



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.