



2023-24 Leon County 4-H 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.*

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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/>.

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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

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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)



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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.