

September 25, 2019

MEMO TO: 4-H Foods Leaders and Club Managers

SUBJECT: 2019 COUNTY 4-H FOOD SHOW & FOOD CHALLENGE

WHEN: Saturday, November 2, 2019 - 8:30 a.m.-4:00 p.m.

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

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

SCHEDULE:

8:30 – 9:00 a.m.	Judges and Volunteer Orientation Food Challenge Contestants Orientation
9:00 a.m.	Food Challenge Contestant Sign In
9:15 a.m.– 12:00 noon	Food Challenge Contest, Judging & <i>Awards*</i>
12:00 noon – 1:00 p.m.	Lunch on Your Own
12:30 p.m. – 1:00 p.m.	Food Show Contestant Registration
1:00 p.m. – 3:00 p.m.	Food Show Contest & Judging
3:00 p.m. – 4:00 p.m.	<i>Food Show Awards*</i>
4:00 p.m. - 4:30 p.m.	Everyone Help Clean up

*Start time for awards may be subject to move up due to number of teams and/or number of contestant participating as well as completion of judging.

Food Challenge

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 and Eligibility Form are due to County Office on **Wednesday, October 23, 2019 by 5:00 p.m.** All 4-H’ers must complete and submit an original copy to County office to participate in contest. **Form found on pages 14 & 26.**

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: Main Dish, Fruits and Vegetables, Bread and Cereal, and Nutritious Snacks. 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: http://texas4-h.tamu.edu/wp-content/uploads/roundup_food_challenge_2020_rules_guidelines.pdf.

Please note that the scorecards have also been updated, they can be found on pages 12-13 and at the links below:

Presentation: http://texas4-h.tamu.edu/wp-content/uploads/roundup_food_challenge_2020_scorecard.pdf

Preparation: http://texas4-h.tamu.edu/wp-content/uploads/roundup_food_challenge_2020_preparation_scorecard.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. On pages 5-7.**
- **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 with ingredient list with category, nutritional information and receipt. * **They will be following last year's rules and will not be provided with play money for pantry.**
 - **Intermediates** - will receive a list of ingredients with category, limited nutritional information and a receipt. ***They will not be provided with play money for pantry.**
 - **Seniors** – will receive a sheet with category, one food item and cost. They will also receive a cost list for the pantry. ***They will be given “contest currency”/play money as stated in the new 2019-2020 Rules & Guidelines for Food Challenge.**

2019-2020 Food Challenge Informational Video

To watch please follow: <https://www.youtube.com/watch?v=VYRYnJlPEcs&t=9s>



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

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	Kitchen timer
Bowls <ul style="list-style-type: none">• Dip Size (1)• Mixing (2)• Serving (1)	Knives (4)
Calculator	Liquid measuring cup (2 cup size)
Can Opener	Measuring spoons (1 set)
Cookie sheet	Non-stick cooking spray
Colander	Note cards (1 package - no larger than 5 X 7)
Cutting Boards (3)	Paper towels (1 roll)
Disposable tasting spoons (no limit)	Pancake turner
Dry measuring cups (1 set)	Pencils (no limit)
Electric Skillet	Plastic box and trash bag for dirty equipment
Extension cord	Potato masher
First aid kit	Potato peeler
Food thermometer	Sanitizing wipes (1 container)
Fork	Serving platter
Gloves	Serving utensil
Grater	Skewers (1 set)
Hand sanitizer	Spatulas (2)
Hot pads (up to 5)	Stirring spoon
Kitchen shears (1 pair)	Storage bags (1 box)
	Tongs
	Whisk

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

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

Pot with lid

Potato masher

Potato peeler

Sanitizing wipes (1 container)

Serving platter

Serving utensil

Skewers (1 set)

Skillet with lid

Spatulas (2)

Stirring spoon

Storage bags (1 box)

Tongs

Two single-burner hot plates **OR** one double-burner plate (electric only!)

