

# 2022-2023

## D1 4-H Food Show Guide

### 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.

## OBJECTIVES

- Develop healthy eating habits to reduce the risk of chronic disease.
- Develop food preparation, safety, and nutrition skills.
- Provide leadership and public speaking opportunities.
- Provide opportunities for participants to connect MyPlate and Dietary Guidelines to their daily lives.
- Learn about nutrients and the health benefits they provide to your body.

**Date:** October 24, 2022

**Individual Interview times will be assigned the Friday Prior**

**Location:** Rex Baxter Building at Tri State Fair

**Registration:** \$10 contest fee DUE ON 4-H ONLINE BY **OCTOBER 10**

**Resources:** Food Show resources can be found here:

<https://texas4-h.tamu.edu/projects/food-nutrition/>

## Contest Rules For 2022-2023

The Texas 4-H Food Show Committee has worked hard to redesign and re-energize the Texas 4-H Food Show! Although the dish component stays the same, two other components have been added to maximize learning and ensure that 4-H members are learning valuable life skills! The new Texas 4-H Food Show will consist of the following components which are explained throughout this guide:

1. Food Show Dish Presentation/Interview \*All Ages
2. Skills Showcase \*Seniors Only
3. Knowledge Showcase \*Seniors Only

## D1 4-H FOOD SHOW PARTICIPANT RULES

NEW

1. **Special Note.** *The rules in this guide are for the District 1 4-H Food Show competition held in conjunction with Fall Big Fun in D1. Please refer to state guidelines for information on that contest.*

2. **Participation.** Participants must be 4-H members currently enrolled in a Texas 4-H Youth Development county program and actively participating in the Food and Nutrition project. **Each county may send the 1st & 2nd place participants in each category per age division.**

3. **Age.** Age divisions are determined by a participant's age/grade as of August 31 of the current 4-H year. See the Texas 4-H Rules and Guidelines for specific age requirements.

Senior Division: Grades 9-12

Intermediate Division: Grades 6-8

Junior Division: Grades 3-5

4. **Theme.** This year's 4-H Food Show theme is ***Backyard BBQ***

Summer isn't the only time for a Backyard BBQ! Sometimes, a backyard BBQ means you get to enjoy special dishes that you only see at a BBQ. The grill usually comes out and families have started gathering around to experiment with different flavors. Now is the time for you to get creative with flavors and recipes commonly found at a backyard BBQs. You may even want to try out a new piece of kitchen equipment such as a grill plate or indoor grill. Remember, not all backyard BBQ dishes even require a grill! Many Backyard BBQ dish favorites can be prepared on the stove top, in the oven, in non-cook methods, or using special equipment. ABSOLUTELY NO open flames or outdoor type grills will be allowed at the D1 Food Show!

5. Remember to keep in mind good nutrition and healthy preparation methods as you select your recipe.

6. **Food Show Components.** Senior participants will give a 5 minute (max) presentation/introduction, answer 4 minutes worth of interview questions, demonstrate a skill, & take a 10 question quiz.

Junior & Intermediate participants will introduce themselves & answer 4 minutes of interview questions.

## CATEGORIES!

- **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.

**1. FOOD SHOW DISH PRESENTATION/INTERVIEW:** 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. You will bring your dish almost fully prepared, complete your kitchen time, then go to the judges to be interviewed. Seniors ONLY will give a 5-minute presentation before answering interview questions.

**FOOD PREPARATION WILL NOT BE JUDGED AT THE DISTRICT 1 4-H FOOD SHOW CONTEST**

NEW

**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. **\*Seniors Only**

NEW

**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. **\*Seniors Only**

# D1 4-H FOOD SHOW PREPARATION, PRESENTATION AND JUDGING GUIDELINES

A complete schedule, including kitchen preparation time & interview schedule will be emailed out the Friday before. **Scheduling requests can be made to your county agent, but cannot be guaranteed.**

**D1 4-H Food Show Paperwork.** ALL contestants must complete and submit the Texas 4-H Food Show Contest Information Form (recipe) included in this packet

D1 4-H Food Show recipe submission will be processed ONLINE. Participants will upload their food show recipe at the same time they register through 4-H Online.

The only required paperwork is Food Show Recipe. Recipes should be typed in the standard recipe format using the Recipe Submission Checklist as a guide. Recipe should include the total cost of ingredients. By submitting the recipe, the contestant releases the recipe for use by Texas 4-H Youth Development and Texas A&M AgriLife Extension.

## PART ONE: FOOD SHOW DISH PREPARATION.

No alcohol or ingredients containing alcohol may be used.

