

October 4, 2021

MEMO TO: **4-H Foods Leaders and Club Managers**

SUBJECT: **2021 COUNTY 4-H FOOD CHALLENGE & FOOD SHOW**

WHEN: Saturday, October 16, 2021 - 8:30 a.m.- 4:00 p.m.

WHERE: **The Neighborhood Place - 3014 Rivas Street, San Antonio, TX 78228**

COST: County Food Challenge - \$20 per team
County Food Show – Free

SCHEDULE:

8:30 a.m.	Food Challenge Contestant Sign In (Senior & Junior Only)
8:45 a.m.	Judges Orientation Food Challenge Contestants Orientation
9:00 a.m.	Food Challenge Contest & Judging (Senior & Junior Only)
9:30 a.m.	Food Challenge Contestant Sign In (Intermediate Only)
10:00 a.m.	Food Challenge Contest & Judging (Intermediate Only)
11:30 a.m.	Awards*
12:00 noon – 1:00 p.m.	Lunch On Your Own
1:15 p.m. - 3:00 p.m.	Food Show Contestant Sign in by appointment
3:00 p.m. – 4:00 p.m.	Food Show Awards*
4:00 p.m. - 4:30 p.m.	Everyone Help Clean up

*Start time may be moved up due to number of teams and/or contestant participation as well as completion of judging. Schools will be contacted directly to verify eligibility. Only participants will be allowed in contest area.

Natalie Cervantes
County Extension Agent 4-H & Youth Development
ntcervantes@ag.tamu.edu
(210) 631-0400

Angie Gutierrez
Family & Community Health Agent
aogutierrez@ag.tamu.edu
(210) 631-0400



2021-2022 Rules & Guidelines

The members of Texas A&M AgriLife will provide equal opportunities in programs and activities, education, and employment to all persons regardless of race, color, sex, religion, national origin, age, disability, genetic information, veteran status, sexual orientation or gender identity and will strive to achieve full and equal employment opportunity throughout Texas A&M AgriLife.

The Texas 4-H Food Challenge

Project Goals

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 of 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
- Give 4-H members the opportunity to participate in a new, exciting, competitive event

Registration:

“Yes, I’ll Be There” Entry Form are due to County Office on **Wednesday, October 13, 2021.**

Team Information and Number of Entries:

An entry for the Food Challenge consists of teams of 3 to 4 members in the same age division. If a county does not have enough 4-H’ers in an age division to create a team, the following age groups may combine to create teams: Juniors may move up to the Intermediate age division and the team will compete as an Intermediate team. Intermediates may **NOT** move up to the senior age division. Seniors may not move down to a younger age division.

Counties may advance the following number of teams in each age division:

- Juniors – 2 teams
- Intermediates – 2 teams
- Seniors – 2 teams

There will be four food categories in each age division at the County Contest: Appetizer, Main Dish, Side Dish, and Healthy Dessert. Teams will be randomly assigned to a category, but assignments will not be announced until orientation the morning of the contest.

Contest Rules & Guidelines:

County teams will need to review the Texas 4-H Food Challenge Rules and Guidelines for all of the contest rules and guidelines. The state rules and guidelines can be found at: https://texas4-h.tamu.edu/wp-content/uploads/food_challenge_rules_guidelines_22.pdf

Please note that the scorecards have also been updated, they can be found at:

Presentation: https://texas4-h.tamu.edu/wp-content/uploads/food_challenge_presentation_scoresheet_22.pdf

Preparation: https://texas4-h.tamu.edu/wp-content/uploads/food_challenge_preparation_scoresheet_22.pdf

Please make sure that teams understand the following details for the County Contest:

- Teams must provide their own supply box of equipment and other items listed on the supply list in the Food Challenge Manual.
 - **Please review supply lists attached. There are now 3 different ones based on age division.**
- **Teams may NOT SHARE supply boxes**
- Teams will be provided the following items at the contest:
 - Notebook with the printed resources:
 - 1: MyPlate Mini-PosterResource
 - 2: Fight Bac – Fight Foodborne Bacteria Brochure Resource
 - 3: Know Your Nutrients Resource
 - 4: Food Safety Fact Sheet Resource
 - 5: Food Challenge Worksheet
 - 6: Receipts/Purchase Prices (if applicable)
 - All are available online at: <https://texas4-h.tamu.edu/projects/food-nutrition/>

Juniors - will receive a recipe ingredient list (with amounts) with category, nutritional information, receipt, and tickets for grocery store.

