

# COOKING

# THROUGH THE DECADES

TEXAS A&M  
AGRI LIFE  
EXTENSION



**District 10 Bexar County**  
**October 28th, 2023**

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.



Bexar County

# FOOD SHOW

October 28th, 2023

The Neighborhood Place  
3014 Rivas St,  
San Antonio, TX 78228

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# Food Show

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**DATE:** Saturday, October 28th, 2023

**LOCATION:** The Neighborhood Place, 3014 Rivas St, San Antonio, TX 78228

## SCHEDULE:

12:45 p.m. - 2:00p.m. *Food Show Contestant Sign in by appointment*

2:30 p.m. *\*Food Show Awards*

2:45 p.m. - 3:00p.m. *Everyone Help Clean Up*

*Schools will be contacted directly to verify eligibility. Only participants will be allowed in contest area.  
\*Awards may start earlier depending on how many participants have appointments.*

## CONTEST TYPE

### Qualifying:

1. Counties may send one contestant per category, per age division, per county to District.

## CONTEST STRUCTURE

**Individual ONLY:** There are no team components to Food Show, this is an individual contest only.

## THEME: *Cooking Through the Decades*

**NEW!** *The 2023 Texas 4-H Food Show theme this year 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 tastebuds 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. \*NOTE: Seniors who qualify to attend State Food Show will need to keep in mind they will only have 75-minute oven time when preparing their dish at State ONLY. There will be no actual cooking preparation at the District Food Show.*

**Reminder:** 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 target the theme. The same recipe cannot be entered more than once to the District/State Food Show

**Must arrive no later than 15 minutes from your scheduled appointment.**

**No exceptions or you will be disqualified.**

## CONTEST RULES

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1. **General Rules:** County Food Show will follow the State 4-H Food Show Rules & Guidelines lines unless otherwise stated in these rules (State Rules apply to SENIORS ONLY) Junior and Intermediate rules for county will be discussed at orientation on October 6th @ 6:30.\*Please pay special attention to modifications in this document. Click links below for State PDF documents:
  - a. [2023-2024 Texas 4-H Food Show State Rules and Guidelines](#)
  - b. [2023-2024 Texas 4-H Food Show Recipe Submission Paperwork](#)
  - c. [2023-2024 Texas 4-H Food Show Resources List](#)
  - d. Additional Resources: <https://texas4-h.tamu.edu/projects/food-nutrition/>
2. **Contest Components:** Each food show participant will compete in the following components:
  - a. Dish (Pre-prepared) & Recipe Submission Paperwork. (**ALL** Age Divisions - Juniors, Intermediates & Seniors will bring entire dish and serve one serving portion to judges.)
  - b. **Presentation & Interview (ALL Age Divisions)** - Juniors, Intermediates, and Seniors will give a 5-minute (maximum) Presentation on their dish. All age divisions will be asked interview questions after the presentation. Possible questions will be provided, but participants may be asked questions not on list. Time limits for questions are as follows:
    - i. **Junior & Intermediate** – 2 minutes for Questions
    - ii. **Senior** – 4 minutes for Questions
  - c. Skills Showcase – 3 minutes (**Intermediates/Seniors Only**)
  - d. Knowledge Showcase (**Seniors Only**)
3. **Dish Selection:** 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 should ensure they are choosing healthy recipes that follow guidance in the Recipes for Good Health resource located at:  
[https://texas4-h.tamu.edu/wp-content/uploads/food\\_receipts\\_good\\_health.pdf](https://texas4-h.tamu.edu/wp-content/uploads/food_receipts_good_health.pdf)
4. **Dish Categories:** 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.
  - a. **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 to not ruin one's appetite.
  - b. **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 key ingredient is usually meat or another protein food, but they may contain other foods.
  - c. **Side Dishes:** 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:** 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.

5. **Attire:** Contestants should wear clothing consistent with professional & safe food handling practices.
6. **Cost:** **REMINDER!** The contestant's recipe will no longer have a cost limitation in adherence with the Texas 4-H State rules.
7. **Recipe Submission:**
  - a. All participants will submit a copy of their Recipe when registering for competition to the Bexar County AgriLife Extension office.
  - b. Failure to submit the recipe at time of registration may result in disqualification.
  - c. Recipes should be typed in the standard Recipe Submission Paperwork found here: [DOWNLOAD Recipe Submission Paperwork](#)
  - d. Total dish serving size MUST be included at the bottom of the recipe. Please view RECIPE EXAMPLE resource here: <https://d104-h.tamu.edu/files/2022/08/Recipe-Example-Resources.pdf>
8. **Cooking & Preparation:**
  - 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 Food Show.
  - c. Contestants will NOT have access to electrical outlets, microwaves, ovens, refrigerators, freezers, sinks, etc.
9. **Dish Displays:** *\*NOTE: No decorations.* Contestants are encouraged to have an appealing "presentation," however, excessive décor, plating, etc. is not acceptable. 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 Utility tray, not decorated (for transportation purposes ONLY).
  - vi. 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 sent to contestants prior to the contest with each contestants assigned time slot.

## CONTEST JUDGING RULES & GUIDELINES

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### JUNIOR

#### Download [JUNIOR SCORECARD](#)

##### **Presentation:**

- a. Junior contestants will give a 5-minute (maximum) prepared presentation. ([DOWNLOAD](#) Food Show Resources Page to help youth develop presentation) The presentation should include the following:
  - i. Describe the inspiration in choosing the recipe
  - ii. How the recipe relates to the current theme
  - iii. Knowledge of MyPlate, Nutrition Knowledge, Food Preparation and Food Safety Concerns.

