

2022-23 Henderson County 4-H Food Show Guidelines

Entries due: Wednesday, October 26, 2022

The 4-H Food Show is an individual opportunity for 4-H youth to showcase their skill and knowledge within the Food and Nutrition project. **The 2022-23 contest will be held on Tuesday, November 1st 6 p.m. at the Extension Office in Athens.**

4-H members must select their category prior to entry and submit a copy of the recipe. This year's Food Show theme will once again be **"Backyard BBQ" What's your favorite dish at a backyard BBQ? Don't be afraid to showcase your culinary skills by experimenting with flavors and dishes commonly found at a backyard BBQ. Entries must be submitted by 5 p.m. on Tuesday, January 4th.** There is no cost to enter the County 4-H Food Show, but participants must be active 4-H members. (*Division is determined by grade on Sept. 1, 2022*)

- **Clover Kids** (Kindergarten - 2nd Grade)
- **Junior** (3rd Grade - 5th Grade)
- **Intermediate** (6th Grade - 8th Grade)
- **Senior** (9th Grade - 12th Grade)

Dishes must arrive at the contest cooked and ready to serve. Participants will be given time to garnish their dish before being judged. Dishes will **not** be sampled by the judges, so presentation is important.

Only **one** entry will advance to the District 5 4-H Contest per category in each age division. The District 5 Contest is will be held Friday, December 2, 2022 in Henderson. Additional information will be shared with those who qualify.

Food Show Categories

There are four contest categories.

Main Dish - Food classified as main dish usually contain a meat or meat alternate such as cheese, eggs, dry beans, or peas and peanut butter. They also may contain other foods. Dishes may include beef, veal, pork, variety meats, poultry, eggs, fish and shellfish. Other possible dishes include meat loaves, soufflés, omelets, soups and chowders.

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.

Side Dishes – These are foods 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 ice dishes, and/or combination vegetable dishes.

Healthy 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.

Recipe Selection

When selecting a recipe for county and district competition, please remember:

- Recipes should be written in the standard recipe format using the included Recipe Submission Checklist as a guide.
- No alcohol or ingredients containing alcohol may be used.
- Keep in mind what ingredients will be available or in season for all levels of competition: county, district and state.

Additionally, please consider if ingredients will be available in local grocery stores where contests are held. Contestants are encouraged to select recipes that follow sound dietary practices. 4-H participants should be familiar with this information contained in these study materials, especially the information on food safety.

- **State 4-H Food Show Guidelines** (Senior level competition only)
http://texas4-h.tamu.edu/wp-content/uploads/roundup_food_show_rules_guidelines_2020.pdf
- **My Plate**
<http://www.choosemyplate.gov/>
- **Food Safety**
<http://www.fightbac.org>
- **Dietary Guidelines for Americans**
<http://health.gov/DietaryGuidelines>
- **Texas A&M AgriLife Extension Service: Nutrient Needs at a Glance** (kid friendly)
<https://texas4-h.tamu.edu/wp-content/uploads/Nutritional-Concepts.pdf>
- **The Importance of Family Mealtime**
<http://food.unl.edu/documents/The%20Importance%20of%20Family%20Mealtime.02.01.10.pdf>

It is strongly urged that 4-Her's choose recipes that are relatively simple (i.e. less than 7 ingredients, 1 dish meals, etc.). **No alcohol or alcohol-containing ingredients may be used.**

Recipe Resource

- **Dinner Tonight: Texas A&M AgriLife Extension**
<http://dinnertonight.tamu.edu/recipes/>

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Judging Criteria

Introduction/Presentation – *All Divisions*

- Each contestant will start with a maximum three-minute presentation to introduce themselves and their dish. You should describe your inspiration in choosing your recipe and how it relates to the theme, Backyard BBQ.

Question and Answer – *All Divisions*

- Judges will have the opportunity to ask questions applicable to the attached scorecard. It includes but is not limited to basic nutrition, food safety and preparation as well as project experiences. Being familiar with the information from the recommended study resources in the Guidelines will improve your interview success.

Serving the Dish – *All Divisions*

- Contestants will present the judges with a single serving from the dish they have prepared. The single serving will be served on a small dish (appropriate to the food), it may be garnished with edible items and you may include an eating utensil (i.e. fork, spoon, etc.).

Due to food safety issues, the judges will not taste the entries. Participants will present the panel of judges a single serving of the entry so that the judges can evaluate the quality and appearance of the dish. With this in mind contestants will need to arrange to keep the food either hot or cold, whichever is appropriate.

Participants will need to provide their own serving utensils. Gloves will not be required nor will they be furnished this year, since this aspect of food safety is not an issue. If possible, 'down-size' recipes. For example, if the recipe makes a three pound meatloaf, it would only be necessary to make half or a third of that recipe for the show. This will cut down on waste and food safety concerns.

Entries will be grouped according to the category entered. Only edible garnishes are allowed. Participants will remove their dish from the place setting and take it to the judging table for the interview. Contestants are encouraged to wear clothing consistent with professional and safe food handling practices.

2. 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.

3. 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.

Food Show Questions – The attached questions are to be used simply as a guideline for all age groups. The judges are not required to stick to this set of question nor will participants necessarily be asked any of the listed questions. It is best for the 4-H members to know the steps necessary to prepare their dishes, the nutrient content of their dish and possible recipe substitutions.

1. Tell me how many years you have been in the 4-H Foods Project.
 2. Tell me something you learned from this project.
 3. Briefly tell me how you prepared your dish.
 4. Could you make any substitutions for any ingredient in your recipe?
 5. What is the key nutrient in the dish you prepared? Why is it important?
 6. Name the food groups found on the MyPlate. Which food group does your dish belong in?
 7. How many calories are in one serving of your dish?
 8. If you prepared your dish to take to someone's house, what steps would you take to transport the dish and serve it properly?
 9. Tell me one thing you have done to improve your eating habits.
 10. Is there anything else you would like to tell us about your Food and Nutrition project?
 11. Tell me about any leadership opportunities that you took advantage of in this year's foods project.
 12. Tell me about your community service activities related to the food project.
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