Observation	Comments	Points	Score
Teamwork:			
Effective use of communication among team members		2	
Each team member played a key role in the preparation phase, whether cooking or preparing presentation		3	
Safety concerns and practices:			
Exhibited knowledge of how to use equipment safely (heat, utensils, sharps, etc.)		3	
Handled ingredients appropriately to avoid cross contamination		3	
Personal Hygiene (hair, nails, jewelry, etc.)		3	
Preparation:			
Practiced correct cooking procedures based upon ingredients provided		3	
Completed tasks efficiently and in a logical order		2	
Management:			
Used workspace efficiently		2	
Effective use of time		2	
Preparation table was clean at the conclusion of the preparation period		2	
Additional Comments: (based on observation)		Total Points (25)	

Leon County 4-H FOOD CHALLENGE WORKSHEET

Clover Kid, Junior, Intermediate, & Senior Worksheet

Knowledge Of MyPlate		
Ingredient	MyPlate Group	Number of Servings Needed Each Day

Knowledge Of Dietary Guidelines	
Key Message of Dietary Guidelines	How Does This Message Align with Your Dish?

Nutrition Knowledge		
Ingredient & Healthy Substitution	Key Nutrient(s)	Nutrient Function, Benefit, & Deficiency Risks

Food Preparation	
Steps In Preparation	What was Performed in This Step and Why is This Step Important?
Main Ingredient in Dish	What Is the Role of This Main Ingredient?

Food Safety (List Any Food Safety Concerns Associated with The Dish and/or Specific Ingredients)	

Serving Size Information	
How Many Total Servings Are in Dish?	What Is the Serving Size for One Person?

Additional Information (List Any Additional Information You Think is Important)	

Leon County 4-H FOOD CHALLENGE SCORECARD - PRESENTATION

Clover Kids, Junior, Intermediate, & Seniors

Team Name: _____

Team #: _____

Age Division: ___ Clover Kid ___ Junior ___ Intermediate

___ Senior

Entry Category: ___ Appetizer ___ Main Dish ___ Side Dish

___ Healthy Dessert

Team Presentation	Comments	Points	Score
Knowledge of MyPlate and Dietary Guidelines:			
Knowledge of MyPlate		5	
Knowledge of Dietary Guidelines for Americans		5	
Nutrition Knowledge:			
Knows key nutrition in prepared dish		6	
Knowledge of nutrient functions, effects, and deficiency risks		6	
Healthy substitutions and modifications		3	
Food Preparation:			
Explained key steps in how dish was prepared		4	
Role of main ingredients in dish		2	
Safety Concerns and Practices:			
Explained food safety according to Fight BAC		8	
Serving Size Information:			
Demonstrated knowledge of serving size for prepared dish		4	
Food Appearance/Quality:			
Food is appealing and appetizing		3	
Appeared to be cooked properly		3	
Attractive and appropriate garnish		2	
Creativity:			
Used ingredients in a creative way		5	
Incorporated grocery store items into dish or garnish		3	
Effectiveness of Communication:			
Displayed effective communication skills		6	
Poise and personal appearance		4	
Questions:			
Accurately and appropriately answered questions		6	
Additional Comments:		Total Points (75)	

Judges Initials

Leon County 4-H Food Show

Rules & Guidelines

The goal of the 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, 2022, as follows:

<u>Division</u>	<u>Grades</u>	
Clover Kids	K, 1, or 2	<i>Can only participate at the county level</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 three age divisions in BOTH Food Show & Food Challenge. Youth may participate in BOTH events.
4. **Categories.** There are 4 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 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 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 for this category.

5. **Advancing to the D8 4-H Food Show.** The 1st place entry in each category of each age group (except Clover Kids) will advance to the district contest, which is Wed., Dec. 14th, in Belton. At the district contest, the 1st place entry in each Senior category will advance to state. The same recipe entry that was used at all levels. The same recipe cannot be entered more than once to the Food Show at Texas 4-H Roundup. The Texas 4-H Food Show (Seniors ONLY) is tentatively set for Tue., June 6th, in College Station.
6. **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. (Seniors ONLY)
 - 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.
7. **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.
8. **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 and district Food Shows, 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.**
9. **Theme.** *This year's 4-H Food Show theme is 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. Keep in mind the 75 minute oven time when selecting your recipe

Remember to keep in mind good nutrition and healthy preparation methods as you select your recipe

10. 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.

