

TEXAS 4-H YOUTH DEVELOPMENT PROGRAM

DATE: February 2, 2021

TO: All District 6 County Extension Agents

FROM: Amber Carroll
District 6 4-H Extension Program Specialist

SUBJECT: 2021 District 6 4-H Food Show and Food Challenge Rules and Guidelines

District 6 Event Guidelines

Contest Dates

- Wednesday March 31, 2021 Ward County Event Center at Monahan's, Texas
1525 E Monahans Pkwy
Monahan's, Texas

Entry Requirements

- Enter on 4HOnline beginning February 28, 2021 at <https://v2.4honline.com/#/user/sign-in>
- Contest Fee - \$10 per contestant
- No Late Entry

District Deadlines

- Entry to 4HOnline and entry materials by March 14, 2021

Entry Divisions (grade by August 31, 2020)

- Junior Grades 3, 4, and 5
- Intermediate Grades 6, 7, and 8
- Senior Grades 9, 10, 11 and 12

Food Show Entries Per County

Each county may submit one entry per food category per age division. See example below:

- In each age division there are four food categories. The county may enter 1 Junior for Appetizer, 1 Junior for Main Dish, 1 Junior for Side Dishes, and 1 Junior for Healthy Desserts.
- This is the same for Intermediate and Senior age divisions.
- A total of 12 entries per county may be submitted for the district contest.

Food Challenge Entries Per County

- 2 teams from each of the 3-age division can enroll per county. This means that each county is allowed a total of 6 teams.
- Each team can have a minimum of 3 and a maximum of 4 participants.
- If a junior or intermediate is needed to complete a team, it is permitted but they must compete at the Intermediate level. Only Seniors may compete in the Senior division.
- Substitution of team members should be made only if necessary.

Special Accommodations

- Any competitor who requires auxiliary aids or special accommodations must contact the District office at least 2 weeks before the competition or note such needs when registering on 4HOnline.

Agent Assignments

Food Show

Karan Heffelfinger
Abigail Pritchard

Food Challenge:

Kailey Scott
Madelynne Cera
Felicia Martinez

Food Show Judges

- 2 judges per age division/food category (example: 2 Senior Appetizer judges, 2 Intermediate Appetizer judges, 2 Junior Appetizer judges).
- Judging assignments will be made by the Food Show committee. Each County needs to provide at least 2 volunteers. Please provide their information on the Google Doc listed below.
https://docs.google.com/spreadsheets/d/1UA_zldH4cqQ0MhD_QS8zA31iB4YaTBe2F99JO9cGxIY/edit?usp=sharing
- Please follow social distancing rules and guidelines.

Food Challenge Judges

- 2 preparation judges per age division/food category (example: 2 Senior Appetizer judges, 2 Intermediate Appetizer judges, 2 Junior Appetizer judges).
- 2 presentation judges per age division/food category (example: 2 Senior Appetizer judges, 2 Intermediate Appetizer judges, 2 Junior Appetizer judges).
- Judging assignments will be made by the Food Challenge committee. Each County needs to provide at least 2 volunteers. Please provide their information on the Google Doc listed below.
https://docs.google.com/spreadsheets/d/1UA_zldH4cqQ0MhD_QS8zA31iB4YaTBe2F99JO9cGxIY/edit?usp=sharing
- Please follow social distancing rules and guidelines.

Food Show Documentation

- Each participant will need to complete the Recipe Submission Paperwork (please type). A fillable PDF form is available at the District 6 web page. <https://d64-h.tamu.edu/contests/food-show/>
- Handwritten copies will be sent back.
- Completed form should be submitted on 4-H Online at the time of registration.

Awards

Awards Programs will not take due to health concerns and social distancing. A county representative will need to be responsible for picking up all entries and awards after the event, at the District 6 Office or it will be shipped to your county office.

Remind APP

We will be using the Remind APP to contact parents and let them know when kids are ready for pick up. Please download the Remind app and Join Room *D6 4-H Food Spectacular @d64hfcfs* or use this link to join instantly <https://remind.com/join/b428h4h>

Show Rankings

- The top three rankings in each age division and food category will be announced via Face Book Live on the Day of the event. It will also be posted on District 6 Texas 4-H website and email the week of April 5.
- 4-H Food Show/ Food Challenge rankings, judges' comments and other correspondence will be forwarded to the contestant's county Extension office. Please allow up to three weeks for processing.