Whisk

*****Gadget of the Year: Spiralizer
(manual only)**

SAMPLE

Junior Bread & Cereal

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

SAMPLE

This recipe requires heat

Intermediate Bread and Cereal

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

SAMPLE

This recipe requires heat

Senior Bread and Cereal

Ingredients:

Rice

Receipt:

Rice \$2.46

** Seniors will also get a sheet with a list of all pantry items and cost so they can figure out what they wish to purchase from the pantry to complete their dish.

Refer to the State Food Challenge guidelines.

EXAMPLE

Senior Pantry List

(Each team will get a list of what is on the pantry and cost – we will only have a limited supply of each item so if that item is gone then the team will need to select something different.)

From FAQ: What if a team decides on items from the pantry, but when they get to the pantry some of the items are not available? Just like “real life”, teams may find items are “out of stock” because other teams have selected these items as well. If this is the case, teams should use their critical thinking skills to determine a substitution for the items that are “out of stock.”

Chicken Broth (1 cup)	.50
Black Beans (1 can)	.50
Red Bell Pepper (1)	1.00
Tortilla (2)	.50
Pineapple (1 can)	1.00
Onion (1)	.50
Canned tomatoes (1 can)	1.00
Lemons (2)	.50
Zucchini (1)	.50
Bread crumbs (½ cup)	.50

4-H FOOD CHALLENGE SCORECARD - PRESENTATION

Team Name: _____ Team #: _____

Entry Category: ___ Main Dish ___ Fruit/Veggie ___ Bread/Cereal ___ Nutritious Snack

Team Presentation	Comments	Points	Score
<i>Knowledge of MyPlate:</i>			
Knowledge of MyPlate		2	
Serving sizes and examples of MyPlate groups based on 2000 calorie diet		2	
Told how MyPlate represented in dish prepared		2	
Dish is representative of category		2	
Team shared personal healthy lifestyle choices based on dietary guidelines		2	
<i>Nutrition Knowledge:</i>			
Knows key nutrition in prepared dish		5	
Function of nutrients		5	
Healthy substitutions		3	
<i>Food Preparation:</i>			
Listed & explained steps in how dish was prepared		4	
Explained function of ingredients in dish		4	
<i>Safety Concerns and Practices:</i>			
Explained & applied food safety		8	
<i>Serving Size Information:</i>			
Demonstrated knowledge of serving size		4	
Shared estimated cost of the dish		2	
<i>Food Appearance/Quality:</i>			
Food is appealing and appetizing		3	
Appeared to be cooked properly		3	
Attractive and appropriate garnish		3	
<i>Creativity:</i>			
Used ingredients in a creative way		5	
Incorporated pantry items into dish or garnish		3	
<i>Effectiveness of Communication:</i>			
Displayed effective communication skills		4	
Poise and personal appearance		4	
<i>Teamwork:</i>			
Majority of team contributed to the presentation		5	
<i>Questions:</i>		5	
<i>Additional Comments:</i> <i>(use back of sheet for additional space)</i>		Total Points (80)	

4-H FOOD CHALLENGE SCORECARD - PREPARATION

Team Name: _____

Team #: _____

Entry Category: ___ Main Dish

 ___ Fruit/Veggie

 ___ Bread/Cereal

 ___ Nutritious Snack

Team Observation	Comments	Points	Score
Teamwork:			
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	
Safety concerns and practices:			
Exhibited knowledge of how to use equipment safely (heat, utensils, sharps, etc.)		3	
Handled ingredients appropriately to avoid cross contamination		1	
Personal Hygiene (hair, nails, jewelry, etc.)		1	
Preparation:			
Displayed a logical process in mixing and assembling ingredients		2	
Practiced correct cooking procedures based upon ingredients provided		1	
Completed tasks efficiently and in a logical order		2	
Management:			
Used work space efficiently		2	
Effective use of time		2	
Preparation table was clean at the conclusion of the preparation period		1	
Additional Comments: <i>(based on observation)</i>		Total Points (20)	

“Yes, I’ll Be There” Entry Form

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

Wednesday, October 23, 2019 by 5:00 p.m.