Intermediates – will receive a list of ingredients (no amounts) with category, limited nutritional information, receipt, and coupons to purchase from grocery store. They will also receive a cost list for the grocery store. Intermediates will purchase from grocery store but WILL NOT need to calculate that cost into their dish.

Seniors – will receive a sheet with category, one food item, receipt, and coupons to purchase from grocery store. They will also receive a cost list for the grocery store. Seniors will purchase from the grocery store and WILL have to calculate that cost into their dish.

JUNIOR Supply Box List

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

Beverage glass

Bowls

- Dip Size (1)
- Mixing (2)
- Serving (1)

Calculator

Can Opener

Cookie sheet

Colander

Cutting Boards (3)

Disposable tasting spoons (no limit)

Dry measuring cups (1 set)

First aid kit

Fork

Gloves

Grater

Hand sanitizer

Kitchen shears (1 pair)

Kitchen timer

Knives (4)

Liquid measuring cup (2 Cup Size)

Measuring spoons (1 set)

Note cards (1 package - no larger than 5 X 7)

Paper towels (1 roll)

Pencils (no limit)

Plastic box and trash bag for dirty equipment

Potato masher

Potato peeler

Sanitizing wipes (1 container)

Serving platter

Serving utensil

Skewers (1 set)

Spatulas (2)

Stirring spoon

Storage bags (1 box)

Tongs

Whisk

EXAMPLE

Junior Main Dish

Ingredients

¼ cup green Verde salsa
1 t garlic
1 Tbsp. Cilantro
1 cup rotisserie chicken
3 Flatbread
1 oz. spinach
½ cup frozen corn
1 avocado

Serves: 3

Nutritional Information (3 serving):

Calories	210
Fat	20 g
Carbohydrates	4 g
Protein	7g
Sodium	295
Fiber	2g
Vitamin A	4%
Vitamin C	6%
Iron	6%
Calcium	2%

Receipt

Green Verde Salsa	\$0.59
Garlic (4.25 oz.)	\$2.00
Cilantro (bunch)	\$0.35
Rotisserie Chicken (1 piece)	\$1.25
Flatbread (6)	\$2.50
Spinach	\$2.98
Frozen Corn (16 oz.)	\$0.84
Avocado	\$0.68

INTERMEDIATE Supply Box List

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

Beverage glass

Bowls

- Dip Size (1)
- Mixing (2)
- Serving (1)

Calculator

Can Opener

Cookie sheet

Colander

Cutting Boards (3)

Disposable tasting spoons (no limit)

Dry measuring cups (1 set)

Electric Skillet

Extension cord

First aid kit

Food thermometer

Fork

Gloves

Grater

Hand sanitizer

Hot pads (up to 5)

Kitchen shears (1 pair)

Kitchen timer

Knives (4)

Liquid measuring cup (2 cup size)

Measuring spoons (1 set)

Non-stick cooking spray

Note cards (1 package - no larger than 5 X 7)

Paper towels (1 roll)

Pancake turner

Pencils (no limit)

Plastic box and trash bag for dirty equipment

Potato masher

Potato peeler

Sanitizing wipes (1 container)

Serving platter

Serving utensil

Skewers (1 set)

Spatulas (2)

Stirring spoon

Storage bags (1 box)

Tongs

Whisk

EXAMPLE

This recipe requires heat

Intermediate Side Dish

Ingredients:

egg
canned pumpkin
milk
oil
flour
brown sugar
baking powder
pumpkin pie spice

Nutrition Information (2 serving):

Calories 149

Receipt:

Eggs (each)	\$0.18
15 oz canned pumpkin	\$1.00
1 pint milk	\$1.00
Flour (5 lb.)	\$2.49
Brown sugar (16oz)	\$1.00
Baking powder 8.1 oz.	\$1.00
Pumpkin pie spice 2.39oz	\$3.42

SENIOR Supply Box List

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

Beverage glass

NEW

Bowls (up to 4 - any size)

Calculator

Can Opener

Colander

NEW

Cutting Boards (up to 4)