##### **Interview:**

- a. 2-minute interview
- b. Judges will ask questions applicable to the scorecard. 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. [DOWNLOAD](#) possible Junior/Intermediate questions list.

##### **Serving:**

- a. Junior 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. This allows judges to visually evaluate the dish prepared.
- c. Contestants should practice proper food handling techniques when presenting food to the judges.
- d. 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. PRESENTATION & INTERVIEW

#### Theme:

How does the theme fit with the dish?

#### Knowledge of MyPlate:

Food group(s) represented in dish.

Serving amount needed from each group daily for age.

How did MyPlate guide choice of dish?

How does this dish reflect MyPlate?

#### Nutrition Knowledge:

Key nutrients of dish and function of those nutrients

#### Food Preparation:

Preparation key principles and function of key ingredients

Healthy substitutions

#### Food Safety Concerns & Practices:

Knows food safety concerns in preparation and storage of dish

Follows FightBAC principles

#### 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 September 2023

## CONTEST JUDGING RULES & GUIDELINES – CONTINUED...

### INTERMEDIATE

#### Download [INTERMEDIATE SCORECARD](#)

##### **Presentation:**

- a. Intermediate contestants will give a 5-minute (maximum) prepared presentation. ([DOWNLOAD](#) Food Show Resources Page to help youth develop presentation) The presentation should include the following:
  - i. Describe the inspiration in choosing the recipe
  - ii. How the recipe relates to the current theme
  - iii. Knowledge of MyPlate, Nutrition Knowledge, Food Preparation and Food Safety Concerns.

##### **Interview:**

- a. 2-minute interview
- b. Judges will ask questions applicable to the scorecard. 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. [DOWNLOAD](#) possible Junior/Intermediate questions list.

##### **Serving:**

- a. Intermediate participants will be required to bring their entire dish 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. This allows judges to visually evaluate the dish prepared.
- c. Contestants should practice proper food handling techniques when presenting food to the judges.
- d. Judges will not taste the food.

##### **Skill Showcase:**

- b. A maximum of three minutes will be allowed for the Skill Showcase.
- c. 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.
- d. All materials to demonstrate this skill will be provided.
- e. Judges will score the skill based on correct procedures, safety, and other pertinent information related to the skill assigned.
- f. The skill will be assigned during designated judging time for each contestant and not prior.



# County 10 Food Show

## Intermediate Score Card

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>			
Appearance of food (texture, uniformity) Garnishing		(5)	
<b>IV. EFFECTIVENESS OF COMMUNICATION</b>			
Voice, poise, personal appearance		(5)	
<b>V. SKILL SHOWCASE</b>			
Proper demonstration of assigned skill		(10)	
<b>Additional Comments:</b>		<b>Total Points (90)</b>	
Judges Initials:			

## CONTEST JUDGING RULES & GUIDELINES – CONTINUED...

### SENIOR

#### Download [SENIOR SCORECARD](#)

##### **Presentation:**

- a. Senior contestants will give a 5-minute (maximum) prepared presentation. ([DOWNLOAD](#) Food Show Resources Page to help youth develop presentation) The presentation should include the following:
  - i. Describe the inspiration in choosing the recipe
  - ii. How the recipe relates to the current theme
  - iii. Knowledge of MyPlate, Nutrition Knowledge, Food Preparation and Food Safety Concerns.

##### **Interview:**

- a. 4-minute interview
- b. Judges will ask questions applicable to the scorecard. 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.

##### **Serving:**

- a. Senior participants will be required to bring their entire dish 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. This allows judges to visually evaluate the dish prepared.
- c. Contestants should practice proper food handling techniques when presenting food to the judges.
- d. Judges will not taste the food.

##### **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.

##### **Knowledge Showcase:**

- 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 the 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
<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 (category specific)</b>			
<b>Judge's Questions</b>		(15)	
<b>4-H Food &amp; Nutrition Project Activities</b>		(10)	
<b>III. FOOD PRESENTATION/QUALITY</b>			
Appearance of food (texture, uniformity) Garnishing		(5)	
<b>IV. EFFECTIVENESS OF COMMUNICATION</b>			
Voice, poise, personal appearance		(5)	
<b>V. SKILL SHOWCASE</b>			
Proper demonstration of assigned skill		(10)	
<b>VI. Knowledge Showcase</b>			
		(10)	
<b>Additional Comments:</b>		<b>Total Points (100)</b>	
<b>Judges Initials:</b>			



# 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

# RECIPE EXAMPLE

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## 4-H Shamrock Salad

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

# “Yes, I’ll Be There” Entry Form

I plan to enter the County Food Show  
**ENTRY FORM DUE** at our office by  
Friday, October 20th, 2023 by 5:00 p.m.  
**No Late entries will be accepted**

**Name:** \_\_\_\_\_

**Club:** \_\_\_\_\_

**Circle Age Division: (as of September 1st, 2023)**

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

**Phone/Email:** \_\_\_\_\_

**Parent Name:** \_\_\_\_\_

## **County Food Show:**

### **Check a category:**

Appetizer

Main Dish

Side Dish

Healthy Dessert

**I am entering:** \_\_\_\_\_

**(name of dish)**

**County Food Show – Saturday, October 28th, 2023**

**The Neighborhood Place**

**3014 Rivas St, San Antonio, TX 78228**