

TEXAS 4-H YOUTH DEVELOPMENT PROGRAM

DATE: September 6, 2023
TO: All District 6 County Extension Agents
FROM: Travis Bell
District 6 4-H Extension Program Specialist
SUBJECT: 2023-2024 District 6 4-H Food Show and Food Challenge Rules and Guidelines

District 6 Event Guidelines

Contest Dates

- Thursday November 30, 2023 Glasscock County Community Center
117 S Myrl Street
Garden City, TX

Entry Requirements

- Enter on 4H Online beginning October 23, 2023, at <https://v2.4honline.com/#/user/sign-in>
- Contest Fee - \$15 per contest

District Deadlines

- Entry to 4HOnline and entry materials by November 7, 2023
- Late Registration November 8 -14, 2023, \$45.

Entry Divisions (grade by August 31, 2023)

- 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 divisions 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.

Lunch

- Lunch will be available at the concession stand. Pre-order will be on 4-H Online and payment can be made at the time of registration. All proceeds will go to Glasscock County 4-H Teen Leadership Tour.

Agent Assignments

Food Show

Haley Cowley
Chase McPhaul

Food Challenge:

Rebecca Law
Cody Trimble
Raymond Quigg

Food Show & Food Challenge Volunteers

- We need a minimum of 3 volunteers per age division/food category for Food Show and Food Challenge (example: 3 for Senior Appetizer, 3 for Intermediate Appetizer, 3 for Junior Appetizer).
- Judging assignments will be made in advance and emailed out.
- If you have volunteered and are unable to attend, please let us know as soon as possible so we can make the appropriate adjustments.
- Each County with participants needs to provide at least 3 volunteers. Please provide their information on the Google Doc listed below.

https://docs.google.com/spreadsheets/d/1UA_zldH4cqQ0MhD_QS8zA31iB4YaTBe2F99JO9cGxIY/edit?usp=sharing

Food Show Documentation

- Each participant will need to complete the Recipe Submission Paperwork (please type). A fillable PDF form is available at the State 4-H web page. https://texas4-h.tamu.edu/wp-content/uploads/food_show_recipe_submission_paperwork_24.pdf
- Handwritten copies will be sent back.
- The completed form should be submitted on 4-H Online at the time of registration.

Awards

- Awards Programs will take place immediately after the scores and rankings are tabulated.

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/>

Food Show Schedule – Agents & Volunteers

7:45am	Agents Arrive and unload supplies.
8:00am	Start Setup
8:15am	Agent Orientation and Check in Opens
8:30am	Judges Orientation
9:00am	Check Closes
9:30am	Skills Quiz Starts
10:00am	Judging Begins (Tabulation as Judging Progresses)
11:30am	Awards (Or Immediately after Tabulation Completes)

Food Challenge Schedule – Agents & Volunteers

10:00am	Setup
12:00pm	Superintendent, Asst. Superintendent, Group Leader, and Judge Orientation
12:45pm	Contestant Check-in
1:00pm	Welcome and Contestant Orientation
1:15pm	Contests Begins (Awards immediately following tabulation)

Food Show District 6 Contestant Rules

Food Show (individual event)

This year's 4-H Food Show theme is *Cooking Through the Decades... Take a trip back in time and explore different dishes that were popular in years past! Some of our most favorite recipes and dishes were made popular in a different decade than we live in today.*

Take time to explore past decades dishes, flavors, or cooking techniques that you aren't familiar with. Whether it be grandma's famous meatloaf from the 50's or a homemade version of a Pop tart made popular in the 90s, your tastebuds will experience a throwback trip through the decades. Dishes can be inspired from any past decade and should be recreated to be healthier, safer, and more nutritious. Keep in mind the 75-minute oven time when selecting your recipe. Remember to keep in mind good nutrition and healthy preparation methods as you select your recipe. ABSOLUTELY NO open flames or outdoor type grills will be allowed!)

Food Show Components. Each food show participant will complete/compete in each of the following components. A brief description and/or rules are shown for each.

FOOD SHOW DISH PRESENTATION/INTERVIEW: Food show contestants will prepare their dish in advance. Contestants should ensure they are choosing healthy recipes that follow guidance in the Recipes for Good Health resource located at <https://texas4-h.tamu.edu/projects/food-nutrition/> The selection and knowledge of the dish should highlight that the contestant has learned valuable skills and knowledge related to healthy eating and chronic disease prevention.

Dish Categories. Texas 4-H Food Show dish categories are: *Appetizer, Main Dish, Side Dish, and Healthy Dessert (No alcohol or ingredients containing alcohol may be used. Extract flavorings are acceptable.)*

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 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.