Disposable tasting spoons (no limit)

Dry measuring cups (1 set)

Electric Skillet

NEW

Extension cord (multiple outlet or strip style)

Teams should be certain the extension cord is compatible (2-prong/3-prong) with the plugs on their electrical supplies

First aid kit

Food thermometer

Fork

Gloves

Grater

Hand sanitizer

Hot pads (up to 5)

Kitchen shears (1 pair)

Kitchen timer

NEW

Knives (up to 6)

Liquid measuring cup

NEW

Manual pencil sharpener

Measuring spoons (1 set)

Non-stick cooking spray

Note cards (1 package - no larger than 5 X 7)

Paper towels (1 roll)

NEW

Pancake turner (up to 2)

Pencils (no limit)

Plastic box & trash bags for dirty equipment

Pot with lid

Potato masher

Potato peeler

Sanitizing wipes (1 container)

NEW

Serving dishes/utensils

1 plate/platter

1 bowl

1 utensil

Skewers (1 set)

Skillet with lid

Spatulas (up to 2)

Stirring spoon

Storage bags (1 box)

Tongs (up to 2)

NEW

Toothpicks (no limit)

Two single-burner hot plates

or

One double- burner plate
(electric only!)

Whisk

Pantry Items

Salt

Pepper

Oil (up to 17 oz)

1 jar chicken bouillon

1 medium onion

2 cans (up to 16 oz)
vegetables and/or fruit (*team choice*)

Rice (white or brown)
or pasta (up to 16 oz) (*team choice*)

EXAMPLE

This recipe requires heat

Senior Healthy Dessert

Ingredients:

Rice

Receipt:

Rice \$2.46

**** Seniors will also get a sheet with a list of all grocery items and cost so they can figure out what they wish to purchase.**

Refer to the State Food Challenge guidelines.

EXAMPLE

Senior Grocery

List

Vegetables

Bell Pepper (1/2)	50¢
Corn (1 can)	\$1.00
Garlic (2oz)	50¢
Ginger (2oz)	50¢
Jalapeño (2)	50¢
Lettuce (2 slices)	50¢
Mushrooms	50¢
Onion (1)	50¢
Red Beans (1 can)	\$1.00
Squash (1/2)	50¢
Sugar Snap Peas (1/2 cup)	50¢
Tomato (1)	50¢

Fruits

Cranberries (1/2 cup)	50¢
Coconut Flakes (2oz)	50¢
Grapes (bag)	50¢
Pineapple Chunks (1/2 cup)	50¢

Grains

Buns (2)	\$1.00
Corn Tortilla (2)	\$1.00
Pasta (1 cup)	50¢
Rice (1 cup)	50¢

Cheese & Nuts

Cheese (1 cup)	\$1.00
Walnuts (bag)	50¢

4-H FOOD CHALLENGE SCORECARD - PREPARATION

Team Name: _____ Team #: _____

Entry Category: ___Appetizer ___Main Dish ___Side Dish ___Healthy Dessert

Team Observation	Comments	Points	Score
<i>Teamwork:</i>			
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	
<i>Safety concerns and practices:</i>			
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	
<i>Preparation:</i>			
Practiced correct cooking procedures based upon ingredients provided		3	
Completed tasks efficiently and in a logical order		2	
<i>Management:</i>			
Used work space efficiently		2	
Effective use of time		2	
Preparation table was clean at the conclusion of the preparation period		2	
<i>Additional Comments: (based on observation)</i>		Total Points (25)	

4-H FOOD CHALLENGE SCORECARD - PRESENTATION

Team Name: _____

Team #: _____

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

Team Presentation	Comments	Points	Score
Knowledge of MyPlate:			
Serving sizes and examples of each group in MyPlate		4	
Told how MyPlate represented in dish prepared		3	
Team shared healthy lifestyle choices based on dietary guidelines		2	
Nutrition Knowledge:			
Knows key nutrition in prepared dish		6	
Function of nutrients		5	
Healthy substitutions		4	
Food Preparation:			
Explained key steps in how dish was prepared		4	
Explained function of ingredients in dish		4	
Safety Concerns and Practices:			
Explained food safety according to Fight BAC		5	
Serving Size Information:			
Demonstrated knowledge of serving size for prepared dish		4	
Shared estimated cost of the prepared dish and individual serving		2	
Food Appearance/Quality:			
Food is appealing and appetizing		3	
Appeared to be cooked properly		2	
Attractive and appropriate garnish		3	
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)	

4-H FOOD CHALLENGE TEAM WORKSHEET - use back of sheet for additional space.

