

2020-2021 Food Show Contest Memo

Covid-19 Disclaimer: At this time we are posting tentative dates and times of the District IV 4-H Spring Roundup Contest. We are working diligently to try and host these contests, but due to the ever-changing Covid-19 conditions, we will not be able to solidify these details until closer to the contest. Thank you in advance for your understanding and patience as we navigate these circumstances.

Date: April 16, 2021 or April 17, 2021
(Exact date will be determined based on Covid-19 Guidelines, closer to the contest)

Location: Farmersville Baptist Church – Farmersville, Texas
(Due to Covid-19 Guidelines the location, date, and time are subject to change)

Check-In: TBA
Orientation: TBA
Contest: Begins following orientation

Registration. Each participating member is required to register on 4-H Online (<https://texas.4honline.com>) and pay the \$12.00 registration fee. Registration will open on March 19, 2021 and close at midnight April 5, 2021.

Participation. Contestants must be active 4-H members enrolled in a Texas 4-H and Youth Development county program in District IV. Contestants must also be academically eligible (according to UIL rules) to compete on the day of the contest. A contestant may compete as an individual or as a member on a team.

Age. Age divisions are determined by a participant's grade as of September 1st of the current 4-H year. Age divisions for this contest are:

- Junior (3rd, 4th, & 5th grades)
- Intermediate (6th, 7th, & 8th grades)
- Senior (9th, 10th, 11th, & 12th grades)

Entries per County. Each county may have one member per food category per age division. The first placed individual in each senior category will qualify for state.

Volunteers. Each county will secure 2 confirmed judges and/or volunteers and submit names as part of 4-H Online registration. In addition to judging, volunteers are also needed to assist with registration, help in the holding room, timekeeping, and serve as runners

Awards. The top five high scoring individuals in each age division and food show category will be recognized with awards. The first placed senior in each food category will qualify for the state food show in June.

Depending on Covid-19 restrictions, we may not be able to have a formal awards assembly. The winners will be announced via Facebook Live and posted on the District IV 4-H Facebook Page later that day/evening in the event we cannot hold them in person.

2020-2021 Food Show Contest Memo

Participants with Disabilities. Any competitor who requires auxiliary aids or special accommodations must contact the District Extension Office or [Denita Young at djyoung@ag.tamu.edu](mailto:djyoung@ag.tamu.edu) or note when registering on 4-H Online, at least 2 weeks before the competition to request such needs at least 2 weeks prior to the program or note such needs when registering on 4-H Online.

Theme. This year's 4-H Food Show Theme is **Grocery Games!** Let your local food sources guide your healthy recipe selection with only \$10 to spend.

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

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

Contest Categories/Divisions:

- **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 not to 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 main 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 Dessert.** 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.

Contest Rules:

1. **Introduction/Presentation.** Each contestant will start with a maximum five-minute 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.
2. **Question and Answer.** Judges will have the opportunity for a **four-minute interview** asking questions applicable to the attached scorecard. It includes but is not limited to basic nutrition, food safety and preparation as well as project experiences. Judges may ask additional questions related to general food and health, food systems, food safety or food/health issues

2020-2021 Food Show Contest Memo

Being familiar with the information from the recommended study resources in the Guidelines will improve your interview success. [D4-Food-Show-Sample-Questions](#).

- 3. Serving.** At the conclusion of the question and answer period you will have one-minute to serve the judges a portion of your dish. This will allow judges to visually evaluate the dish you have prepared. Contestants are encouraged to practice proper food handling techniques when presenting food to the judges. Judges will not taste the food.

The food should be presented in a serving dish with a serving utensil provided by the contestant. In addition, a napkin to lay serving utensil on is allowed. The dish should be presented to the judges as if it were about to be placed on a table for a family dinner. In some instances, it is not necessary to present to the judges the entire recipe. For example, if a recipe makes two loaves of bread, only one loaf needs to be presented for judging. Contestants should serve judges what they deem is appropriate serving size for evaluation purposes. Paper goods for these servings will be provided by the food show committee. Contestants will serve one serving to the judging panel, not a serving to each individual judge.

If needed to safely transport the dish, contestants should bring serving trays. Serving trays will not be provided. Fancy or elaborate placemats, linens, centerpieces, candles etc. are not to be included with the dish as it is presented for judging interview. Contestants should only use serving dishes and utensils appropriate and necessary to present and serve the dish to be judged. As state earlier in the guidelines, only edible garnishes are allowed with food show entry. Agents and leaders are encouraged to use discretion regarding this matter when counseling 4-H participants, members, or contestants for the state show.

4. Skill Showcase. **SENIORS ONLY**

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 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. See Texas 4-H Food Show Rules for more details http://texas4-h.tamu.edu/wp-content/uploads/food_nutrition_food_show_rules_guidelines_2021.pdf

5. Knowledge Showcase. **SENIORS ONLY**

Youth will need to employ their decision making and knowledge related to food purchasing, preparation, nutrition, and food safety to answer questions on a quiz. There will be a designated time for contestants to take this quiz. No study materials will be provided; however, contestants should refer to the Texas 4-H Food & Nutrition Page <https://texas4-h.tamu.edu/projects/food/-nutrition> for potential resources.

Other.

1. Only edible garnishes (listed in the recipe) are allowed with the food show entry.
2. Contestants are encouraged to wear clothing consistent with professional and safe food handling practices.
3. No alcohol or alcohol-containing ingredients may be used.

2020-2021 Food Show Contest Memo

4. Due to food safety concerns, the judges will not taste the entries.
5. Food Show Questions – The attached questions are to be used simply as a guideline for all age groups. The judges are not required to stick to this set of questions nor will participants necessarily be asked any of the listed questions. It is best for the 4-Hers to know the steps necessary to prepare their dishes, the nutrient content of their dish and possible recipe substitutions.
6. There will not be a microwave, oven, stove, etc. available in the holding area for heating food.

Resources.

- [Texas 4-H Food Show Rules and Guidelines](#)
- Contestants will use the Universal A scan sheet to record their placings. Please make sure they are familiar with the sheet prior to judging. An example of one can be viewed here: <https://www.judgingcard.com/ScanSheets/samples/705A-12.pdf>

COVID-19 NOTICE

This contest will follow any directives by the local/county health officials, Texas A&M AgriLife Extension Service policies, and State requirements in effect at the time of the event as it relates to COVID-19. Participation in this event REQUIRES any attendee to follow those procedures to attend the event. This includes wearing face coverings, social distancing, any other preventative measures mandated or required by this program. Please bring a mask or appropriate face covering with you.

Contest Superintendents. Questions regarding the District IV 4-H Food Show may be directed to Alaina Woolsey at Alaina.woolsey@ag.tamu.edu, or Marvin Young at Marvin.Young@ag.tamu.edu