

## Food Show Contest Memo For Senior Division ONLY



*Following the Texas 4-H Roundup Food Show Rules, SENIORS ONLY will prepare their dishes onsite the day of the contest. Please read the rules and guidelines in this Contest Memo very carefully.*

Date: February 10, 2024

Location: North Central Texas College - Gymnasium  
125 W. California Street, Gainesville, TX 76240

Check-In: 9:00 a.m.

Orientation: 9:30 a.m.

Contest: Begins following orientation

### Components of the Contest:

1. Preparation of the Dish
2. Presentation
3. Skills Showcase
4. Knowledge Showcase

Awards immediately following the judging.

**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 January 10, 2024 and close at midnight on January 24, 2024.

**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. The food show is an individual only contest in Texas 4-H.



## District IV 4-H Youth Development Program

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**Age.** Age divisions are determined by a participant's grade as of September 1<sup>st</sup> of the current 4-H year.

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

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

**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 Texas 4-H Roundup Food Show in June 2024

**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.

**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. The theme for the Texas 4-H Food Show **will remain the same for two years.** This gives counties an opportunity to provide education, workshops, etc. which targets the theme. **The same recipe cannot be entered more than once to the State Food Show.**

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 taste buds 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.

### **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.



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- **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:

**Food Preparation and Facilities.** ONLY THE CONTESTANT is allowed in the preparation room. All others must remain in the designated waiting areas. Contestants can only be assisted with transporting boxes from parking lots to the preparation door. If parents, coaches, or County Extension Agents enter the preparation room, contestants may have points deducted from their scores.

Contestants must check-in and check-out upon entry and exit of the preparation room. Contestants must prepare their own dishes.

**2. FOOD SHOW PREPARATION JUDGING:** Contestants will be judged while preparing their dish in the kitchen area and **MUST 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.** The preparation judging process will focus on food safety, equipment safety, proper cooking techniques, and sanitation around cooking area during and after preparation. Judges will ask questions, if necessary, during the process; therefore, contestants should be prepared to multi-task.

**Kitchen Time Limits.** Contestants will be assigned specific preparation facility times and preparation time limits based on number of entries and recipes. Also, depending on the number of entries and recipes, contestants may be limited to 2 hours in the facility; this time limit will include final cooking and/or baking of their dish. Oven time is limited to 75 minutes. A contestant schedule for usage and time limits of food preparation facility will be provided prior to the District IV contest. Contestants will not be permitted in the preparation areas before or after their specified times. These time limits must be adhered to or contestant risks disqualification. Contestants should keep this in mind when selecting recipes.

You are responsible for bringing your **own heavy duty (at least 20') extension cord.** Contestants will be required to share a limited number of preparation surfaces, sinks, and microwave ovens. Contestants should practice working in small spaces prior to the food show. Should an unforeseen mishap occur, a student can remake their recipe within their allotted time and workspace only if the Kitchen Supervisor grants permission to do so.

**Equipment.** Only microwaves, and two 8' worktables are available for contestants to use in preparing their recipes. Special equipment or appliances must be provided by the contestant. Equipment with open flames are not allowed.

Contestants must provide cutlery, cutting boards, cleaning supplies, dish towels, paper towels, potholders, timers, ingredients for recipe, ice chest for those ingredients if needed, and any appliances [for example, toaster ovens, indoor designed grills, Instapots, insta-burners, mixers, or blenders, not listed above. Bring something to transport dirty dishes, because you will not be allowed to wash your dishes on site.

Contestants who will be using a toaster oven in the preparation of their dish are encouraged to bring an oven thermometer for use in their toaster ovens. Oven temperatures vary widely, so it is a good idea for contestants to use a thermometer at home when preparing their recipes to determine the temperature that is most appropriate.

**Safety.** Contestants should wear clothing consistent with professional and safe food handling practices. Closed toe shoes must be worn in food preparation area.

**Contestants may change their clothes prior to their scheduled interview if they choose; however, they will need to include this time in their assigned time limit.**

**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.

**Electronic Devices.** No electronic devices or jewelry/watches (except for medically required) is allowed in contest unless noted by superintendent during orientation. This includes cell phones, smart watches, or other communication devices. Contestants may bring in an electronic kitchen timer for time management purposes.