Knowledge of MyPlate (Write the food and in what food group it belongs):		
Food	MyPlate	Number of servings needed each day

Nutrient Knowledge (Know what this dish contributes to the diet):		
Food	Nutrients/Vitamins	What do they do for my body?

Food Preparation (Know the steps in the preparation of the food):	
Steps	What was prepared/performed in this step?

Food Safety (List food safety concerns associated with this dish.):	

Serving Size Information (Accurately calculate the cost of the dish and the cost per serving):		
Ingredient	Total cost of Ingredient	Cost per measurement
TOTAL:		
Total cost per serving:		

4-H FOOD CHALLENGE WORKERS

The Food Challenge does require some “assembly” beforehand to ensure that all the ingredients are assembled and all resources are carefully placed with the package of contest materials. However, once the contest starts, it is all fun, for both the 4-H members and those working the contest. Below is a list of the average number of officials and judges needed to facilitate the 4-H Food Challenge. Of course, these numbers will vary depending on the number of heats conducted and the number of participants entered at each level.

REGISTRATION	three to four to check in teams and check supply boxes a random box check process may be used
TIME KEEPER	one to give time warnings during preparation phase of contest
GROUP LEADERS	one per category, per age division
JUDGES	two to three for the junior/intermediate age division two to three per category for senior age division one or two per category for preparation judging
RUNNERS	two to four based on number of participants, size of contest area, and location of judging stations
HALL MONITORS	one to two to monitor halls in case participants must leave contest room (to use restroom)

4-H FOOD CHALLENGE RESOURCES

In preparation for the Food Challenge, participants should not limit themselves to studying only the contest resources provided at the contest. Resources that may be helpful can be found at:

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

4-H FOOD CHALLENGE CONTEST RESOURCES

The following resources will be provided to teams at the Food Challenge. All are available online at:

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

- | | |
|-------------|---|
| Resource 1: | MyPlate Mini-Poster |
| Resource 2: | Fight Bac – Fight Foodborne Bacteria Brochure |
| Resource 3: | Know Your Nutrients |
| Resource 4: | Food Safety Fact Sheet |
| Resource 5: | Food Challenge Worksheet (Optional) |
| Resource 6: | Receipts/Purchase Prices (if applicable) |

“Yes, I’ll Be There” Entry Form

**I plan to enter the Food Challenge
ENTRY FORM DUE to our office by**

Wednesday, October 13, 2021 by 5:00 p.m.

County Food Challenge: \$20 per team

Club Name: _____

Team Name: _____

Circle Age Division: (as of August 31, 2021)

Junior (Grades 3-5) / Intermediate (Grades 6-8) / Senior (Grades 9-12)

Who is on your team? _____

1. _____

2. _____

3. _____

4. _____

Make check payable to “Bexar 4-H Council”

County Food Challenge – Saturday, October 16, 2021



BEXAR COUNTY

FOOD SHOW

RULES & GUIDELINES

DATE

Saturday, October 16, 2021

TIME

1:15 pm. - 3:00 pm by appointment

LOCATION

The Neighborhood Place
3014 Rivas Street
San Antonio, TX 78228



2021

Texas 4-H Food Show

BACKYARD BBQ

What's your favorite dish at a backyard BBQ? Don't be afraid to showcase your culinary skills by experimenting with flavors and dishes commonly found at a backyard BBQ.

Summer isn't the only time for a Backyard BBQ! Sometimes, a backyard BBQ means you get to enjoy special dishes that you only see at a BBQ. The grill usually comes out and families have started gathering around to experiment with different flavors. Now is the time for you to get creative with flavors and recipes commonly found at a backyard BBQs. You may even want to try out a new piece of kitchen equipment such as a grill plate or indoor grill. Remember, not all backyard BBQ dishes even require a grill! Many Backyard BBQ dish favorites can be prepared on the stovetop, in the oven, in non-cook methods, or using special equipment. Let your local food sources guide your healthy recipe selection with only \$10 to spend!

