

D8 4-H FOOD CHALLENGE & FOOD SHOW

District Contest Information

- Event Date:** Wednesday, December 14, 2022
Agents arrive by 8:00 am
See attached schedule for details
- Location:** Bell County Expo Center
301 W Loop 121
Belton, TX 76513
(254) 933-5353
<http://www.bellcountyexpo.com>
- Resources:** <http://texas4-h.tamu.edu/events/roundup/>
<https://texas4-h.tamu.edu/projects/food-nutrition/>
<http://d84-h.tamu.edu/events-and-activities/food-challenge-food-show/>
- Deadlines:** All entries will be completed on 4-H Connect at <https://texas.4honline.com/>.
Please see your County Extension Agent for registration requirements and deadline.
<https://counties.agrilife.org/>
- Entry Fee:** \$10 per 4-H member for Food Show
\$10 per 4-H member for Food Challenge
- Late Entries.** Late entries will be permitted with an additional:
- \$20 late fee per 4-H member up to 60 hours after the regular contest deadline (Monday at noon).
 - No Food Challenge teams may be added after the 60-hour late fee deadline.
 - To add an individual Food Show entry or an individual member to a Food Challenge team after the 60-hour deadline, a \$50 late fee per 4-H member will be assessed in addition to the regular registration fee.

D8 4-H FOOD CHALLENGE

Rules & Guidelines

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 for 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

RULES

1. **Participation.** Participants must be 4-H members currently enrolled in a Texas 4-H and Youth Development county program and actively participating in the Food and Nutrition project.

4-H members that were part of a first-place team for a category in the Food Challenge at Texas 4-H Roundup are eligible to compete again.

2. **Age Divisions.** Age divisions are determined by a participant's grade as of August 31, 2022, as follows:

<u>Division</u>	<u>Grades</u>	
Junior	3*, 4, or 5	<i>*Must be at least 8 years old</i>
Intermediate	6, 7, or 8	
Senior	9, 10, 11, or 12*	<i>*Must not be older than 18 years old</i>

There will be three age divisions in BOTH Food Show & Food Challenge. Youth may participate in BOTH events.

In Food Challenge, Juniors may move up to the Intermediate age division when participating on a team that has a true Intermediates (based upon grades listed above) on it. No one may move up to the Senior age division. NO individual may move down to a younger age division.

3. **Teams per county.** Each county may enter a maximum of two (2) Junior teams, two (2) Intermediate teams, and two (2) Senior teams.

The first and second place teams in both age divisions should advance to the district contest. At the county contest, this will require that all teams within one age division be judged against each other and placed (not judged and placed according to food category).


Teams Advancing to Texas 4-H Roundup. Only Seniors may advance to state. Each district may advance four (4) teams (first-place team in each category at District). Teams advancing to state will not automatically be assigned to the same category as they were at district. The state Food Challenge is scheduled for Wednesday, June 8, 2021 in College Station.

D8 4-H FOOD CHALLENGE

4. **Members per team.** Each team will have at least three (3) and a maximum than four (4) members. Also, see rule #2.

Substitution of Team Members. Substitution of team members should only be made if necessary. Only the same number of 4-H members qualifying at the county level will be eligible to participate at the district level. No more than two team members may be substituted, up to the day of the Food Challenge. The substitute 4-H member must have participated in the county food and nutrition project to be eligible.

5. **Entry Fee.** Each individual will be required to pay a registration fee of \$10 through 4-H Connect by the deadline.

 **Food Categories.** There will be four food categories in each age division: Appetizer, Main Dish, Side Dish, and Healthy Dessert. Teams will be randomly assigned to a category, which will not be announced until the day of the contest.

6. **Preparation.** Each team will create an entire dish/recipe (not a full meal) using the provided key ingredient and grocery store items. Dishes/recipes created should include two or more servings. Teams should present the entire dish/ recipe to the judges and communicate during their presentation what an individual serving size should be. Teams will be responsible for determining the number of servings their dish provides. Teams should not create side or multiple dishes with their ingredients/grocery store items.

7. **Attire.** Each team will have the option of wearing coordinated clothing and/or aprons. Team members must wear closed-toe shoes and hair restraints. No electronic devices or jewelry (except for medically required) is allowed in contest. This includes cell phones, smart watches, or other communication devices.

