

**District 11 4-H**  
**Food & Nutrition Contests**  
**Food Show & Food Challenge**



**Guidelines, Rules, and Regulations**

# Coastal Bend District 11

## 4-H Food & Nutrition Contests

May 4, 2019

Victoria College Emerging Technology Complex - Victoria, TX

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Judge Recruitment Form  
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# Coastal Bend District 11

## 4-H Food Show

May 4, 2019

Victoria College Emerging Technology Complex - Victoria, TX

## Restaurant Re-Creations

### INFORMATION AND GUIDELINES

#### FOOD SHOW EVENT INFORMATION

The theme for the Food Show is “**Restaurant Re-Creations**”. What is your favorite restaurant entrée? Is it an appetizer like fried cheese sticks or a main dish like Chicken Alfredo? Maybe your favorite dish is a side dish like sweet potato fries or chips and salsa? Most Americans feel an evening out with family or friends qualifies for indulging in a few extra calories. However, the low nutritional value and high calorie and fat content of some of your “favorites” may shock you! This year’s 4-H Food Show theme, Restaurant Re-Creations, challenges you to take your favorite dish and make it a healthy one! Find ways to “recreate” the taste by using alternate ingredients and cooking methods. During your food show interview, discuss the substitutions of ingredients you utilized to acquire the same taste and quality as the restaurant serves.

This activity is open to all 4-H members. The Food Show provides for educational and personal development and recognizes youth who excel in the 4-H Food and Nutrition Program. The state level competition is open to senior 4-H members and is held during 4-H Roundup. There are similar processes at county and district levels. Refer to State 4-H Food Show: Guidelines, Rules and Regulations, sent to each county Extension office, for the current year information or access the information online at <http://fch.tamu.edu>

#### OBJECTIVES

Additional objectives of the 4-H Food Show are:

- To promote a sound image of the 4-H Food and Nutrition Program, both within Texas AgriLife Extension and throughout Coastal Bend District 11
- To provide 4-H members an opportunity for additional learning experiences
- To provide 4-H members an opportunity to be recognized for their achievements in the 4-H Food and Nutrition Program
- Practice recommended food preparation skills including food safety
- Understand connection of foods to holidays, while also learning about how to make them healthier through substitutions or limiting to healthy portions
- Learn the nutrients in your dish and the health benefits they provide to your body

#### AGE DIVISIONS (see note below)

Membership - Contestant must be enrolled and actively participating as a 4-H member. The 4-H member must also be actively participating in a 4-H Food and Nutrition Educational Program.

Senior Division - Contestants must be in 9<sup>th</sup> – 12<sup>th</sup> grade for the 2018-2019 4-H year.

Intermediate Division - Contestants must be in 6<sup>th</sup> – 8<sup>th</sup> grade for the 2018-2019 4-H year.

Junior Division - Contestants must be in 3<sup>rd</sup> – 5<sup>th</sup> grade for the 2018-2019 4-H year.

**NOTE~ for the 18-19 District Contest: Junior, Intermediate, & Seniors may participate in BOTH Food & Nutrition Contest (Food Show AND Food Challenge).**

## **CERTIFICATION**

Participants must be certified by their County Extension Agent as one of the top three scoring individuals in one of the four entry categories in the junior, intermediate or senior division of the County 4-H Food Show for district participation. This is a total of thirty six (36) contestants from each county. Each participant must exhibit the same food in the same entry category at the county and district level. Only the top scoring individual in each of the Senior classes will advance to State 4-H Food Show at Texas 4-H Roundup. 4-H participants who have won first place in any category, in any year, at the State 4-H Food Show are eligible to participate in any category at State Food Show.

## **ELIGIBILITY**

According to the Texas Education Code, a 4-H member must be deemed eligible to compete in an event that takes place on a Saturday.

All 4-H youth, including youth in public, private, and/or home school must adhere to the following guidelines regarding extracurricular activities and academic eligibility:

Complete a Declaration of Eligibility Form

or

Name of 4-Her must appear on a list of eligible students to participate in a specific extracurricular activity signed by the school principal or designee.

