

# 2019-2020 DISTRICT 11 4-H FOOD SHOW

## Information & Guidelines

### FOOD SHOW EVENT INFORMATION

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.

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

**For the 2019-2020 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.

## 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.**

## REGISTRATION

Registration will be completed through 4-H Connect for each member qualifying for district. Regular registration will be open from October 1 – December 6, 2019. Late registration will be from December 7 – December 13 for an additional \$25.

Registration fees will be assessed through 4-H Connect. Each youth will be charged a \$15 facility fee and an additional \$5 per contest.

## 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****NUTRITION 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>
- Know Your Nutrients  
[https://texas4-h.tamu.edu/wp-content/uploads/Know-Your-Nutrients\\_FINAL.pdf](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-%20E-589.pdf](http://fcs.tamu.edu/food_and_nutrition/pdf/nutrient-needs-at-a-glance-%20E-589.pdf)

**THEME RESOURCES**

- Altering Recipes for Good Health  
[http://texas4-h.tamu.edu/wp-content/uploads/2015/09/healthy\\_food\\_Challenge\\_altering\\_recipes.pdf](http://texas4-h.tamu.edu/wp-content/uploads/2015/09/healthy_food_Challenge_altering_recipes.pdf)
- Easy, Tasty, Healthy: Simple Ingredient Substitutions for Your Recipes  
<https://www.ksre.k-state.edu/humannutrition/nutrition-topics/easytasty.html>
- Food and Culture by Kittler, Sucher, and Nelms  
<http://people.wku.edu/barry.kaufkins/330/Food%20and%20Culture.pdf>
- Food in every country  
<http://www.foodbycountry.com/>
- International Recipes  
<https://www.carolinescooking.com/eat-world-international-recipes/>
- Recipes around the world  
<https://recipesaroundtheworld.com/>
- Modifying a Recipe to be Healthier  
<https://www.ksre.k-state.edu/humannutrition/nutrition-topics/easytasty-documents/Ohio.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: 9 minutes (Jr/Int) or 10 minutes (Seniors)

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 five minutes** to present information on any combination of the following topics. It will be an oral presentation with no handouts or visuals.

- Theme
- Knowledge of MyPlate
- Nutrition knowledge
- Food Preparation
- Food Safety Concerns & Practices

**NOTE:** This five-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. Seniors will have an additional minute for serving. 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).

## **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)