8. **Resource Materials provided at contest.** Resource materials will be provided for each team at the contest. These include MyPlate Mini-Poster, Fight Bac - Fight Food Borne Bacteria Brochure, Know Your Nutrients, Food Safety Fact Sheet, and the Food Challenge Worksheet. Optional resources will include copies of grocery receipts/purchase prices for age groups calculating costs. No other resource materials will be allowed. Teams may not use their personal copies of the resources during the contest.

9. **Supply box.** Each team must supply their own equipment for the challenge. Teams may bring only the supplies listed in the supply box section. Supply boxes may be checked by contest officials. Any extra equipment will be removed from the team's supply box. See attached list.

10. **Pantry Ingredients.** Each team may include in their equipment box the following "pantry" ingredients which they may use when preparing their dish if desired. There is no requirement to use these items, nor is it mandatory that teams include these in their supply box.

- Salt
- Pepper
- Oil (up to 17 oz)
- 1 jar chicken bouillon
- 1 medium onion
- 2 (up to 16 oz) cans vegetables and/or fruit - team choice
- Rice (white or brown) or pasta (up to 16 oz) –team choice

D8 4-H FOOD CHALLENGE

- 11 Awards:** The top five high scoring teams in each food category will be recognized with awards during the awards program. The awards program will take place at the conclusion of the Food Challenge contest, for both Food Show & Food Challenge awards.
- 12. Participants with disabilities.** Any competitor who requires auxiliary aids or special accommodations must contact the District Extension Office at least two (2) weeks before the competition. Contact the District Office (254) 968-4144.
- 13. Contest References & Forms.** Refer to the following website for additional rules, scorecard, and forms: <http://texas4-h.tamu.edu/events/roundup/>. Note that there is a different Scorecard and Team Worksheet for the Junior and Intermediate age divisions. It can be found at the following link: <http://agrillife.org/d84h/events-and-activities/food-challenge-food-show/>.

D8 4-H FOOD CHALLENGE

Supply Box

Supply boxes are limited to the following dimensions: 40" x 24" x 40". It is the responsibility of the county to check those qualifying teams before they arrive at the District contest, to ensure all boxes fit the necessary measurements. Each team will bring a box containing only one each of the following items, unless a different quantity is notes.

Beverage glass	Pencils (No Limit)
Bowls (up to 4-any size)	Plastic box & trash bags for dirty equipment
Calculator	Pot with Lid
Can Opener	Potato Masher
Colander	Potato Peeler
Cutting Boards (up to 4)	Sanitizing Wipes (1 container)
Disposable tasting spoons (no limit)	Serving Dishes/Utensils 1 Plate/Platter 1 Bowl 1 Utensil
Dry measuring cups (1 set)	Skewers (1 set)
Electric Skillet	Skillet with Lid
Extension cord (multiple outlet or strip style) <i>Teams should be certain the extension cord is compatible (2-pronge/3-pronge) with the plugs on their electrical supplies</i>	Spatulas (up to 2)
First Aid Kit	Stirring Spoon
Food Thermometer	Storage Bags (1 box)
Fork	Tongs (up to 2)
Gloves	Toothpicks (no limit)
Grater	Two single-burner hot plates Or One double-burner plate (electric only)
Hand Sanitizer	Whisk
Hot Pads (up to 5)	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)
Kitchen Shears (1 pair)	
Knives (up to 6)	
Liquid measuring cup	
Manual pencil sharpener	
Measuring Spoons (1 set)	
Non-Stick Cooking Spray	
Note cards (1 package-no larger than 5x7)	
Paper Towels (1 roll)	
Pancake Turner	

D8 4-H FOOD CHALLENGE

Rules of Play

1. **Check-in.** Teams will report to assigned registration area (Assignments will be given prior to contest)
2. **Orientation.** An orientation will be provided for all participants.
3. **No electronic devices or jewelry** (except for medically required) is allowed in contest. This includes cell phones, smart watches, or other communication devices.
4. **Stations and Grocery Store.** Each team will be directed to a cooking/preparation station. Each team will receive an information sheet with their contest category and “key” ingredient for that category (no ingredient amounts, recipe, or instructions will be provided at the station). The “key” ingredient will be representative of one of the following categories: Appetizer, Main Dish, Side Dish, Healthy Dessert.