SKILL SHOWCASE: Food show contestants will showcase a skill learned in the food and nutrition project area when they bring their dish to be judged. Youth will demonstrate their knowledge of a skill assigned by judges. All materials to demonstrate this skill will be provided and judges will score the skill based on correct procedures, safety, and other pertinent information related to the skill assigned. The skill will be assigned during designated

judging time for each contestant and not prior. The skill demonstration will include a time limit which will be announced during participant orientation.

KNOWLEDGE SHOWCASE: Food show contestants will test their knowledge on food preparation, food safety, kitchen safety, and general nutrition knowledge in the quiz section of the food show. Contestants will be given a 10-question quiz which will contain multiple choice and true/false questions. No study materials will be provided; however, contestants should refer to the Texas 4-H Food & Nutrition page (<https://texas4-h.tamu.edu/projects/food-nutrition/>) for potential resources.

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

1. Garnishes and Decor

- a. 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.

2. 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.

3. Contestant Presentation and Judging Guidelines (continued on next page)

Junior age division (grades 3-5)

All Junior contestants will complete the following 3 steps:

❖ PART ONE: FOOD SHOW DISH PRESENTATION/INTERVIEW

- **Introduction/Presentation (5 minutes)**
 - Youth will need to employ their decision making and knowledge related to food purchasing, preparation, nutrition, and food safety to answer questions on a quiz. There will be a designated time for contestants to take this quiz. No study materials will be provided; however, contestants should refer to the Texas 4-H Food & Nutrition page (<https://texas4-h.tamu.edu/projects/food-nutrition/>) for potential resources.
- **Question and Answer (4 minutes)**
 - Judges will have the opportunity for a 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.
- **Serving (1 minute)**

❖ PART TWO: SKILL SHOWCASE

- Skill Showcase task will be assigned the day of the event and a time limit will be given based on whatever task is assigned.

❖ PART THREE: KNOWLEDGE SHOWCASE:

- Youth will need to employ their decision making and knowledge related to food purchasing, preparation, nutrition, and food safety to answer questions on a quiz. There will be a designated time for contestants to take this quiz. No study materials will be provided; however, contestants should refer to the Texas 4-H Food & Nutrition page (<https://texas4-h.tamu.edu/projects/food-nutrition/>) for potential resources.

Possible Questions for Question-and-Answer Segment:

Why did you choose to make this recipe?

Name the 5 parts to My Plate.

What is the key ingredient in your dish?

What were the steps you followed in preparing your dish?

How much money did you spend on your dish?

Name one vitamin in your dish and tell why that vitamin is beneficial to humans?

Did you make any healthy substitutions in your dish? If so, what were the substitutions?

How long should you wash your hands?

How would you safely store this dish to serve the next day?

What have you learned in the Food and Nutrition project that you will use in your life when preparing or choosing food?

Intermediate age division (grades 6-8)

All Intermediate contestants will complete the following 3 steps:

❖ PART ONE: FOOD SHOW DISH PRESENTATION/INTERVIEW

- **Introduction/Presentation (5 minutes)**
 - Youth will need to employ their decision making and knowledge related to food purchasing, preparation, nutrition, and food safety to answer questions on a quiz. There will be a designated time for contestants to take this quiz. No study materials will be provided; however, contestants should refer to the Texas 4-H Food & Nutrition page (<https://texas4-h.tamu.edu/projects/food-nutrition/>) for potential resources.
- **Question and Answer (4 minutes)**
 - Judges will have the opportunity for a 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.
- **Serving (1 minute)**
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❖ PART TWO: SKILL SHOWCASE

- Skill Showcase task will be assigned the day of the event and a time limit will be given based on whatever task is assigned.

❖ PART THREE: KNOWLEDGE SHOWCASE:

- Youth will need to employ their decision making and knowledge related to food purchasing, preparation, nutrition, and food safety to answer questions on a quiz. There will be a designated time for contestants to take this quiz. No study materials will be provided; however, contestants should refer to the Texas 4-H Food & Nutrition page (<https://texas4-h.tamu.edu/projects/food-nutrition/>) for potential resources.

Possible Questions for Question-and-Answer Segment:

How does the Food Show theme, “Cooking Through the Decades” fit with your dish?

Name the food groups and amounts that are required from each group each day for a child.

Name the food group from My Plate that are represented in your dish.

What are the basic steps involved in preparing this dish?

What is considered a serving of your dish?

Name the key nutrients of your dish.

Name the functions of the key ingredients.

What changes have you made in your dietary habits because of participating in the 4-H food project?

What food safety practices did you use during preparation?

Discuss the Fight BAC principles or the 4 basic food safety principles.