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

The goal of the Texas 4-H Food Show is to provide an opportunity for 4-H contestants to highlight their culinary skills while also improving their presentation and interview skills. More than 120,000 youth participate in the 4-H Food & Nutrition Project where they learn to prepare nutritious and safe meals and adopt behaviors that can help reduce their risk for chronic disease.

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.

The Texas 4-H Food Show Committee has worked hard to redesign and reenergize the Texas 4-H Food Show! Although the dish component stays the same, two other components have been added to maximize learning and ensure that 4-H members are learning valuable life skills! The new Texas 4-H Food Show will consist of the following components which are explained throughout this guide:

1. Dish - All Age Groups
2. Interview - All Age Groups
3. Presentation - Seniors Only
4. Skill Showcase - Intermediate & Seniors Only
5. Knowledge Showcase - Seniors Only

General Rules

The rules in this guide are for the County 4-H Food Show competition.

1. An alternate cannot participate in the County Food Show.
2. Contestants should wear clothing consistent with professional and safe food handling practices.
3. Contest Components
 - a. Each food show participant will complete/compete in each of the following components.
 - i. Dish
 - ii. Interview (Junior & Intermediates Only)
 - iii. Presentation & Interview (Seniors Only)
 - iv. Skills Showcase (Intermediates/Seniors Only)
 - v. Knowledge Showcase (Seniors Only)
4. Dish Selection
 - a. 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.
 - b. 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/>
5. Dish Categories
 - a. Appetizer
 - i. 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 to not ruin one's appetite.
 - b. Main Dish
 - i. 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.
 - c. Side Dishes
 - i. 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.
 - d. Healthy Desserts
 - i. 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.
6. The decision as to whether a dish qualifies in a category will be left entirely to the discretion of the county extension agent during judging at the county level.

7. Recipes

- a. All participants will submit their recipe to the County Office with the "Yes, I will be there" entry form, by October 13, 2021.
County Address: 3355 Cherry Ridge Dr., Suite 212, San Antonio, TX 78230.
- b. Recipes should be typed in the standard recipe format using the enclosed Recipe Submission Checklist as a guide. ([see page 31](#))
- c. Total dish serving size MUST be included at the bottom of the recipe

8. Cooking

- a. Contestants will select and prepare a dish at home and bring it to the contest.
- b. There will be no actual cooking preparation at the County Food Show.
- c. Contestants will NOT have access to electrical outlets, microwaves, ovens, refrigerators, freezers, sinks, etc. at the District Food Show.

9. Dish Displays

- a. Dishes may only be accompanied by the following:
 - i. A serving utensil
 - ii. An eating utensil (i.e. spoon, fork)
 - iii. Napkin
 - iv. Edible garnish
 - v. Serving tray (for transportation purposes).
- b. No decorations.
 - i. Contestants are encouraged to have an appealing "presentation," however, excessive décor, plating, etc. is not acceptable.
- c. Both disposable and non-disposable serving dishes are acceptable.

10. Dish Staging Area

- a. Contestants will stage their dish in the assigned staging area as designated by contest officials.
- b. Parents/guardians/etc. will NOT be allowed in the contest area (which includes staging and holding areas).
 - i. If the contestant needs assistance preparing their dish for presentation, this should be done before entering the dish into the staging area.
- c. Hot dishes should be accompanied by a thick place mat, a trivet, or some other type liner to place between the hot dish on the table as a hot dish may damage the table or covering.

11. Contestant Schedule

- a. A Food Show contest schedule will be determined based on the number of entries and send to contestants prior to the contest with each contestants assigned time slot.

Senior Judging Rules & Guidelines

Senior Judging will consist of five components as listed below.

1. Presentation

- a. Maximum five-minute presentation to introduce themselves and their dish
- b. Presentation should include the following
 - i. Describe the inspiration in choosing the recipe
 - ii. How the recipe relates to the current theme
 - iii. Areas as indicated on the scorecard ([see page 23](#))
 1. Knowledge of MyPlate
 2. Nutrition Knowledge
 3. Food Preparation
 4. Food Safety Concerns

2. Interview

- a. Four-minute interview
- b. Judges will ask questions applicable to the attached scorecard
 - i. This 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.
- c. Judges may ask additional questions related to general food and health, food systems, food safety, or food/health issues.