Teams will have access to a “grocery store” of additional ingredients which can be “purchased” and combined with the team’s “key” ingredient to create an original recipe/dish during the contest. The “grocery store” will include items commonly found in grocery stores such as produce, canned goods, crackers, dairy products, etc.

Teams must “purchase” at least two additional items from the “grocery store”. Teams will receive a pricing sheet for “grocery store” items at their station. “Grocery Store” items will be “purchased” using a pricing system and “contest currency.” This will enable teams to analyze the cost of their entire dish and individual serving. The currency system will be explained prior to the contest. Teams may not exceed the provided “contest currency” or trade “currency” or grocery store items with other teams. Teams will be provided a set dollar amount to “spend” at the store; each item in the store will be priced and teams must calculate cost according to total spent.

5. **Resources and Instructions.** General guidelines, resources and instructions will be located at each station to assist the team.
6. **Time.** Each team will have 40 minutes to select pantry items, prepare the dish, plan a presentation, and clean up the preparation area.
7. **Participants only.** Only participants and contest officials will be allowed in food preparation areas.
8. **Preparation.** Each team will create an entire dish/recipe (not a full meal) using the provided key ingredient and grocery store items. Dishes/recipes created should include two or more servings. Teams should present the entire dish/ recipe to the judges and communicate during their presentation what an individual serving size should be. Teams will be responsible for determining the number of servings their dish provides. Teams should not create side or multiple dishes with their ingredients/pantry items.
 - a. Teams are challenged to be creative and develop an original recipe with the ingredients provided.
 - b. Teams must incorporate key ingredient into their dish. However, teams may determine the exact amount of ingredient to use.
 - c. Teams must use at least two additional items from the pantry. Teams will receive a pricing sheet for grocery store items at their station. Grocery store items will be “purchased” using a pricing system and “contest currency.” All age divisions will “purchase” grocery store items to complete their dishes, ONLY Senior teams will complete a cost analysis of their dish. The currency system will be explained prior to the contest. Teams may not exceed the provided “contest currency” or trade “currency” or pantry items with other teams. Teams will analyze the cost of their entire dish and individual serving. Example: teams may be provided \$5.00 in “contest currency” to spend at the grocery store; each item in the grocery store will be priced and teams must calculate cost according to total spent. The ingredients provided to each team (“key” ingredient, grocery store ingredients, and pantry items) may also be used to garnish the dish.

- d. Note cards and the Food Challenge Worksheet may be used to write down the recipe that the team creates, along with notes related to nutrition, food safety, and cost analysis. Teams should be exact on ingredients used, preparation steps, cooking time, temperature, etc.
- e. Judged on preparation

9. **Food and Equipment Safety.** A safe and sanitary working environment must be maintained during the contest. Each station will have food and kitchen safety resources. Teams should follow the steps listed to ensure proper food and equipment safety is followed. Judges will be scoring teams on food and equipment safety during the preparation phase of the contest. Teams should also discuss safety steps used during the presentation phase of the contest.



Gloves: Gloves do not have to be worn throughout the contest; however, proper hand sanitizing techniques will be required and expected throughout the contest. If the participants decide to wear gloves, they must be changed between handling raw meats/seafood; handling cooked items; and ready to eat items or raw vegetables to prevent cross contamination. Hand sanitizer should be used during the preparation phase of the contest to further prevent cross contamination.

Hair Restraint: Each team member must wear a hat, hair net and/or other type of hair restraint during the food preparation part of the competition. Examples of acceptable hair restraints include hairnets, bandana with hair completed pulled back, Chef hat with hair restrained inside, or cap with hair completely tucked inside.