When choosing a recipe, please remember that the goal of the food and nutrition project is to learn healthy eating skills and healthy recipe selection.

*Contestants will be interviewed following completion of their assigned food preparation facility time.*

### 1. Introduction/Presentation

Senior contestants will start with a maximum five-minute presentation to introduce themselves and their dish. To earn maximum points, participants must use the **5 minute presentation** to describe their inspiration in choosing your recipe, how recipe relates to the current food show theme, and the following areas of the scorecard: Knowledge of MyPlate, Nutrition Knowledge, Food Preparation, and Food Safety Concerns. **\*\*Junior and intermediate contestants will only introduce themselves & their dish. DO NOT GIVE A PRESENTATION**

### 2. Question and Answer - ALL AGES

Judges will have the opportunity for a **four-minute interview** asking questions applicable to the attached scorecards. 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.

### **3. Serving - ALL AGES**

At the end of the question and answer period, contestants will have **one-minute to serve** the judges a portion of their dish. This allows judges to visually evaluate the dish prepared. Contestants should practice proper food handling techniques when presenting food to the judges. Judges will not taste the food.

The food should be presented in a serving dish with a serving utensil provided by the contestant. In addition, a napkin to lay serving utensil on is allowed. The dish should be presented to the judges as if it were about to be placed on a table for a family dinner. In some instances, it is not necessary to present to the judges the entire recipe. For example, if a recipe makes two loaves of bread, only one loaf needs to be presented for judging. Contestants should serve judges what they deem is an appropriate serving size for evaluation purposes. Paper goods for these servings will be provided by the food show committee. Contestants will serve one serving to the judging panel, not a serving to each individual judge. **If you need gloves, you must provide them.**

If needed to safely transport the dish, contestants should bring serving trays. A few trays will be provided. 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. ***As stated earlier in the guidelines, only edible garnishes are allowed with the food show entry.*** Agents and leaders are encouraged to use discretion regarding this matter when counseling 4-H participants, members or contestants for the state show.

**Food Preparation and Facilities.** ONLY THE CONTESTANT is allowed in the preparation area. All others must remain in the designated waiting areas.

*Contestants are encouraged to prep as much as they can ahead of time. The Preparation time will be used for minor adjustments, garnishing, cutting, etc.*

## Kitchen Time Limits & Rules

**Senior Contestants:** Will receive 15 minutes of kitchen time. **We still encourage you to prep as much as you can ahead of time. The only thing that will be available is a worktable and microwave. Anything else that you need to prep your dish, you must bring.** Special equipment or appliances must be provided by the contestant. Equipment with open flames is not allowed. Contestants must provide cutlery, cutting boards, cleaning supplies, paper towels, potholders, etc. if needed. No one will eat your dish, do not be concerned with keeping it warm.

**Junior & Intermediate Contestants:** Will receive 10 minutes of prep time. **We still encourage you to prep as much as you can ahead of time. The only thing that will be available is a worktable. Anything else that you need to prep your dish, you must bring. Special equipment or appliances must be provided by the contestant.** Equipment with open flames is not allowed. Contestants must provide cutlery, cutting boards, cleaning supplies, paper towels, potholders, etc. if needed. No one will eat your dish, do not be concerned with keeping it warm.

**Safety.** Contestants should wear clothing consistent with professional and safe food handling practices. Closed toe shoes must be worn in food preparation area.

**Garnishes.** Only edible garnishes are allowed. Participants will be asked to remove any other material besides a serving utensil, napkin, and edible garnish from the serving tray.

**Electronic Devices.** No electronic devices or jewelry (except for medically required) is allowed in contest unless noted by superintendent during orientation. This includes cell phones, smart watches, or other communication devices. Contestants may bring in an electronic kitchen timer for time management purposes.

**PART TWO: SKILL SHOWCASE:** Youth will be judged on an assigned kitchen/cooking type skill. Youth will complete this skill while at the judging table. All materials needed to demonstrate the skill will be provided for the contestant. No other materials may be used other than those provided. The interview judges will score their skill based on correct procedures, safety, and other pertinent information related to the skill assigned. The skill demonstration will include a time limit which will be announced during participant orientation. **\*Seniors ONLY**  
*For the district contest one of the following skills will be selected:*

D1 Skills Bank	
Skill	Purpose
Dry and wet measure equivalents	Demonstrate how to properly measure various dry/wet ingredients and/or equivalencies.
Cross contamination prevention	Explain food safety, cutting boards, knives, gloves, handwashing when using either raw or fresh foods.
Table/flatware setting	Demonstrate appropriate table setting.
Knives	Select a knife based upon food to be cut. Demonstrate how to dice, mince, chop a vegetable.