Qualifying for State Food Show Roundup

- Senior age division contestants (grades 9-12) which place 1st in each category, at the District-level Food Show, contest will advance to state.
- The Texas 4-H Food Show contestant paperwork is available online at <https://texas4-h.tamu.edu/projects/food-nutrition/>

Qualifying for State Food Challenge Roundup


- Senior age division Teams (grades 9-12) which place 1st in each category, at the District-level Food Challenge, contest will advance to state.
- The Texas 4-H Food Show contestant paperwork is available online at <https://texas4-h.tamu.edu/projects/food-nutrition/>

COVID-19 Safety Guidelines


- Masks must be worn at all times.
- Temperatures will be taken as you enter the building.
- Covid-19 Screening Form must be filled out and brought to the event.

Food Show District 6 Contestant Rules

Food Show (individual event)

-  **1. Theme:** *Grocery Games.....Let your local food sources guide your healthy recipe selection with only \$10 to spend!"*

Texas is a diverse state, in more ways than one! Some of us live in a metroplex with access to major supermarkets and aisles upon aisles of options. Others live in small towns supplied by a convenience store or a larger store if we are willing to travel. A few of us find fresh food in our own backyard garden. The rest of us are somewhere in between! This year, we want you to be creative by using YOUR local food sources to create a dish on a budget. This year's Food Show will be especially unique as 4-H'ers bring foods created from the supermarket, the small-town convenience stores, the dollar stores, and even the garden! What are you bringing to the table?

-  **2. Food Categories:** *Appetizer, Main Dish, Side Dish, and Healthy Dessert*

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 so as to not ruin one's appetite.

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.

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.

3. Recipes

- Recipes should be written in the standard recipe format using the attached **Recipe Submission Checklist**.
- No alcohol or ingredients containing alcohol may be used.
- State qualifying food show contestants must enter the same recipe that they qualified with at the District level.
- Contestant recipes will be uploaded in the 4HOnline system as part of the registration process. **Recipe upload instructions:**
 - Use the food show PDF fillable recipe form located on District 6 web page <https://d64-h.tamu.edu/contests/food-show/>

- Use the name of the recipe, the age division, and contestants name as the file name–
i.e., **Grandma's Creamed Corn-Intermediate-John Smith**
- Digital Cookbook will be posted on the District web page after the event.

4. Garnishes and Decor

- Only edible garnishes are allowed. Participants may present their dish with only a serving utensil, napkin, and edible garnish on their serving tray or placemat (presenting with any of these items is optional).
- Dishes will not be judged based upon display. Fancy or elaborate placement, linens, centerpieces, candles, etc. are not to be included with the dish as it is presented for judging interviews.

5. Food Safety

- Contestants should wear clothing consistent with professional and safe food handling practices.
- Jewelry (except for medically required) is not permitted.
- Closed shoe toes should be worn.
- Gloves are not required as food prepared will not be tasted/sampled.

6. Contestant Presentation and Judging Guidelines

Junior age division (grades 3-5)



- All Junior contestants will complete the following 3 steps:
 - **Step A: Your presentation**
 - **Step B: Complete a skill demonstration.**
 - **Step C: Take the knowledge quiz.**

▪ Step A: Your presentation

Introduce yourself (name, age or grade, county)

Presentation

- **Tell the judges about your dish** (category and name of recipe)
- **Serve a portion of your dish** onto another plate/bowl. This allows the judges to visually evaluate the dish prepared. Contestants should practice proper food handling techniques when presenting food.

Verbally answer these interview questions as part of your presentation
(Notes are not allowed during judging)

1. Why did you choose to make this recipe?
2. Name the 5 parts to My Plate.
3. What is the key ingredient in your dish?
4. What were the steps you followed in preparing your dish?

5. How much money did you spend on your dish?
6. Name one vitamin in your dish and tell why that vitamin is beneficial to humans?
7. Did you make any healthy substitutions in your dish? If so, what were the substitutions?
8. How long should you wash your hands?
9. How would you safely store this dish to serve the next day?
10. What have you learned in the Food and Nutrition project that you will use in your life when preparing or choosing food?