- 10. **Electricity.** Teams should be prepared to only plug in one piece of equipment at a time to reduce the risk of electrical malfunction. Contest officials will announce if this is necessary during participant orientation. If electricity goes out during the preparation phase of the contest, teams are asked to immediately notify their Group Leader or other contest official. Teams will be asked to turn away from the table immediately. Contest officials will stop the clock so that no preparation time is lost.
- 11. **Nutrition.** Each station will have a variety of nutrition resources/references. Each team should name key nutrients in their dish and their functions.
- 12. **Cost Analysis.** Cost analysis: Team will not be required to analyze cost of the recipe, nor will this be included in the presentation or scoring of the contest.
- 13. **Clean-up.** Teams must clean up their preparation areas. Clean-up time is included in the 40-minute preparation allotment. Teams should plan to not have access to a kitchen facility; therefore, dirty dishes should be placed in a plastic container, bag, or box to be cleaned at home. Left-over food should be disposed of properly.
- 14. **Hot equipment.** If you have a hot plate or other items cooling, it may be the only thing out on the table other than the food you are presenting to the judges.
- 15. **No talking or writing after preparation.** After time is called for the 40-minute preparation period, no talking and no writing is allowed among any team members. Team members caught talking and/or writing will receive a warning. The second time the team will be disqualified and asked to leave the contest facility. Team members should not have pens or pencils in their possession while waiting to give their presentation.
- 16. **Presentation.** When time is called, each team will present their dish to the judges. Team presentations should include the criteria outlined on the scorecard. The following also pertains to team presentations:
 - a. All team members, or at least a majority, should participate in the presentation.
 - b. Judging time will include:
 - 5 minutes for the presentation
 - 3 minutes for judges' questions
 - 4 minutes between team presentations for judges to score and write comments

- c. Teams are allowed the use of note cards during the presentation, but should not read from them, as this minimizes the effectiveness of their communication.
 - d. To earn maximum points, teams must use the 5-minute presentation to address the following areas of the presentation scorecard: Knowledge of MyPlate, Nutrition Knowledge, Food Preparation, Safety Concerns, and Serving Size.
 - e. Judges will not ask questions related to what teams should have covered during the presentation. Judges questions will be related to general nutrition, health, chronic disease prevention or others relevant to food and nutrition.
17. **No tasting of food.** Judges are not allowed to taste the foods prepared. No left-over food should be shared with any participant or the audience.
18. **Finished Dishes.** Finished dishes MAY NOT leave the preparation/judging areas. Dishes must be discarded after teams complete the judging process to ensure teams in following heats do not see what ingredients are available to gain an advantage.
19. **Rankings.** Placing will be based on the rankings of teams by judges. Judges' results are final.
16. **Awards Program.** The top five high scoring teams in each food category will be recognized with awards during the awards program. The awards program will take place at the conclusion of the Food Challenge contest, for both Food Show & Food Challenge awards.
17. **COVID-19 PRECAUTIONS & REQUIREMENTS.** This program will follow any directives by the local/county health officials, Texas A&M AgriLife Extension Service policies, and State requirements in effect at the time of the event as it relates to COVID-19. Participation in this event requires any attendee to follow those procedures to attend the event. This may include wearing face coverings, social distancing, any other preventative measures mandated or required by this program. A specific set of requirements will be available for your review prior to the event.

D8 4-H FOOD CHALLENGE

Junior & Intermediate Scorecard – Presentation

CATEGORY		TEAM MEMBERS	
COUNTY & TEAM #			

Team Presentation	Comments	Points	Score
<i>Knowledge of MyPlate & Dietary Guidelines:</i>			
Knowledge of MyPlate		5	
Knowledge of Dietary Guidelines for Americans		5	
<i>Nutrition Knowledge:</i>			
Knows key nutrition in prepared dish		6	
Knowledge of nutrient functions, effects, and deficiency risks		6	
Healthy substitutions & modifications		3	
<i>Food Preparation:</i>			
Explained key steps in how dish was prepared		4	
Explained role of ingredients in dish		2	
<i>Safety Concerns and Practices:</i>			
Explained food safety according to Fight BAC		8	
<i>Serving Size Information</i>			
Demonstrated knowledge of serving size for prepared dish		4	
<i>Food Appearance/Quality:</i>			
Food is appealing and appetizing		3	
Appeared to be cooked properly		3	
Attractive and appropriate garnish		2	
<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		6	
Poise and personal appearance		4	
<i>Questions:</i>			
Accurately and appropriately answered questions		6	
<i>Additional Comments:</i> <i>(Use back of sheet for additional space)</i>		Total Points (75)	