If a 4-H member is ineligible for a 4-H competitive event, the agent must notify the 4-H member, their parents, and the district office, by letter, of this situation. If the parent has any questions, they should be referred to the school administrator.

## **ENTRY PROCESS**

Participants will also be **REQUIRED** to register for the District 11 4-H Food Show on 4-H CONNECT. The registration will be open from 12:00 a.m. on March 1 thru 12:00 Midnight on April 12, 2019. 4-H members may submit an entry at any time during this registration period.

All entries on 4-H CONNECT must be certified by the respective County Extension Agent. County Extension Agents must certify all food show entries on 4-H CONNECT within two business days following registration deadlines. **All forms must be uploaded.**

## ENTRY FEE

A one time contest management fee of \$10 will be charged per individual and a \$5 registration fee per contest. Participants have the option to pay by credit card, or club/county check. 4-H members that register but do not attend are still obligated to pay the management and entry fees. **No refunds will be given for any reason!** As a reminder, youth may participate in both Food Show and Food Challenge.

## LATE FEE POLICY

A late fee will be assessed for all 4-H events and contests after the close of normal registration on 4-H CONNECT. The late fee will be \$25.00 per individual per event. After regular registration ends, late registration will remain open through April 26, 2019. This will allow more youth to participate should they miss the deadline.

## COUNTY DEADLINES

Counties may set individual deadlines as needed. However, all counties are required to adhere to the district deadline. Therefore, it is important that counties conduct their County Food Show accordingly, to allow for district entries to be submitted on time.

## JUDGE RECRUITMENT

**All counties** are asked to recruit 2-3 volunteers to serve as judges for the Food Show. Each person recommended to judge should be qualified to serve as a judge of the District Food Show, with prior judging experience (on the county level). Names and addresses should be submitted on the Judge Recruitment Form to the District Office. Please submit only names of adult leaders who have agreed to serve as judges and who will be present for the orientation.

## REQUIRED ENTRY MATERIALS

**Food Show entry form is to be uploaded on 4-H Connect. All age divisions will use Texas 4-H entry form.**

## ENTRY CATEGORIES – All Age Groups

Four entry categories allow for presentation of a variety of foods in the Food Show. The categories also provide an opportunity for contestants to exhibit a variety of food preparation principles.

It is strongly urged that 4-H'ers choose recipes that are relatively simple (i.e. less than 7 ingredients, 1 dish meals, etc.). All four food categories may use ovens during food preparation. A 75 minute oven baking time limit exists for State Food Show contestants for all recipes in all categories.

Many recipes can be entered in more than one category. Participants should consult with the website <http://www.choosemyplate.gov/> when selecting a recipe category. Examples are salad bread bowl, broccoli cheese casserole, vegetable soup, and macaroni and cheese. Participants need to be prepared to explain their recipe category if asked by a judge. Participants should consult with their County Extension Agent and project leader when selecting a recipe category.

Senior age division contestants may not enter the same recipe if they already qualified with it at Texas 4-H Food Show in previous year(s).

- **Main Dish** – Foods classified as main dishes usually contain a meat or meat alternate such as cheese, eggs, dry beans, or peas and peanut butter. They may also contain other foods. Dishes in this category 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.

#### **Note on Ingredients:**

- When choosing a recipe, Senior contestants need to keep in mind what ingredients will be available in College Station in June.
- No alcohol or alcohol-containing ingredients can be used.