**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. 5 minutes to answer 10 question. 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. **\*Seniors Only**

# D1 4-H FOOD SHOW RECIPE SUBMISSION CHECKLIST

*Recipes for Texas 4-H Food Show should adhere to the guidelines below. Please use this checklist to ensure recipes are correctly written.*

	YES	NO
<b>DOES YOUR RECIPE HAVE ALL OF THESE PARTS?</b>		
Name of recipe	_____	_____
Complete list of ingredients	_____	_____
Size cans, number of packages, cans, etc. given *EX: 10 oz box chopped frozen spinach NOT Spinach, box of spinach or frozen spinach	_____	_____
Description for combining all ingredients	_____	_____
<b>LIST OF INGREDIENTS</b>		
Ingredients are listed in order in which they are used in directions	_____	_____
Ingredients listed as they are measured. *EX: ¼ cup chopped onion, not ¼ cup onion chopped. *EX: 1 green pepper, chopped, not 1 chopped green pepper	_____	_____
Measurements given in common fractions *Ex: 1/4 cup, 2 tablespoons, 1 teaspoon	_____	_____
All measurements are spelled out, not abbreviated. *Ex: cup, teaspoon, tablespoon, size can, etc. *Ex: 4-ounce can	_____	_____
No brand names are used.	_____	_____
Complete description of ingredients is included *EX: low-fat; packed in syrup; reduced fat; etc.	_____	_____
<b>DIRECTIONS</b>		
Clear instructions used for every step of combining and cooking the ingredients	_____	_____
Short, clear sentences used	_____	_____
Correct wording used to describe combining and cooking processes	_____	_____
Size and type of pan stated	_____	_____
Oven temperature and cooking times given	_____	_____
Number of servings or how much the recipe would make included	_____	_____
Total Cost of Ingredients	_____	_____



# STATE 4-H FOOD SHOW RECIPE EXAMPLE

## RECIPE EXAMPLE

### 4-H Shamrock Salad

6-ounce package lime gelatin	(not just 1 package lime gelatin)
2 cups boiling water	
1 cup lemon-lime soda	
8-ounce package cream cheese, softened	(not just 1 package/what kind) Low fat, Fat free, etc.)
½ teaspoon vanilla	
½ teaspoon lime juice	
6-ounce can mandarin oranges, drained	(always include size)
8-ounce can pineapple tidbits, drained	
2 cups green grapes, halved, seeded	(not just grapes also color/kind) Red, concord, green)
2 cups chopped celery	(not 2 cups celery chopped – you must chop the celery to measure it, so chopped must be written first)
½ cup chopped pecans	(are you measuring the pecans before or after chopping? The way it is written here indicates chopping first)
8-ounce carton frozen low-fat whipped Topping, thawed	
3-ounce package lime gelatin	(indicate low-fat, fat-free, etc.)
1 ½ cups boiling water	

Dissolve the 6-ounce package lime gelatin in 2 cups boiling water. Stir in 1 cup lemon-lime soda. Combine this with cream cheese, vanilla, and lime juice in blender, and process until smooth. Pour blended mixture into bowl. Stir in all fruit, celery and pecans. Fold in three-fourths carton whipped topping. Pour into 13x9x2 inch pan. (Note size of pan is listed) Chill until firm; then cut whole pan into 8 equal sized portions.

In order to make the 4-H Shamrock gelatin jigglers, dissolve the 3-ounce package lime gelatin in 1 ½ cups boiling water. Pour into shallow pan, 24x16x1 inches. Chill until set. Cookie cut the jiggle gelatin into 4-H Shamrock shapes. Serve salad squares on lettuce-lined plate. Top with 4-H Shamrocks. Garnish with remaining whipped topping. Chill until serving time. May add other garnishes to serving try for color variety. Yield 8 ½ cup servings. (Note number of servings is listed.)



<b>CONTESTANT NAME:</b>								
<b>CATEGORY</b> <i>Please check one</i>	<input type="checkbox"/>	<input type="checkbox"/>		Main Dish	<input type="checkbox"/>	Side Dishes	<input type="checkbox"/>	Healthy Desserts
<b>COUNTY</b>								
<b>Age Division</b>								
Senior		Intermediate		Junior				
<b>Name of Recipe:</b>								
<b>Prep Time:</b>				<b>Cook Time:</b>		<b>Cost:</b>		

Type Recipe Here:

# D1 4-H Food Show | Senior Scorecard

Contestant Name: \_\_\_\_\_

County: \_\_\_\_\_

Entry Category:     \_\_\_ Appetizer             \_\_\_ Main Dish             \_\_\_ Side Dish             \_\_\_ Healthy Dessert