D8 4-H FOOD CHALLENGE

Senior Scorecard – Presentation

CATEGORY		TEAM MEMBERS	
COUNTY & TEAM #			

Team Presentation	Comments	Points	Score
<i>Knowledge of MyPlate & Dietary Guidelines:</i>			
Knowledge of MyPlate		5	
Knowledge of Dietary Guidelines for Americans		5	
<i>Nutrition Knowledge:</i>			
Knows key nutrition in prepared dish		6	
Knowledge of nutrient functions, effects, and deficiency risks		6	
Healthy substitutions & modifications		3	
<i>Food Preparation:</i>			
Explained key steps in how dish was prepared		4	
Explained role of ingredients in dish		2	
<i>Safety Concerns and Practices:</i>			
Explained food safety according to Fight BAC		8	
<i>Serving Size Information</i>			
Demonstrated knowledge of serving size for prepared dish		4	
<i>Food Appearance/Quality:</i>			
Food is appealing and appetizing		3	
Appeared to be cooked properly		3	
Attractive and appropriate garnish		2	
<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		6	
Poise and personal appearance		4	
<i>Questions:</i>			
Accurately and appropriately answered questions		6	
<i>Additional Comments:</i> <i>(Use back of sheet for additional space)</i>		Total Points (75)	

D8 4-H FOOD CHALLENGE

Senior Worksheet

CATEGORY		TEAM MEMBERS	
COUNTY & TEAM #			

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		

D8 4-H FOOD CHALLENGE

All Age Divisions Scorecard – Preparation

CATEGORY		TEAM MEMBERS	
COUNTY & TEAM #			

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 effectively and in a logical order		2	
<i>Management:</i>			
Used work space effectively		2	
Effective use of time		2	
Preparation table was clean at the conclusion of the preparation period		2	
<i>Additional comments:</i> <i>(based on observation)</i>		Total Points (25)	

D8 4-H FOOD SHOW

Sample Questions

1. How do you balance your daily menu to ensure that you get proper amounts of food from the food groups?
2. Name food groups and amounts that are required from each food group each day.
3. What function does each ingredient perform in the recipe?
4. What are the basic preparation principles involved in preparing this dish?
5. What food safety practices did you use during preparation?
6. What is considered a serving of your dish?
7. If substitutions are possible, what are they?
8. What and what amount of important nutrients are found in your dish?
9. What is the function of the nutrients found in your dish?
10. What change have you made in your dietary habits as a result of your 4-H food project?
11. Tell about your community service and leadership through the year's food project?
12. What were your goals for your foods project and what are some activities you did in this project?
13. What do you consider your most important learning experience in this year's food project?
14. Is there anything else you would like to tell us about your project?

These are sample questions. Judges are free to ask any question related to the 4-H Food & Nutrition Project.

DISTRICT 8 4-H



Food Show
All Divisions Recipe Submission

CONTESTANT NAME:								
CATEGORY <small>(please check one)</small>	<input type="checkbox"/>	APPETIZER	<input type="checkbox"/>	MAIN DISH	<input type="checkbox"/>	SIDE DISH	<input type="checkbox"/>	HEALTHY DESSERTS
COUNTY				AGE DIVISION:				
DISTRICT								

NAME OF RECIPE:		
PREP TIME:	COOK TIME:	COST:

TYPE RECIPE HERE:

- 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.
 - 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.
7. **Advancing to Texas 4-H Roundup.** The first-place entry in each Senior category will advance to state. The same recipe entry that was used at County and District level must be used at the State level. The same recipe cannot be entered more than once to the Food Show at Texas 4-H Roundup. The Texas 4-H Food Show is set for Tuesday, June 6, 2023 in College Station.
8. **Recipe.** When selecting a recipe for competition, please remember:
- Recipes should be written in the standard recipe format using the included Recipe Submission Checklist.
 - Oven time limit is 75 minutes in each category.
 - 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. Additionally, please consider if ingredients will be available in local grocery stores as needed for competition.
 - Contestants must enter the same recipe at district that they qualified with at the county level. Seniors must also enter the same recipe at state that they qualified with at the district level.
9. **Garnishes.** Only edible garnishes are allowed. Participants will be asked to remove any other material besides a serving utensil, napkin, and edible garnish from the serving tray.
10. **Rules & Guidelines.** Contestants will follow all State Food Show rules.
- **Please note.** The state rules are written for Seniors who have qualified for the Food Show at Texas 4-H Roundup. The state rules discuss preparation at a contest site. For the District 8 Food Show, contestants will bring their prepared dish to the contest. Contestants should prepare their own dishes at home; parents may supervise but should not be preparing the food.
11. **Theme.** This year's 4-H Food Show theme is 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. Please keep in mind your 75 minute kitchen time at State Roundup when selecting your recipe. ABSOLUTELY NO open flames or outdoor type grills will be allowed at the State Food Show! Remember to keep in mind good nutrition and healthy preparation methods as you select your recipe



12. Contest 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.

13. 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

14. Theme Resources

10 Tips: Save More at the Grocery Store

- <https://www.choosemyplate.gov/ten-tips-save-more-at-the-grocery-store>

20 Money Saving Grocery Shopping Tips

- <https://www.eatright.org/food/planning-and-prep/eat-right-on-a-budget/20-money-saving-grocery-shoppingtips>

10 Tips for Healthy Grocery Shopping

- <https://www.webmd.com/food-recipes/features/10-tips-for-healthy-grocery-shopping#1>

Eating Better on a Budget

- <https://choosemyplate-prod.azureedge.net/sites/default/files/tentips/DGTipsheet16EatingBetterOnABudget.pdf>

Smart Shopping for Veggies and Fruits

- <https://choosemyplate-prod.azureedge.net/sites/default/files/tentips/DGTipsheet9SmartShopping.pdf>

Stretch Your Food Dollars At the Grocery Store

- <https://hgic.clemson.edu/factsheet/stretch-your-food-dollars-part-2-at-the-grocery-store/>

15. Contestants Bring to District 8 Contest:

- ***District 8 4-H Food Show Recipe Form & Project Experiences Form.*** It is optional for contestants to bring food show paperwork to contest. **Paperwork for all age divisions needs to be uploaded when contestants register on 4-H connect.** Judges will be provided copies of each contestant's paperwork.
 - ***Juniors & Intermediates*** – Junior and Intermediate paperwork only includes the District 8 4-H Food Show Recipe Form.
 - ***Seniors*** – Senior paperwork includes the District 8 4-H Food Show Recipe Form and Project Experiences Form. (Seniors. Please note that if you qualify for state you will need to use the state forms.)

16. ***Prepared dish.*** 4-H members are encouraged to bring a single serving or a small dish rather than the whole recipe, so there will not be as much waste if the food needs to be thrown away. The dish should be presented to the judges as if it were about to be placed on a table for a family dinner. Contestants will present only one serving to the judges. They will not need to serve the judges, as they are only presenting

one serving.

17. **Orientation.** Participant orientation for Food Show will be presented to all Food Show participants before the start of the Food Show. A schedule of the days activities will be sent out to all registered participants prior to the contest date.
18. **Preparation.** Food must be prepared prior to arrival at the District Food show. There will be tables in the Assembly Hall for participants to set their dish as they wait to be judged. They can put the finishing touches on the dishes in that area immediately prior to judging. Participants will have only about 10 minutes for preparation time, clearing their area quickly, and move their dish to the waiting area. There will be no timers. There will be LIMITED prep time. Parents are not allowed in the waiting or judging area in the Assembly Hall.
19. **Five Minute Presentation.** All contestants should prepare a maximum five-minute oral 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.
20. **Four Minute Question & Answer.** Judges will have the opportunity for a maximum 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.
21. **Serving.** At the conclusion of the question-and-answer period, the participant will present their serving to the judges to evaluate further. Judges will not taste the food. The contestant will take the serving with them when they leave the judging area.
22. **Skills Showcase.** There will be no skills showcase at the District Contest. For those students who advance to the state contest, a Food Show workshop will be conducted to ensure these students are adequately prepared for the state contest.
23. **Judges' Comments.** Judges will have four minutes to write comments and score participants.
24. **Knowledge Showcase.** There will be no knowledge showcase at the District Contest. For those students who advance to the state contest, a Food Show workshop will be conducted to ensure these students are adequately prepared for the state contest.