#### **PREPARATION OF 4-H MEMBER STUDY RESOURCES**

- MyPlate  
<http://www.choosemyplate.gov/>
- Food Safety  
<http://www.fightbac.org/>
- 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>
- Texas A&M AgriLife Extension Service: Nutrient Needs at a Glance  
<http://fcs.tamu.edu/files/2015/02/nutrient-needs-at-a-glance-E-589.pdf>
- Texas A&M AgriLife Extension Service: Nutrient Needs at a Glance (kid friendly)  
<https://texas4-h.tamu.edu/wp-content/uploads/Nutritional-Concepts.pdf>



## THEME RESOURCES

- Beef from Farm to Table  
[https://www.fsis.usda.gov/wps/wcm/connect/c33b69fe-7041-4f50-9dd0-d098f11d1f13/Beef from Farm to Table.pdf?MOD=AJPERES](https://www.fsis.usda.gov/wps/wcm/connect/c33b69fe-7041-4f50-9dd0-d098f11d1f13/Beef_from_Farm_to_Table.pdf?MOD=AJPERES)
- Produce: Selecting and Serving it Safely  
<https://www.fda.gov/food/resourcesforyou/consumers/ucm114299.htm>
- Raw Produce Selecting and Service it Safely  
<https://www.fda.gov/downloads/food/foodborneillnesscontaminants/ucm174142.pdf>
- Health and Wellness Resource Guide for Fruits & Vegetables  
[http://pbhfoundation.org/sites/default/files/pdf/PBH Health Wellness Resource Guide 1475180337.pdf](http://pbhfoundation.org/sites/default/files/pdf/PBH_Health_Wellness_Resource_Guide_1475180337.pdf)
- The Garden Grocery: Food Safety & Selection at the Farmer's Market  
<https://food.unl.edu/powerpoints-handouts-alice/food-safety-selection-farmers-markets.pdf>

## PREPARATION OF FOOD

- All food displayed must be prepared prior to the Food Show. EXCEPTION: Members may only add garnishes or stir dishes upon arrival at District Food Show.
- There will not be a preparation area or time designated for preparation.
- Contestants are expected to prepare their own dish; last minute preparation/assistance on-site of the Food Show may only come from other 4-H members - NO ADULTS!
- All garnishes must be edible.

## PRESENTING THE DISH TO BE JUDGED

The contestant's dish will be presented in a serving dish, or if appropriate, the dish in which the food was cooked or baked. In some instances, it is not necessary to present the entire recipe. For example, if a recipe makes a 9" x 13" casserole, the dish could be divided and baked in an 8" x 8" dish.

Senior contestants are to bring the entire dish being entered in the food show. Juniors and Intermediates have the option of bringing one serving of the entry dish, instead of the entire dish. For example, a participant may bring one serving (glass) of a fruit smoothie, rather than bringing an entire pitcher of fruit smoothie.

Fancy or elaborate placemats, linens, centerpieces, candles, etc., are not to be included with the dish as it is presented for judging interviews.

Contestants should use only serving dishes and utensils appropriate and necessary to present and serve the dish to be judged.

## JUDGING PROCESS

Total judging time: 7 minutes

All contestants from the same county will be called to line up prior to going into the judging room. At the designated judging time, the county group will then be escorted into the judging room.

The contestant will come to the team of judges with the entry display. The 4-H'er may stand or sit behind the display while the judges sit facing the participant across the table. Entry display may only consist of the entry serving dish, serving utensil and napkin for serving utensil.

To start the interview, each participant will introduce him-/herself to the judges with his/her name and the entry dish name. Following the introduction, each participant is allowed a **maximum of three minutes** to present information on any combination of the following topics. It will be an oral presentation with no handouts or visuals.

- Project activities from current year's project
- Special learning experiences from current year's project
- Leadership activities from current year's project
- Career options explored in current year's project
- Dietary lifestyle choices explored in current year's project (Examples: new foods experienced, special diet information, special food needs, why the entry dish was selected, category selection - why the dish was chosen to be submitted in a certain category, etc.)

**NOTE:** This three-minute oral presentation is ***required*** of all senior participants. However, it is ***optional*** for junior and intermediate participants.