County Food Challenge: \$20 per team

Club & Team Name:

Circle Age Division: (as of August 31, 2019)

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, November 2, 2019

FOOD SHOW

The Texas 4-H Food Show

Project Goals

The goal of the 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 annually. Projects consist of five to six sequential learning experiences, leadership development opportunities and community service experiences. The 4-H Food & Nutrition Project allows youth to learn how to prepare nutritious and safe meals and snacks and adopt behaviors that can help reduce their risk for chronic disease. This contest challenges members to create a dish using healthy ingredients in addition to learning in-depth information related their dish and its nutritional value.

Objectives

The objectives of the 4-H Food & Nutrition Project are:

- 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.

County will follow the 2019-2020 State 4-H Food Show rules except where noted in the County Rules Section of this packet. County will use the same categories and theme as state. The State 4-H Food Show Packet is available at: <https://texas4-h.tamu.edu/projects/food-nutrition/>

Registration:

“Yes, I’ll Be There” Entry Form, Eligibility Form and Texas 4-H Recipe Paperwork are due to County Office on Wednesday, October 23, 2019 by 5:00 p.m. All 4-H'ers must complete and submit an original copy to County office to participate in contest. [Form found on pages 24-26.](#)

Rules:

1. **Participation.** Participants must be 4-H members currently enrolled in a Texas 4-H Youth Development county program and actively participating in the Food and Nutrition project.
2. **Age.** Age divisions are determined by a participant’s age as of August 31 of the current 4- H year in accordance with what is stated in the current Texas 4-H Rules and Guidelines.
Junior: Grades 3rd - 5th Intermediate Division: Grades 6th - 8th Senior Division: Grades 9th - 12th
3. **Theme.** “*Food Around the World*” Embark on a memorable adventure--meeting people, sharing customs and sampling foods from various countries around the world.

This year’s 4-H Food Show theme, “*Food Around the World*” challenges contestants to explore foods and cultures from countries outside the United States. Let your exploration guide your recipe selection for the food show. Is there a country you dream of traveling to in the future? Consider your family’s heritage and/or original place of origin for inspiration. Or simply spin the globe and let your finger choose a country. Remember to keep in mind good nutrition and healthy preparation methods as you select your recipe.

4. **Categories.** 4-H Food Show categories for are: Main Dish, Fruits & Vegetables, Breads & Cereals and Nutritious Snacks.

Main Dish – Food classified as main dish usually contain a meat or meat alternate such as cheese, eggs, dry beans, or peas and peanut butter. They also may contain other foods. Dishes may include beef, veal, pork, variety meats, poultry, eggs, fish and shellfish. Other possible dishes include meat loaves, soufflés, omelets, soups and chowders.

Fruits & Vegetables – Side dishes are foods that are usually served along with a main dish or as accompaniments to the main course. Foods in this category should be those in which the main ingredient is a fruit or a vegetable. Suggested dishes may include salads, cooked vegetables, cooked fruit, and combination vegetable dishes.

Breads & Cereals – The foods in this category should contain foods made from wheat, oats, rice rye, barley, millet, quinoa and / or corn. Examples of entries for this category include quick breads such as muffins and biscuits, yeast breads, oatmeal and pasta.

Nutritious Snacks – For this category, look for recipes high in nutrients which provide lasting energy to sustain an individual between meals. Examples of nutritious snacks include red pepper hummus, oven roasted chickpeas, or oatmeal energy balls.

5. **Recipe.** When selecting a recipe for county and district competition, please remember:

Recipes should be written in the standard recipe format using the included Recipe Submission Checklist as a guide.

No alcohol or ingredients containing alcohol may be used.

Keep in mind what ingredients will be available or in season for all levels of competition: county, district and state.

District level if advancing to State. The same recipe cannot be entered more than once to the State Food

Food Show contestants must enter the same recipe that they qualified with at the County level and Show.

6. **Serving Size.** *Junior and Intermediate* participants will only display a single serving of their entry instead of the entire recipe. It should be displayed on an appropriate serving dish and may be garnished with an edible garnish. Total dish serving size **MUST** be included at the bottom of your recipe.

7. **Entire Dish.** *Senior* participants will be required to bring their entire dish to the District Contest and will serve one serving to the judges from their serving dish to the judge's plate during their interview.