18. **Awards.** The top five high scoring teams in each food category will be recognized with awards during the awards program. The awards program will take place at the conclusion of the Food Challenge contest, for both Food Show & Food Challenge awards.

1. **Contest References & Forms.** Refer to the following website for specific rules, score sheets, and forms:
<http://texas4-h.tamu.edu/events/roundup/>.

D8 4-H FOOD SHOW

Recipe Submission Checklist

Recipes for 4-H Food Show should adhere to the guidelines below. Please use this checklist to ensure recipes are correctly written. This form does not need to be submitted at the Food Show. This form is for guidance only.

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 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 _____

D8 4-H FOOD SHOW

Sample Questions

1. How do you balance your daily menu to ensure that you get proper amounts of food from the food groups?
2. Name food groups and amounts that are required from each food group each day.
3. What function does each ingredient perform in the recipe?
4. What are the basic preparation principles involved in preparing this dish?
5. What food safety practices did you use during preparation?
6. What is considered a serving of your dish?
7. If substitutions are possible, what are they?
8. What and what amount of important nutrients are found in your dish?
9. What is the function of the nutrients found in your dish?
10. What change have you made in your dietary habits as a result of your 4-H food project?
11. Tell about your community service and leadership through the year's food project?
12. What were your goals for your foods project and what are some activities you did in this project?
13. What do you consider your most important learning experience in this year's food project?
14. Is there anything else you would like to tell us about your project?

These are sample questions. Judges are free to ask any question related to the 4-H Food & Nutrition Project.

DISTRICT 8 4-H



Food Show
All Divisions Recipe Submission

CONTESTANT NAME:								
CATEGORY <small>(please check one)</small>	<input type="checkbox"/>	APPETIZER	<input type="checkbox"/>	MAIN DISH	<input type="checkbox"/>	SIDE DISH	<input type="checkbox"/>	HEALTHY DESSERTS
COUNTY				AGE DIVISION:				
DISTRICT								

NAME OF RECIPE:		
PREP TIME:	COOK TIME:	COST:

TYPE RECIPE HERE:

DISTRICT 8 4-H



Project Experiences – Seniors Only

CONTESTANT NAME:								
CATEGORY <small>(please check one)</small>	<input type="checkbox"/>	APPETIZER	<input type="checkbox"/>	MAIN DISH	<input type="checkbox"/>	SIDE DISH	<input type="checkbox"/>	HEALTHY DESSERTS
COUNTY								
DISTRICT								

NAME OF RECIPE:

List Experiences Here:

Score Sheet

CONTESTANT NAME:								
CATEGORY <small>(please check one)</small>	<input type="checkbox"/>	APPETIZER	<input type="checkbox"/>	MAIN DISH	<input type="checkbox"/>	SIDE DISH	<input type="checkbox"/>	HEALTHY DESSERTS
COUNTY				AGE DIVISION:				
DISTRICT								

	Comments	Points	Score
I. Presentation			
Theme: Is theme represented in this entry?		(10)	
Knowledge of MyPlate: <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 		(10)	
Nutrition Knowledge: <ul style="list-style-type: none"> • Contestant understands what this dish contributes to the diet 		(10)	
Food Preparation: <ul style="list-style-type: none"> • Knows the key steps in preparation of food and function of ingredients 		(10)	
Food Safety Concerns & Practices: <ul style="list-style-type: none"> • Knows food safety concerns in preparation and storage of dish 		(10)	
II. Interview (category specific)			
Judge's Questions		(15)	
4-H Food & Nutrition Project Activities		(15)	
III. Food Evaluation			
Food Presentation/Quality: <ul style="list-style-type: none"> • Appearance of food (texture, uniformity) • Garnishing 		(10)	
IV. Effectiveness of Communication			
<i>Voice, poise, personal appearance</i>		(10)	
Additional Comments:		Total Points	Possible (100)
		Final Score	