The judging team will have four minutes following the participant presentation to address topics listed below, as well as topics listed above that was not addressed by the participant. All participants are encouraged to review the scoresheet in order to be prepared for topics of questions. Some topics include:

- Preparation principle(s) or critical step(s) in preparation of dish
- Function of ingredient(s) in entry dish
- Substitutions made (or that could be made) for ingredient(s) in entry dish
- Nutrients and nutrient functions as they relate to the food groups and entry dish
- Relationship of the entry dish to Dietary Guidelines as explained in the consumer brochure, *Dietary Guidelines for Americans, 2010*
- Approximate calorie content and cost for a serving of the entry dish
- Food safety concerns during the purchasing, preparing, serving and storing of the entry dish
- Menu ideas to complement the entry dish

**Seniors Only:** Serving of the entry dish will also occur during the judging time. Participants



should serve judges only a small portion of the dish. Juniors and Intermediates will NOT serve the judges. Tasting of food will not be allowed at the District 11 4-H Food Show.

Upon completion of the interview, the contestant will leave the judging station and position his/her food on the assigned display table.

**NOTE: Contestants will be allowed to participate at the end if they have missed their scheduled time slot. Any individuals who miss their scheduled time slot and are not present by the end of all judging will not be judged.**

### **DISH DISPLAY**

No individual place settings, tablecloths, placemats, or table decorations will be allowed.

**Displays for the public viewing may be more elaborate.** Please remember that each contestant is allowed a space of approximately 24 inches wide and 12 inches deep. Large table cloths, silver trays, etc. are not appropriate for the display because of these space limitations.

At a designated time, the display area will be open for public viewing. All exhibits must stay on display until the awards program has ended. No exhibit will be allowed to leave the area until that time.

### **SCORING AND PLACING**

Junior, Intermediate, and Senior placing (1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup>) will be determined by rank. The judges will collectively decide upon the rankings, and the superintendent at the judging station will turn the placing sheet and entry folders into tabulation.

**Once announced, all placings are final!**

### **TIE BREAKER PROCEDURE**

If ties should occur, the ties shall be broken using scores of various categories on the scorecard. The order followed will be: Interview and Contestant Presentation (45 points), Project Record Form (25 points), Communication Skills (15 points), Food (10 points), and Recipe (5 points).

### **PICTURES**

Pictures will be taken of county groups just before the awards ceremony for publicity in local newspapers. All contestants should report to the photograph area when their county is called. The pictures will be posted on the District 11 4-H facebook after the Food Show and emailed to county offices.

### **AWARDS PROGRAM**

Awards will be presented to the first place through third place contestants of each category. If available, participation ribbons may be awarded to other contestants in the Food Show.

**APPEALS COMMITTEE**

Should a discrepancy/problem arise, it shall be referred to the Appeals Committee for a ruling. All rulings by the Appeals Committee are final. The Appeals Committee shall be made up of the Food Show Committee, with the District Extension Administrator and 4-H Specialist serving as Ex-officio members (present, not voting).

# Coastal Bend District 11

## 4-H Food Challenge

May 4, 2019

Victoria College Emerging Technology Complex - Victoria, TX

### INFORMATION AND GUIDELINES

#### FOOD CHALLENGE EVENT INFORMATION

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

#### CONTEST RESOURCES

All Food Challenge Contest resources can be found at: <http://texas4-h.tamu.edu/>

#### 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.

#### AGE DIVISIONS

Age divisions are determined by a participant's grade level 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. There are **ONLY TWO AGE DIVISIONS IN FOOD CHALLENGE.**

Junior/Intermediate Division: 3<sup>rd</sup> grade to 8<sup>th</sup> grade

Senior Division: 9<sup>th</sup> – 12<sup>th</sup> grade

**NOTE~ for the 18-19 District Contest: Junior, Intermediate, & Seniors may participate in BOTH Food & Nutrition Contest (Food Show AND Food Challenge).**

#### **TEAMS PER COUNTY**

Each county may enter a maximum of TWO Junior/Intermediate teams and a maximum of TWO Senior teams. 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).

#### **MEMBERS PER TEAM**

Each team will have at least THREE and no more than FOUR members. Teams may not include members in different age divisions. See AGE DIVISIONS above.