3. Serving

- a. Senior participants will be required to bring their entire dish to the County Contest and will serve one serving to the judges from their serving dish to the judge's plate during their interview.
- b. Contestants will have one minute to serve the judges a portion of the dish.
 - i. This allows judges to visually evaluate the dish prepared.
 - ii. Contestants should practice proper food handling techniques when presenting food to the judges.
- c. Judges will not taste the food.

4. Skill Showcase

- a. A maximum of three minutes will be allowed for the Skill Showcase.
- b. Contestants will showcase a skill learned in the food and nutrition project area when they bring their dish to be judged as assigned by the judges.
- c. All materials to demonstrate this skill will be provided
- d. Judges will score the skill based on correct procedures, safety, and other pertinent information related to the skill assigned.
- e. The skill will be assigned during designated judging time for each contestant and not prior.

5. Knowledge Show Case

- a. Contestants will be given a 10-question quiz containing multiple choice and true/false questions. The quiz will be given in a worksheet format. All questions will be read aloud.
- b. The quiz will test contestant's knowledge of food preparation, food safety, kitchen safety, and general nutrition knowledge.
- c. 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.

County Food Show

Senior Score Card

Contestant Name: _____ County: _____

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

	Comments	Points	Score
I. PRESENTATION			
Theme: Is theme represented in this entry?		(5)	
Knowledge of MyPlate: Food group of individual ingredients Serving amount needed from each group daily Food group that dish falls into Knowledge of personal healthy lifestyles choices based on dietary guidelines		(10)	
Nutrition Knowledge: Contestant understands what this dish contributes to the diet		(10)	
Food Preparation: Knows the key steps in preparation of food and function of ingredients		(10)	
Food Safety Concerns & Practices: Knows food safety concerns in preparation and storage of dish		(10)	
II. INTERVIEW <i>(category specific)</i>			
Judge's Questions		(15)	
4-H Food & Nutrition Project Activities		(10)	
III. FOOD PRESENTATION/QUALITY			
Appearance of food (texture, uniformity) Garnishing		(5)	
IV. EFFECTIVENESS OF COMMUNICATION			
Voice, poise, personal appearance		(5)	
V. SKILL SHOWCASE			
Proper demonstration of assigned skill		(10)	
VI. Knowledge Showcase			
		(10)	
Additional Comments:		Total Points (100)	
Judges Initials:			

Intermediate Judging Rules & Guidelines

Intermediate Judging will consist of two components as listed below.

1. Interview
 - a. Five-minute interview
 - i. Intermediate contestants will NOT give a prepared presentation. If the contestant begins to present the judges will ask the contestant to stop and remind them that this is an interview only.
 - b. Judges will ask questions applicable to the attached scorecard
 - i. This 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.
 - c. Judges may ask additional questions related to general food and health, food systems, food safety, or food/health issues.
 - d. [See page 29](#) for possible questions
2. Skill Showcase
 - a. A maximum of three minutes will be allowed for the Skill Showcase.
 - b. Contestants will showcase a skill learned in the food and nutrition project area when they bring their dish to be judged as assigned by the judges.
 - c. All materials to demonstrate this skill will be provided
 - d. Judges will score the skill based on correct procedures, safety, and other pertinent information related to the skill assigned.
 - e. The skill will be assigned during designated judging time for each contestant and not prior.

Serving Size/ Dish Display

1. Intermediate participants will only bring, display, and present to the judges a single serving of the dish instead of the entire dish.
2. Intermediates will not “serve the judges” as the dish they present will only be a single serving and therefore does not need to be “served.”
3. Judges will not taste the food.

County Food Show

Intermediate Score Card

Contestant Name: _____ County: _____

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

	Comments
I. INTERVIEW	
Theme:	
Is theme represented in this entry?	
Knowledge of MyPlate:	
Food group of individual ingredients	
Serving amount needed from each group daily	
Food group that dish falls into	
Knowledge of personal healthy lifestyles choices based on dietary guidelines	
Nutrition Knowledge:	
Contestant understands what this dish contributes to the diet	
Food Preparation:	
Knows the key steps in preparation of food and function of ingredients	
Food Safety Concerns & Practices:	
Knows food safety concerns in preparation and storage of dish	
Judge's Questions	
4-H Food & Nutrition Project Activities	
II. FOOD PRESENTATION/QUALITY	
Appearance of food (texture, uniformity)	
Garnishing	
III. EFFECTIVENESS OF COMMUNICATION	
Voice, poise, personal appearance	
IV. SKILL SHOWCASE	
Proper demonstration of assigned skill	
Additional Comments:	
Judges Initials	
Revised August 2020	

PART TWO: SKILL 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.