### **FOOD SHOW PREPARATION JUDGING:**

***Contestants will be judged while preparing their dish in the kitchen area and MUST 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. The preparation judging process will focus on food safety, equipment safety, proper cooking techniques, and sanitation around cooking area during and after preparation. Judges will ask questions, if necessary, during the process; therefore, contestants should be prepared to multi-task.***

### **FOOD SHOW DISH PRESENTATION/INTERVIEW:**

***Food show contestants will prepare a dish on-site at the state contest as traditionally has been done. 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.***

Contestants will be interviewed following completion of their assigned food preparation facility time. The Kitchen Supervisor will inform each contestant when and where to take his/her dish to be judged. The judging order will be assigned by the food show committee and provided to participants prior to the district contest. Interview times may be adjusted on day of contest to accommodate schedule. Contestants must adhere to most recent schedule set by food show committee. Contestants should be prepared to interview earlier than their scheduled time if asked to do so.



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- 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 **five-minute presentation** to describe their inspiration in choosing their 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. Being familiar with the information from the recommended study resources in the Guidelines will improve your interview success.
- 3. Serving.** At the conclusion of the question & 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.

**Plating.** 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 was 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, example recipe makes 2 loaves of bread. Contestants should **serve judges what they deem is an appropriate serving size** for evaluation purposes. Paper goods for these servings will be provided by the food show committee.

**If needed to safely transport the dish to the judging area, contestants should bring serving trays. Serving trays will not be provided.**

Fancy or elaborate place mats, 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. As stated earlier in the guidelines, only edible garnishes are allowed with the food show entry.

**4. SKILL SHOWCASE:** *Youth will be judged on an assigned kitchen/cooking type skill. Youth will complete this skill in front of a panel judges. 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.*



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Examples of skills to be assigned include, but are not limited to:

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.

**5. Knowledge Showcase:** Youth will need to employ their decision making and knowledge related to food purchasing, preparation, nutrition, and food safety to answer ten questions on a paper 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.

**4-H Food Show Paperwork.** Contestants must complete and submit the Texas 4-H Food Show Contest Information included in this packet. 4-H Food Show recipe submission will be processed in 4-H Online. Participants will upload their food show recipe at the same time they register through 4-H Online for the District IV 4-H Food Show. Failure to upload the recipe at time of registration may result in disqualification. The only required paperwork is the Food Show Recipe. Recipes should be typed in the standard recipe format using the Recipe Submission Checklist as a guide. Recipe should include the total cost of ingredients. By submitting the recipe, the contestant releases the recipe for use by Texas 4-H Youth Development and Texas A&M AgriLife Extension.

### 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.
4. Due to food safety concerns, the judges will not taste the entries.



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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.

<https://texas4-h.tamu.edu/projects/food-nutrition/>

**Contest Superintendents.** Questions regarding the District IV 4-H Food Show may be directed to Phyllis Griffin at [phyllis.griffin@ag.tamu.edu](mailto:phyllis.griffin@ag.tamu.edu) or Carrie Sharp at [carrie.sharp@ag.tamu.edu](mailto:carrie.sharp@ag.tamu.edu).

# Texas 4-H Food Show 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.*

## **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\\_subs-1.pdf](https://texas4-h.tamu.edu/wp-content/uploads/project_food_nutrition_quick_ingredient_subs-1.pdf)

## **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/>



# STATE 4-H FOOD SHOW RECIPE SUBMISSION CHECKLIST

*Recipes for Texas 4-H Food Show should adhere to the guidelines below. Please use this checklist to ensure recipes are correctly written.*

	YES	NO
<b>DOES YOUR RECIPE HAVE ALL OF THESE PARTS?</b>		
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	_____	_____
<b>LIST OF INGREDIENTS</b>		
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.	_____	_____
<b>DIRECTIONS</b>		
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	_____	_____
Total Cost of Ingredients	_____	_____