▪ **Step B: Complete a skill demonstration.**

- Demo a kitchen skill assigned by your judges in 2 minutes or less minutes. You may verbally explain what you are doing and why you are doing so.

▪ **Step B: Take the knowledge quiz.**

- **Knowledge Quiz** – After your presentation and skill demonstration you will take a 10-question multiple choice quiz on food and nutrition. The quiz must be taken in one setting and is limited to the participant opening the quiz one time.

Intermediate age division (grades 6-8)



▪ **All Intermediate contestants will complete the following 3 steps:**

- **Step A: Your presentation**
- **Step B: Complete a skill demonstration.**
- **Step C: Take the knowledge quiz.**

▪ **Step A: Your presentation**

Introduce yourself (name, age or grade, county)

Presentation

- **Tell the judges about your dish** (category and name of recipe)
- **Serve a portion of your dish** onto another plate/bowl. This allows the judges to visually evaluate the dish prepared. Contestants should practice proper food handling techniques when presenting food.

Verbally answer these interview questions as part of your presentation
(Notes are not allowed during judging)

1. How does the Food Show theme, “Grocery Games” fit with your dish?
2. Name the food groups and amounts that are required from each group each day for a child.
3. Name the food group from My Plate that are represented in your dish.

4. What are the basic steps involved in preparing this dish?
5. What is considered a serving of your dish?
6. Name the key nutrients of your dish.
7. Name the functions of the key ingredients.
8. What changes have you made in your dietary habits as a result of participating in the 4-H food project?
9. What food safety practices did you use during preparation?
10. Discuss the Fight BAC principles or the 4 basic food safety principles.

▪ **Step B: Complete a skill demonstration.**

- Demo a kitchen skill assigned by your judges in 2 minutes or less minutes. You may verbally explain what you are doing and why you are doing so.

▪ **Step B: Take the knowledge quiz.**

- **Knowledge Quiz** – After your presentation and skill demonstration you will take a 10-question multiple choice quiz on food and nutrition. The quiz must be taken in one setting and is limited to the participant opening the quiz one time.

Senior age division (9, 10, 11 and 12 grades)



▪ **All Senior contestants will complete the following 3 steps:**

- **Step A: Your presentation**
- **Step B: Complete a skill demonstration.**
- **Step C: Take the knowledge quiz.**

▪ **Step A: Your presentation**

Introduce yourself (name, age or grade, county)

Presentation

- **Tell the judges about your dish** (category and name of recipe)
- **Serve a portion of your dish** onto another plate/bowl. This allows the judges to visually evaluate the dish prepared. Contestants should practice proper food handling techniques when presenting food.

Verbally answer these interview questions as part of your presentation

(Notes are not allowed during judging)

1. How does the Food Show theme, “Grocery Games” fit with your dish?
2. How did My Plate guide your choice of recipe?

3. Name the nutrients in your dish.
4. What function does each ingredient perform in the recipe?
5. What are the basic preparation principles involved in preparing this dish?
6. If substitutions are possible, what are they?
7. What was the most challenging task you had while preparing this dish?
8. How do you plan to safely store your dish after you have prepared it?
9. How do you balance your daily menu to ensure that you get proper amounts of food from the food groups?
10. What changes have you made in your dietary habits as a result of your 4-H food project?

▪ **Step B: Complete a skill demonstration.**

- Demo a kitchen skill assigned by your judges in 2 minutes or less minutes. You may verbally explain what you are doing and why you are doing so.

▪ **Step B: Take the knowledge quiz.**

- **Knowledge Quiz** – After your presentation and skill demonstration you will take a 10-question multiple choice quiz on food and nutrition. The quiz must be taken in one setting and is limited to the participant opening the quiz one time.