#### **SUBSTITUTION OF TEAM MEMBERS**

Substitution of team members should be made only 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 Challenge to be eligible.

#### **ENTRY PROCESS**

Participants will be **REQUIRED** to register for the District 11 4-H Food Challenge on 4-H CONNECT. The registration will be open from 12:00 a.m. on **March 1 thru 12:00 Midnight on April 12, 2019.** 4-H members may submit an entry at any time during this registration period.

All entries on 4-H CONNECT must be certified by the respective County Extension Agent. County Extension Agents must certify all Food Challenge entries on 4-H CONNECT within two business days following registration deadlines.

#### **ENTRY FEE**

A one time contest management fee of \$10 will be charged per individual and a \$5 registration fee per contest. Participants have the option to pay by credit card, or club/county check. 4-H members that register but do not attend are still obligated to pay the management and entry fees. **No refunds will be given for any reason!** As a reminder, youth may participate in both Food Show and Food Challenge.

#### **FOOD CATEGORIES**

There will be four food categories in each age division: 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 check-in the morning of the contest.

#### **ATTIRE**

Each team will have the option of wearing coordinated clothing and/or aprons. Team members must wear closed toed shoes.

## 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 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.

## 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 as teams check in for the contest. Any extra equipment will be removed from the team's supply box. Please refer to the supply list posted on page 7 of the Food Challenge Manual at: <http://texas4-h.tamu.edu/>. **New for 2018-2019: "Gadget of the Year"**. Teams may have the following kitchen gadget in their box for the 2018-2019 Contest Year: **melon baller**.

## AWARDS

Awards will be presented to first through third place contestants/teams of each category.

## PARTICIPANTS WITH DISABILITIES

Any competitor who requires auxiliary aids or special accommodations must contact the District Extension Office at least two weeks before the competition.

## ADVANCING TO STATE CONTEST

Four senior teams may advance to state from the district contest. It will be determined prior to the event how those 4 teams will be selected (top four teams overall or first place team in each food category) based on the number of senior teams entered at district. Teams advancing will not automatically be assigned the same category as they were at district. At the state contest, Food Challenge will be a Wednesday contest.

## RULES OF PLAY

1. Each team will be directed to a cooking/preparation station. There will be a set of ingredients at each station, but no recipe. The ingredients will represent a recipe from one of the following categories: Main Dish, Fruits and Vegetables, Bread and Cereal, and Nutritious Snacks.
2. General guidelines, resources and instructions will be provided to assist teams.
3. Each team will have 40 minutes to prepare the dish, plan a presentation, and clean up the preparation area.

4. Preparation: Each team will be provided with a set of ingredients reflective of the assigned category and will create a single dish (not a full meal) using them.
  - a. Teams are challenged with being creative and developing their own recipe with the ingredients provided.
  - b. Teams must incorporate each ingredient into the dish. However, teams may determine the exact amount of each ingredient to use.
  - c. Teams may have access to a “pantry” of additional ingredients that may be incorporated into their recipe. Cost of pantry items should not be included in cost analysis calculation.
  - d. The ingredients provided to each team or available in the contest pantry may be used to garnish the dish.
  - e. 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.
5. Food safety: Each station will have food safety resources. Teams should follow the steps listed to ensure proper food safety and be prepared to discuss food safety practices used in the team presentation to the judges.
6. Nutrition: Each station will have a variety of nutrition resources/references. Each team should name key nutrients in their dish and their functions.
7. Cost analysis: Prices will be available for each ingredient provided to teams. Teams will need to find the ingredients on the list and calculate the price of the dish along with the price per serving. Teams will determine the number of servings per recipe. Cost of pantry items should not be included in cost analysis calculation.
8. Presentation: When time is called, each team will present their dish to the judges. Team presentations should include the criteria outlines 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. A maximum of five minutes will be allowed for each team’s presentation.
9. Clean-up: Teams must clean up their preparation areas. Clean-up time is included in the 40-minute preparation allotment.

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.