# STATE 4-H FOOD SHOW RECIPE EXAMPLE

## RECIPE EXAMPLE

### 4-H Shamrock Salad

6-ounce package lime gelatin	(not just 1 package lime gelatin)
2 cups boiling water	
1 cup lemon-lime soda	
8-ounce package cream cheese, softened	(not just 1 package/what kind) Low fat, Fat free, etc.)
½ teaspoon vanilla	
½ teaspoon lime juice	
6-ounce can mandarin oranges, drained	(always include size)
8-ounce can pineapple tidbits, drained	
2 cups green grapes, halved, seeded	(not just grapes also color/kind) Red, concord, green)
2 cups chopped celery	(not 2 cups celery chopped – you must chop the celery to measure it, so chopped must be written first)
½ cup chopped pecans	(are you measuring the pecans before or after chopping? The way it is written here indicates chopping first)
8-ounce carton frozen low-fat whipped Topping, thawed	(indicate low-fat, fat-free, etc.)
3-ounce package lime gelatin	
1 ½ cups boiling water	

Dissolve the 6-ounce package lime gelatin in 2 cups boiling water. Stir in 1 cup lemon-lime soda. Combine this with cream cheese, vanilla, and lime juice in blender, and process until smooth. Pour blended mixture into bowl. Stir in all fruit, celery and pecans. Fold in three-fourths carton whipped topping. Pour into 13x9x2 inch pan. (Note size of pan is listed) Chill until firm; then cut whole pan into 8 equal sized portions.

In order to make the 4-H Shamrock gelatin jigglers, dissolve the 3-ounce package lime gelatin in 1 ½ cups boiling water. Pour into shallow pan, 24x16x1 inches. Chill until set. Cookie cut the jiggler gelatin into 4-H Shamrock shapes. Serve salad squares on lettuce-lined plate. Top with 4-H Shamrocks. Garnish with remaining whipped topping. Chill until serving time. May add other garnishes to serving try for color variety. Yield 8 ½ cup servings. (Note number of servings is listed.)



# TEXAS 4-H FOOD SHOW RECIPE SUBMISSION PAPERWORK

<b>CONTESTANT NAME:</b>								
<b>CATEGORY</b> <i>Please check one</i>	<input type="checkbox"/>	Appetizer	<input type="checkbox"/>	Main Dish	<input type="checkbox"/>	Side Dishes	<input type="checkbox"/>	Healthy Desserts
<b>COUNTY</b>								
<b>DISTRICT</b>								

<b>Name of Recipe:</b>		
<b>Prep Time:</b>	<b>Cook Time:</b>	<b>Cost:</b>

Type Recipe Here:

By submitting the recipe, the contestant releases the recipe for use by Texas 4-H Youth Development and Texas A&M Agrilife Extension.

Revised July 2020

# Texas 4-H Food Show | Preparation Scorecard

Contestant Name: \_\_\_\_\_

County: \_\_\_\_\_

Entry Category:    \_\_\_ Appetizer            \_\_\_ Main Dish            \_\_\_ Side Dish            \_\_\_ Healthy Dessert

Observation	Comments	Points	Score
<b>Safety Concerns &amp; Practices</b>			
Exhibited knowledge of how to use equipment safely (heat, utensils, sharps, etc.)		(5)	
Handled ingredients appropriately to avoid cross contamination		(5)	
Personal Hygiene (hair, nails, jewelry, etc.)		(5)	
<b>Preparation</b>			
Practiced correct cooking procedures based upon ingredients provided		(2)	
Completed tasks efficiently and in a logical order		(2)	
<b>Management</b>			
Used workspace efficiently		(2)	
Effective use of time		(2)	
Preparation table was clean at the conclusion of the preparation period		(2)	
<b>Additional Comments:</b> <i>(based on observation)</i>		<b>Total Points</b>	<b>Possible (25)</b>

# Texas 4-H Food Show | Presentation Scorecard

Contestant Name: \_\_\_\_\_

County: \_\_\_\_\_

Entry Category:    \_\_\_ Appetizer            \_\_\_ Main Dish            \_\_\_ Side Dish            \_\_\_ Healthy Dessert

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