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

8. **Safety.** Contestants should wear clothing consistent with professional and safe food handling practices.

9. **Forms.** All 4-H'ers **MUST** complete the required "Yes I'll be there" Entry Form, Texas 4-H Food Show Recipe Paperwork and Eligibility Form and submit to County Office. **Due October 23, 2019 by 5:00pm.** Note the form is the same for all age divisions.

10. Contestants must remain at their assigned seat until he/she interviews. A tie breaker procedure will be used in the tally room therefore, it will not be necessary for 4-H'ers to stay after they are judged.
11. The decision as to whether a dish qualifies in a category will be left entirely to the discretion of the agent during judging at the county level.
12. **Garnishes.** Only edible garnishes are allowed. No decorations. Participants will be asked to remove any other material besides a serving utensil, utensil, napkin, and edible garnish from the serving tray. Both disposable and non-disposable serving dishes are acceptable.
13. **Presentation and Judging Guidelines.** Note the differences in presentation and judging format. Juniors / Intermediates will follow the same format. Seniors will follow state format. Details are listed below by age division.

Senior Presentation and Judging Guidelines

Seniors will be required to bring their entire dish to the County Contest and will need to serve one serving to the judges. 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 an appropriate serving size for evaluation purposes. Contestants will serve one serving to the judging panel, not a serving to each individual judge.

A. 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.

B. 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, 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, food systems, food safety, or food/health issues.

C. Serving

At the end of the question and answer period, contestants will have *one-minute to serve the judges* a portion of their dish. This allows judges to visually evaluate the dish prepared. Contestants should practice proper food handling techniques when presenting food to the judges. Judges will not taste the food.

Senior Registration Forms

* The only required paperwork is "Yes I'll be there" Entry Form, Eligibility Form and "Texas 4-H Food Show Recipe" Must be submitted to County Office. **Due October 23, 2019 by 5:00pm.** Forms found on pages 24-26. Note the form is the same for all age divisions. Recipes should be typed in the standard recipe format using the Recipe Submission Checklist as a guide on page 20.

Junior and Intermediate Presentation and Judging Guidelines

Juniors and Intermediates will be required to bring one serving of their dish to the County Contest. Contestants will not need to serve to the judges as they will present one (1) serving to the judging panel, not a serving to each individual judge. Contestants should present judges with the one (1) serving as they deem is an appropriate serving size for evaluation purposes.

Once the single serving as been presented the interview will begin with judges asking questions. If a contestant starts with a prepared presentation, judges are required to stop the contestant and remind them of the interview format.

Juniors and Intermediates have a maximum of Five (5) minutes to be interviewed by the judges.

Junior Intermediate Forms

* The only required paperwork is “Yes I’ll be there” Entry Form, Eligibility Form and “Texas 4-H Food Show Recipe”. Must be submitted to County Office. **Due October 23, 2019 by 5:00pm.** Forms found on pages 24-26. Note the form is the same for all age divisions. Recipes should be typed in the standard recipe format using the Recipe Submission Checklist as a guide on page 20.

COUNTY 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	_____	_____

County 10 4-H Food Show | Scorecard

Contestant Name: _____

County: _____

Entry Category: ___ Main Dish ___ Fruit/Veggie ___ Bread/Cereal ___ Nutritious Snack

Age Division: ___ Junior ___ Intermediate ___ Senior

	Comments
I. PRESENTATION	
<p>Theme:</p> <ul style="list-style-type: none"> • Is theme represented in this entry? 	
<p>Knowledge of MyPlate:</p> <ul style="list-style-type: none"> • 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 	
<p>Nutrition Knowledge:</p> <ul style="list-style-type: none"> • Contestant understands what this dish contributes to the diet 	
<p>Food Preparation:</p> <ul style="list-style-type: none"> • Knows the key steps in preparation of food and function of ingredients 	
<p>Food Safety Concerns & Practices:</p> <ul style="list-style-type: none"> • Knows food safety concerns in preparation and storage of dish 	
II. INTERVIEW <i>(category specific)</i>	
Judge's Questions	
4-H Food & Nutrition Project Activities	
III. FOOD EVALUATION	
<p>Food Presentation/Quality:</p> <ul style="list-style-type: none"> • Appearance of food (texture, uniformity) • Garnishing 	
IV. EFFECTIVENESS OF COMMUNICATION	
<i>Voice, poise, personal appearance</i>	
<p>Additional Comments:</p> <p style="text-align: right; margin-right: 50px;">Judges Initials</p> <p style="text-align: right; margin-right: 50px;">_____</p>	

