



Food Show Contest Memo For Juniors and Intermediates ONLY

Changes Are Highlighted

Date: Saturday, February 8, 2025

Location: North Central Texas College
Student Union 600 Building
1525 W California Street, Gainesville, TX

Check In: 9:00 a.m.

Orientation: 9:30 a.m.

Components of the Contest:

1. Presentation
2. Skills Showcase
3. Knowledge Showcase

Awards Immediately Following Each Division Completion.

Registration. Each participating member is required to register on 4-H Online (<https://texas.4honline.com>) and pay the \$15.00 registration fee. Registration will open on January 8, 2025 and close at midnight on January 22, 2025.

Participation. Contestants must be active 4-H members enrolled in a Texas 4-H and Youth Development program. Contestants must also be academically eligible (according to UIL rules) to compete on the day of the contest. The Texas 4-H Food Show is for individuals only.

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

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)



District IV 4-H Youth Development Program

Entries per County for District Competition. Each county may have one member per food category per age division.

Awards The **top five high scoring individuals** in each age division and food show category will be recognized with awards.

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** or note when registering on 4-H Online, at least 2 weeks before the competition to request such needs.

Theme. 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 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.
- **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.



District IV 4-H Youth Development Program

Contest Rules:

- 1. Introduction/Presentation.** **Junior** contestants will start with a maximum **three-minute** presentation and **Intermediates** will have a maximum of **four-minutes** to introduce themselves and their dish. To earn maximum points, participants must use the presentation time 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 **three-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. 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 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 stated 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:

Youth will be judged on an assigned kitchen/cooking type skill. Youth will have **2-minutes to complete this skill in front of a panel of judges. All materials needed to demonstrate the skill will be provided for the contestant. No other materials may be used other than those provided. They will be scored on their skill based on correct procedures, safety, and other pertinent information related to the skill assigned.**



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

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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 4H Online. Participants will upload their food show recipe at same time they register through 4-H Online for the D4 Food Show. Failure to upload the recipe at time of registration may result in disqualification. This is the only required paperwork - 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.



District IV 4-H Youth Development Program

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.
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 any set 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/wp-content/uploads/food_show_rules_guidelines_2024.pdf

Contest Superintendents. Questions regarding the District IV 4-H Food Show may be directed to Phyllis Griffin Phyllis.Griffin@ag.tamu.edu or Carrie Sharp at carrie.sharp@ag.tamu.edu.

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
DOES YOUR RECIPE HAVE ALL OF THESE PARTS?		
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	_____	_____
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	
3-ounce package lime gelatin	(indicate low-fat, fat-free, etc.)
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

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

Name of Recipe:		
Prep Time:	Cook Time:	Cost:

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 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

Food Safety Fact Sheet

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

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

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/>

District IV 4-H Food Show

Score Sheet

Junior Division

Name: _____

County: _____

Entry Category: Appetizer Main Dish Side Dish Healthy Dessert

	Comments	Outstanding	Good	Fair	Needs Improvement	Total
Introduction/Presentation: Introduce yourself and your dish and it how fits into the theme.		5	4 - 3	2	1	
MyPlate What are the basic food groups according to MyPlate and amounts needed daily from each group? Give one example of a specific food that fits into each category.		20 - 16	15 - 11	10 - 6	5 - 1	
Nutrients: What are the key nutrients in the dish you prepared and why do you need these nutrients? Which ingredient in your dish provides these nutrients?		20 - 16	15 - 11	10 - 6	5 - 1	
Preparation and Safety: What are the steps you used in preparing your dish, including food safety specific to your dish? (include Fight BAC principles as appropriate)		20 - 16	15 - 11	10 - 6	5 - 1	
Learning Experiences: Please tell us about your Food and Nutrition project experiences this year?		10 - 9	8 - 6	5 - 3	2 - 1	
Communication Skills: Voice, Poise, Presentation and Appearance.		20 - 16	15 - 11	10 - 6	5 - 1	
Food Presentation: Food appearance, quality, texture, color, and aroma.		5	4 - 3	2	1	
Interview Score	Possible 100 Points					
Skill Showcase Score	Possible 10 Points					
Knowledge Showcase Score	Possible 10 Points					
Total Score	Possible 120 Points					

District IV 4-H Food Show

Score Sheet

Intermediate Division

Name: _____

County: _____

Entry Category: Appetizer Main Dish Side Dish Healthy Dessert

	Comments	Outstanding	Good	Fair	Needs Improvement	Total
Introduction/Presentation: Introduce yourself and your dish and it how fits into the theme.		5	4 - 3	2	1	
MyPlate What are the basic food groups according to MyPlate and amounts needed daily from each group? Give one example of a specific food that fits into each category.		20 - 16	15 - 11	10 - 6	5 - 1	
Nutrients: What are the key nutrients in the dish you prepared and why do you need these nutrients? Which ingredient in your dish provides these nutrients? What happens to the body if you do not get these nutrients?		20 - 16	15 - 11	10 - 6	5 - 1	
Preparation and Safety: What are the steps you used in preparing your dish, including food safety specific to your dish? (include Fight BAC principles as appropriate).		20 - 16	15 - 11	10 - 6	5 - 1	
Learning Experiences: Please tell us about your Food and Nutrition project experiences this year? Include community service and leadership activities.		10 - 9	8 - 6	5 - 3	2 - 1	
Communication Skills: Voice, Poise, Presentation and Appearance.		20 - 16	15 - 11	10 - 6	5 - 1	
Food Presentation: Food appearance, quality, texture, color, and aroma.		5	4 - 3	2	1	
Interview Score	Possible 100 Points					
Skill Showcase Score	Possible 10 Points					
Knowledge Showcase Score	Possible 10 Points					
Total Score	Possible 120 Points					