11. 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

12. 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/>

13. Contestants Bring to the County Contest:

- **Leon County 4-H Food Show Recipe Form & Project Experiences Form.**
 - Juniors & Intermediates** – Junior and Intermediate paperwork only includes the Leon County 4-H Food Show Recipe Form.
 - Seniors** – Senior paperwork includes the Leon County 4-H Food Show Recipe Form and Project Experiences Form.
- **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.
- **Serving Utensil.** 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 District. Contestants will serve 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 serving dishes and utensils appropriate and necessary to present and serve the dish to be judged.

14. **Orientation.** Participant orientation for Food Show will be available in video format (with additional written documents) for participants to view before contest.

15. **Food Show Contest Components:** Each food show participant will complete/compete in each of the following components. A brief description and/or rules are shown for each.

- **Preparation.** Food must be prepared prior to arrival at the county contest. There may be space for you to put the finishing touches on the dishes, if needed.
- **5-Minute Presentation.** All contestants should prepare a maximum 5-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.

- **4-Minute Question & Answer.** Judges will have the opportunity for a maximum 4-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.
- **Serving.** At the conclusion of the question and answer period, the participant will have 1-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.
- **Skills Showcase.** 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. See Table for Examples:

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.

- **Judges' Comments.** Judges will have 4 minutes to write comments and score participants.
- **Knowledge Showcase.** 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. Participants will complete knowledge showcase the day of the contest, after completion of interview & skills showcase.

16. **Food Show Dish Categories:** Choose one: Appetizer, Main Dish, Side Dish, or 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 served during the main course and the featured dish of the meal. The key ingredient is usually meat or another source of protein food, but they may contain other foods.
- **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.
- **Health 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.

17. **Awards.** Red and Blue Quality awards will be presented to each contestant. District Qualifier and Alternate District Qualifier rosettes will be presented as well as gift items.

18. **Contest References & Forms.** Refer to the following website for specific rules, score sheets, and forms:

- Leon County 4-H Contest- <https://leon.agrilife.org/4-h/4-h-projects/food-nutrition/>
- District 8 4-H Contest- <https://agrilife.org/d84h/events-and-activities/food-challenge-food-show/>
- Texas 4-H Roundup Contest- <http://texas4-h.tamu.edu/events/roundup/>.

Leon County 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

Leon County 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.

Leon County 4-H Food Show | Presentation Scorecard

Clover Kids, Junior, Intermediate, & Senior

Contestant Name: _____ County: _____

Age Division: ___ Clover Kid ___ Junior ___ Intermediate ___ Senior

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

	Comments	Points	Score
I. PRESENTATION			
Theme: <ul style="list-style-type: none"> How does the theme fit with the dish? 		(5)	
Knowledge of MyPlate: <ul style="list-style-type: none"> Food group(s) represented in dish. Serving amount needed from each group daily for age. How did MyPlate guide choice of dish? How does this dish reflect MyPlate? 		(10)	
Nutrition Knowledge: <ul style="list-style-type: none"> Key nutrients of dish and function of those nutrients 		(10)	
Food Preparation: <ul style="list-style-type: none"> Preparation key principles and function of key ingredients Healthy substitutions 		(10)	
Food Safety Concerns & Practices: <ul style="list-style-type: none"> Knows food safety concerns in preparation and storage of dish Follows FightBAC principles 		(10)	
II. INTERVIEW <i>(category specific)</i>			
Judge's Questions		(15)	
4-H Food & Nutrition Project Activities		(10)	
III. FOOD PRESENTATION/QUALITY			
<ul style="list-style-type: none"> Appearance of food (texture, uniformity) Garnishing 		(5)	
IV. EFFECTIVENESS OF COMMUNICATION			
<ul style="list-style-type: none"> Voice, poise, personal appearance 		(5)	
V. SKILL SHOWCASE SCORE			
<ul style="list-style-type: none"> Proper demonstration of assigned skill. 		(10)	
Additional Comments:		Total Points	Possible (90)

Leon County 4-H Food Show

2023-2024 Leon County 4-H Food Show

Project Experiences – Seniors Only

Name _____ County _____

Age Division _____ Senior

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

Name of Recipe _____

Limit to current year's experiences, including project activities, community service, and leadership. Limited to Space below.