Possible Junior & Intermediate Questions County 4-H Food Show

1. What are the food groups included in **My Plate**? What portion does each group take up?
2. What are the **key nutrients** you would get from your recipe? Why do you need these nutrients?
3. What are the **preparation steps** in your recipe and why are they important?
4. What did you learn about **food safety** in your foods & nutrition project?
5. Tell me about one of the ingredients in your dish and why it is important in your recipe?

(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.

Possible Senior Questions County 4-H Food Show

The senior division is set up in a way that allows contestants to share their knowledge in the format of their choosing during the presentation. Interview questions are applicable to the scoresheet.

While there is not a list of example questions, contestants should be prepared to provide thorough information in their presentation to showcase their knowledge and be able to answer questions related to the topics listed below in the interview section.

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.

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, 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.



TEXAS 4-H FOOD SHOW RECIPE SUBMISSION PAPERWORK

CONTESTANT NAME:								
CATEGORY <i>Please check one</i>	<input type="checkbox"/>	Breads & Cereal	<input type="checkbox"/>	Fruits & Vegetables	<input type="checkbox"/>	Main Dish	<input type="checkbox"/>	Nutritious Snack
COUNTY								
DISTRICT								

Name of Recipe:	
Prep Time:	Cook Time:

Total Servings:

Serving Size:

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 September 2019

“Yes, I’ll Be There” Entry Form
I plan to enter the County Food Show
ENTRY FORM DUE to our office by
Wednesday, October. 23, 2019 by 5:00p.m.

Name: _____

Club: _____

Circle Age Division: (as of August 31, 2019)

Junior (Grades 3-5) Intermediate (Grades 6-8)

Senior (Grades 9-12)

Email: _____

County Food Show:

Check a category:

Main Dish
 Breads & Cereals

Fruits and Vegetables
 Nutritious Snacks

I am entering: _____
(name of dish)

County Food Show – Saturday, November 2, 2019

Texas A&M AgriLife Extension Service



Declaration of Eligibility Form

This information is requested in accordance with the provisions of the Texas Education Code and in cooperation with the Texas Education Agency and local public school board policies.

Parent/Guardian/County Extension Agent - Complete This Section

In accordance with 4-H policy, provided by our local Extension office, I respectfully request:

Academic eligibility information only

Academic eligibility information and authorization to receive an excused absence from school

Date: November 2, 2019 Name of Activity: County 4-H Food Show or County Food Challenge

Date(s) to be absent from school: N/A

Signature of Parent/Guardian: _____

I hereby certify that _____ is a member of 4-H in Bexar County and is scheduled to participate in this activity representing 4-H. He/she will be under the supervision of Texas AgriLife Extension faculty or agency's designated volunteer leader.

October 1, 2019
Date

Angie Gutierrez
County Extension Agent

Principal - Complete This Section

Check (√) one:

I do certify that the student is academically eligible to participate in the above mentioned extracurricular activity on dates(s) listed above.

I do not certify this student because he/she is NOT academically eligible to participate in the above mentioned extracurricular activity.

Check (√) one:

An excused absence will be granted on dates(s) listed above.

An excused absence will not be granted.

Does not apply.

Signed: _____ Date: _____
Principal or Designee

Name of School

Instructions: 4-H member should return original form to the County Extension Office. Schools requiring a copy of this form should make a copy before returning it to the student. 4-H members should also make a copy for their file before returning it to our office. Return to: Bexar County 4 -H, 3355 Cherry Ridge, #212, San Antonio, Texas 78230