	Comments	Points	Score
<b>I. PRESENTATION</b>			
<b>Theme:</b> <ul style="list-style-type: none"> <li>How does the theme fit with the dish?</li> </ul>		(5)	
<b>Knowledge of MyPlate:</b> <ul style="list-style-type: none"> <li>Food group(s) represented in dish.</li> <li>Serving amount needed from each group daily for age.</li> <li>How did MyPlate guide choice of dish?</li> <li>How does this dish reflect MyPlate?</li> </ul>		(10)	
<b>Nutrition Knowledge:</b> <ul style="list-style-type: none"> <li>Key nutrients of dish and function of those nutrients</li> </ul>		(10)	
<b>Food Preparation:</b> <ul style="list-style-type: none"> <li>Preparation key principles and function of key ingredients</li> <li>Healthy substitutions</li> </ul>		(10)	
<b>Food Safety Concerns &amp; Practices:</b> <ul style="list-style-type: none"> <li>Knows food safety concerns in preparation and storage of dish</li> <li>Follows FightBAC principles</li> </ul>		(10)	
<b>II. INTERVIEW <i>(category specific)</i></b>			
<b>Judge's Questions</b>		(15)	
<b>4-H Food &amp; Nutrition Project Activities</b>		(10)	
<b>III. FOOD PRESENTATION/QUALITY</b>			
<ul style="list-style-type: none"> <li>Appearance of food (texture, uniformity)</li> <li>Garnishing</li> </ul>		(5)	
<b>IV. EFFECTIVENESS OF COMMUNICATION</b>			
<ul style="list-style-type: none"> <li>Voice, poise, personal appearance</li> </ul>		(5)	
<b>V. SKILL &amp; Knowledge SHOWCASE SCORE</b>			
<ul style="list-style-type: none"> <li>Proper demonstration of assigned skill.</li> <li>Score on the 10 question test</li> </ul>		(10) (10)	
<b>Additional Comments:</b>		Total Points	Possible (100)

**2022 District 1 Food Show**  
**\_\_\_\_ Junior \_\_\_\_ Intermediate SCORECARD**  
**Additional Comments**

**NAME:** \_\_\_\_\_ **County:** \_\_\_\_\_

**ENTRY CATEGORY:**

\_\_\_\_ **Main Dish**

\_\_\_\_ **Side Dish**

\_\_\_\_ **Appetizer**

\_\_\_\_ **Healthy Dessert**

CATEGORY	COMMENTS	POOR	FAIR	AVG	GOOD	EXC
<b>The Interview</b>						
What are the individual food groups?		1	2	3	4	5
What food group does your recipe fall into?		1	2	3	4	5
How many servings are provided by this recipe?		1	2	3	4	5
How many servings are needed for someone your age and gender from each group daily?		1	2	3	4	5
What are the key nutrients provided by this recipe?		1	2	3	4	5
What key steps were taken to prepare this recipe?		1	2	3	4	5
What food safety practices were taken while preparing this recipe?		1	2	3	4	5
How should this dish be stored?		1	2	3	4	5
What community service, leadership or workshops have you done that relate to your 4-H Food project?		1	2	3	4	5
Effectiveness of Communication - Voice, Poise, Personal Appearance		1	2	3	4	5

**Additional Comments**

(10) (20) (30) (40) (50)

**(50) Total Points Possible)**

**Total Score:** \_\_\_\_\_

# Texas 4-H Food Show Resources

*Participants are encouraged to use the following resources as a foundation to learning nutrition, food safety, and food preparation knowledge. Participants should not solely rely on these resources but seek other credible resources to expand their knowledge and expertise.*

## NUTRITION RESOURCES

MyPlate

<http://www.choosemyplate.gov/>

Food Safety

<https://texas4-h.tamu.edu/projects/food-nutrition/>

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-E-589.pdf](http://fcs.tamu.edu/food_and_nutrition/pdf/nutrient-needs-at-a-glance-E-589.pdf)

## THEME RESOURCES

Texas Beef Council

<https://beeflovingtexans.com/>

Dinner Tonight

<https://dinnertonight.tamu.edu/>

USDA

<https://www.usda.gov/media/press-releases/2021/05/27/usda-provides-food-safety-tips-grilling-pros-and-beginners>

<https://www.fsis.usda.gov/food-safety/safe-food-handling-and-preparation/food-safety-basics/grilling-food-safely>

TAMU-BBQ Texas

<https://bbq.tamu.edu/>

BBQ Guys

<https://www.bbqguys.com/>