Examples of skills to be assigned include, but are not limited to: (Intermediate & Seniors Only)

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.

PART THREE: KNOWLEDGE SHOWCASE: 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.

Junior Judging Rules & Guidelines

Junior Judging will consist of one component as listed below.

1. Interview
 - a. Five-minute interview
 - i. Junior contestants will NOT give a prepared presentation. If the contestant begins to present the judges will ask the contestant to stop and remind them that this an interview only.
 - b. Judges will ask questions applicable to the attached scorecard
 - i. This 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.
 - c. Judges may ask additional questions related to general food and health, food systems, food safety, or food/health issues.
 - d. [See page 29](#) for possible questions

Serving Size/ Dish Display

1. Junior participants will only bring, display, and present to the judges a single serving of the dish instead of the entire dish.
2. Juniors will not “serve the judges” as the dish they present will only be a single serving and therefore does not need to be “served.”
3. Judges will not taste the food.

County Food Show

Junior Score Card

Contestant Name: _____ County: _____

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

	Comments
I. INTERVIEW	
Theme:	
Is theme represented in this entry?	
Knowledge of MyPlate:	
Food group of individual ingredients	
Serving amount needed from each group daily	
Food group that dish falls into	
Knowledge of personal healthy lifestyles choices based on dietary guidelines	
Nutrition Knowledge:	
Contestant understands what this dish contributes to the diet	
Food Preparation:	
Knows the key steps in preparation of food and function of ingredients	
Food Safety Concerns & Practices:	
Knows food safety concerns in preparation and storage of dish	
Judge's Questions	
4-H Food & Nutrition Project Activities	
II. FOOD EVALUATION	
Food Presentation/Quality:	
Appearance of food (texture, uniformity)	
Garnishing	
III. EFFECTIVENESS OF COMMUNICATION	
Voice, poise, personal appearance	
Additional Comments:	
Judges Initials	
Revised August 2020	

Junior & Intermediate Sample Questions

1. What are the key nutrients you would get from your recipe? Why do you need these nutrients?
2. What are the preparation steps in your recipe and why are they important?
3. What did you learn about food safety in your foods & nutrition project?
4. Tell me about one of the ingredients in your dish and why it is important in your recipe?
5. (Function of ingredients)
6. What have you learned in your foods project about healthy eating?
7. Give one example of a food from each My Plate section.
8. Other than My Plate, what should you consider when planning a meal?
9. What did you learned in your foods and nutrition project that you thought was most important in
Community Services, Leadership and Workshops?
10. Could you substitute anything in your recipe to make it healthier or modify the taste?
11. What is the cost of your dish?
12. Give one example of how you incorporated the theme into your dish / dish selection

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

- 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

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/>

RECIPE CHECKLIST

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

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 & cooking processes,			
Size & type of pan stated			
Oven temperature and cooking times given			
Number of servings or how much the recipe would make included			

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 1package/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	
1cup 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 jiggle 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.)



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

Date	Time	Location	Weather	Wind	Temp	Humidity	Pressure	Visibility	Clouds	Precip	Remarks

Updated July 2020

“Yes, I’ll Be There” Entry Form

**I plan to enter the County Food Show
ENTRY FORM DUE at our office by**

Wednesday, October 13, 2021 by 5:00 p.m.

Please place documents in an envelope with Contestant name and deliver through the drop box on the door or with the receptionist.

Name: _____

Club: _____

Circle Age Division: (as of August 31, 2021)

Junior (Grades 3-5)

Intermediate (Grades 6-8)

Senior (Grades 9-12)

Email: _____

County Food Show:

Check a category:

____ 5ddeh]nYf

____ AU]b`8]g\

____ G]XY`8]g\

____ <YU`h\m8YggYfh

I am entering: _____
(name of dish)

County Food Show – Saturday, Oct. 36, 2041