Food Challenge District 6 Contestant Rules

1. **Teams Per County.** 2 teams from each of the 3-age division can enroll per county. This means that each county is allowed a total of 6 teams. Each team can have a minimum of 3 and a maximum of 4 participants. If a junior or intermediate is needed to complete a team, it is permitted but they must compete at the Intermediate level. Only Seniors may compete in the Senior division. Substitution of team members should be made only if necessary.
2. **Food Categories & Preparation.** 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.
3. **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.
4. **Attire.** Each team will have the option of wearing coordinated clothing or aprons. Each team member is required to wear closed toe shoes and a hair restraint. Jewelry (except for medically required) is not permitted.
5. **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, and Food Safety Fact Sheet. Optional resources will include the Food Challenge Worksheet, and 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.
6. **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 using a standard or randomized process. Any extra equipment will be removed from the team's supply box.
7. **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
 - Oils (up to 17 oz)
 - 1 jar chicken bouillon
 - 1 medium onion
 - 2 cans vegetables and/or fruit (up to 16 oz) - team choice

- Rice (white or brown) or pasta (16 oz) –team choice

SUPPLY BOX

Each team will bring an equipment box containing only one each of the following items, unless a different quantity is noted:

| | |
|---|--|
| Beverage glass | Measuring spoons (1 set) |
| Bowls | Non-stick cooking spray |
| Dip Size (1) | Note cards (1 package - no larger than 5 X 7) |
| Mixing (2) | Paper towels (1 roll) |
| Serving (1) | Pancake turner |
| Calculator | Pencils (no limit) |
| Can Opener | Plastic box and trash bag for dirty equipment |
| Cookie sheet | Pot with lid |
| Colander | Potato masher |
| Cutting Boards (3) | Potato peeler |
| Disposable tasting spoons (no limit) | Sanitizing wipes (1 container) |
| Dry measuring cups (1 set) | or bleach solution spray |
| Electric Skillet | *recipes available at: https://agrifetoday.tamu.edu/2020/03/25/texas-am-experts-offer-covid-19-cleaning-disinfection-guidelines/ |
| Extension cord | Serving platter or plate |
| <i>(Teams should be certain the extension cord is compatible (2-prong/3-prong) with the plugs on their electrical supplies)</i> | Serving utensil |
| First aid kit | Skewers (1 set) |
| Food thermometer | Skillet with lid |
| Fork | Spatulas (2) |
| Gloves | Stirring spoon |
| Grater | Storage bags (1 box) |
| Hand sanitizer | Tongs |
| Hot pads (up to 5) | Two single-burner hot plates |
| Kitchen shears (1 pair) | or |
| Kitchen timer | One double- burner plate |
| Knives (4) | (electric only!) |
| Liquid measuring cup (2 cup size) | Whisk |

NEW

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 (16 oz)
(team choice)

Gadget of the Year:

Teams may have the following kitchen gadget in their box for the 2020-21 Contest Year:

Spiralizer (manual only)

Food Challenge District 6 Rules of Play

1. **General guidelines**, resources and instructions will be provided prior to the start of the contest to assist teams.
2. **No electronic devices** or jewelry (except for medically required) is allowed in contest. This includes cell phones, smart watches, or other communication devices.
3. **Each team** will be directed to a cooking/preparation station. Contest categories will be revealed at the preparation station.
4. **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. **Each team** will have 40 minutes to prepare the dish, plan a presentation, and clean up the preparation area.
6. **Electrical:** 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.
7. **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.
 - a. Teams are challenged to be creative and develop an original recipe with the ingredients provided.
 - b. Teams will determine the exact amount of each ingredient used based on their original recipe.
 - c. The key ingredient and/or grocery store ingredients selected should be used to garnish the dish.

- d. Note cards 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.
8. **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 completely pulled back, Chef hat with hair restrained inside, or cap with hair completely tucked inside.
9. **Nutrition:** Each station will have a variety of nutrition resources/references. Each team should highlight key nutrients in their dish and their functions during their presentation.
10. **Cost analysis:** Price(s) of the key ingredient and grocery store items will be provided to teams. Teams will calculate the price of the dish based on the amount of ingredients used. Teams should calculate the cost of the total recipe, as well as the price per serving. Teams will determine the number of servings for their recipe.
11. **Presentation:** Following the preparation phase of the contest, each team will give a 5-minute presentation to a panel of judges. A majority of team members should participate in the presentation.
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.
At the end of 5 minutes, time will be called – additional time will not be allowed. Judges will be allowed 3 minutes to ask questions. 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.
Please note: Once the 40 minutes of preparation time expires, team members may no longer communicate with each other. Team members may study their notes individually.
12. **Clean-up:** Teams must clean up their preparation areas. Clean-up time is included in the 40-minute preparation allotment.
13. **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.