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

All Senior contestants will complete the following 3 steps:

❖ PART ONE: FOOD SHOW DISH PRESENTATION/INTERVIEW

- **Introduction/Presentation (5 minutes)**
 - Youth will need to employ their decision making and knowledge related to food purchasing, preparation, nutrition, and food safety to answer questions on a quiz. There will be a designated time for contestants to take this quiz. No study materials will be provided; however, contestants should refer to the Texas 4-H Food & Nutrition page (<https://texas4-h.tamu.edu/projects/food-nutrition/>) for potential resources.
- **Question and Answer (4 minutes)**
 - Judges will have the opportunity for a 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.
- **Serving (1 minute)**

❖ PART TWO: SKILL SHOWCASE

- Skill Showcase task will be assigned the day of the event and a time limit will be given based on whatever task is assigned.

❖ PART THREE: KNOWLEDGE SHOWCASE:

- Youth will need to employ their decision making and knowledge related to food purchasing, preparation, nutrition, and food safety to answer questions on a quiz. There will be a designated time for contestants to take this quiz. No study materials will be provided; however, contestants should refer to the Texas 4-H Food & Nutrition page (<https://texas4-h.tamu.edu/projects/food-nutrition/>) for potential resources.

Possible Questions for Question-and-Answer Segment:

How does the Food Show theme, “Cooking Through the Decades” fit with your dish?

How did My Plate guide your choice of recipe?

Name the nutrients in your dish.

What function does each ingredient perform in the recipe?

What are the basic preparation principles involved in preparing this dish?

If substitutions are possible, what are they?

What was the most challenging task you had while preparing this dish?

How do you plan to safely store your dish after you have prepared it?

How do you balance your daily menu to ensure that you get proper amounts of food from the food groups?

What changes have you made in your dietary habits because of your 4-H food project?

Food Challenge District 6 Contestant Rules

1. **Teams Per County.** 2 teams from each of the 3-age divisions 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, which will not be announced until the day of the contest.
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 hair restraint.
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.

NEW

An EMPTY tub for dirty dishes may be placed on top of equipment 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
 - Cornstarch (up to 1 lb.) or Flour (up to 1 lb.) - team choice

SUPPLY BOX

Supply boxes are limited to the following dimensions: 40" x 24" X 40"

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

Bowls (up to 4 - any size)

Calculator

Can Opener

NEW

Colander

Cookie Cutters (up to 2 - team choice)

Cutting Boards (up to 4)

Disposable tasting spoons (no limit)

Dry measuring cups (1 set)

Electric Skillet

Extension cord (multiple outlet or strip style)

Teams should be certain the extension cord is compatible (2-prong/3-prong) with the plugs on their electrical supplies

First aid kit

Food thermometer

Fork

Gloves

Grater

Hand sanitizer

Hot pads (up to 5)

Kitchen shears (1 pair)

Kitchen timer

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 5 X 7)

Paper towels (1 roll)

Pancake turner (up to 2)

Pencils (no limit)

Plastic box & trash bags for dirty equipment*

Pot with lid

Potato masher

Potato peeler

Sanitizing wipes (1 container)

Serving dishes/utensils

1 plate/platter

1 bowl

1 utensil

Skewers (1 set)

Skillet with lid

Spatulas (up to 2)

Stirring spoon

Storage bags (1 box)

Tongs (up to 2)

Toothpicks (no limit)

Two single-burner hot plates

or

One double- burner plate (electric only!)

Whisk

NEW

*An EMPTY tub for dirty dishes may be placed on top of equipment box

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*)

**must be uncooked/dried*

NEW

Cornstarch (up to 1 lb)

or Flour (up to 1 lb) (*team choice*)

Updated June 2023

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 the 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 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 select & use at least two additional items from the “grocery store” and will be provided the maximum number of items they can select during orientation. Teams will not be required to analyze cost of recipe, nor will this be included in the presentation or scoring of the contest.

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, there should always be a barrier between your hand and any food touched. A barrier includes gloves and/or cooking utensils. When wearing 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.

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. **Supply Boxes:** Boxes must be completely closed, and all equipment should remain inside the box until the start of the contest. Supply boxes are limited to the following dimensions: 40" x 24" X 40". If box is on wheels, the height of the wheels is not included in the dimensions. The contest committee may measure any, and/or all boxes to determine compliance to size. If boxes are out of compliance, teams may be disqualified.

NEW

An EMPTY tub for dirty dishes may be placed on top of equipment box

10. **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.
11. **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.
12. **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. Following questions, judges will have 3 minutes to score/write comments.

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.

13. **Clean-up:** Teams must clean up their preparation areas. Clean-up time is included in the 40-minute preparation allotment.
14. **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.