

COOKING

THROUGH THE DECADES

TEXAS A&M
AGRI LIFE
EXTENSION



2024-2025 | Rules & Guidelines

The members of Texas A&M AgriLife will provide equal opportunities in programs and activities, education, and employment to all persons regardless of race, color, sex, religion, national origin, age, disability, genetic information, veteran status, sexual orientation or gender identity and will strive to achieve full and equal employment opportunity throughout Texas A&M AgriLife.

2024-2025

Texas 4-H Food Show Guide

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.

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

The goal of the Texas 4-H Food Show is to provide an opportunity for 4-H contestants to highlight their culinary skills while also improving their presentation and interview skills. More than 120,000 youth participate in the 4-H Food & Nutrition Project where they learn to prepare nutritious and safe meals and adopt behaviors that can help reduce their risk for chronic disease.

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.



This symbol denotes a new or modified rule for 2024-2025. Read closely!

CONTEST FORMAT 2024-2025

The Texas 4-H Food Show will consist of the following components which are explained throughout this guide:

1. Knowledge Showcase (**Senior only**)
2. Food Show Dish Presentation/Interview
3. Skills Showcase (**Senior only**)

Date: October 28, 2024

Location: Rex Baxter Building at Tri-State Fair

Registration: October 9 via 4-H Online \$15

Late Entries: October 14-18 \$50

Resources: Food Show resources can be found here:

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

DISTRICT 1 4-H FOOD SHOW PARTICIPANT RULES

1. **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.

2. **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.

Junior Division: Grades 3-5

Intermediate Division: Grades 6-8

Senior Division: Grades 9-12

3. **Theme.** 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. Seniors need to keep in mind the 75 minute oven time at state contest when selecting your recipe.

The theme for the Texas 4-H Food Show will remain the same for two years. This gives counties an opportunity to provide education, workshops, etc. which targets the theme. The same recipe **cannot** be entered more than once to the District and State Food Show.

4. **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.

1. **KNOWLEDGE SHOWCASE:** **Senior** 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 resource provided in the official Texas 4H Food Show guide.

2. **FOOD SHOW DISH PRESENTATION/INTERVIEW:** Food show contestants will prepare a dish at home and bring to contest. 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. District 1 4-H Food Show dish categories are:
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.

4. SKILL SHOWCASE: **Senior** 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.

NEW 5. **JUDGING TIME LIMITS:** These time limits will be followed during the judging process

Seniors

- 5 min presentation with introduction
- 3 min Q&A
- 1 min serve
- 2 min skill showcase
- 4 min judges' comments

Junior & Intermediate contestants will only introduce themselves & their dish. DO NOT GIVE A PRESENTATION!

DISTRICT 1 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 will be turned in to the County Extension Office. Participants **MUST** upload their food show recipe when 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.

FOOD SHOW DISH PREPARATION.

No alcohol or ingredients containing alcohol may be used. Extract flavorings are acceptable.

When choosing a recipe, please keep in mind what ingredients will be available or in season for all levels of competition: county, district and state. Additionally, please remember that the goal of the food and nutrition project is to learn healthy eating skills and healthy recipe selection.

FOOD SHOW DISH PRESENTATION/INTERVIEW.

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 & Intermediate contestants will introduce themselves & their dish. Then the judges will begin their questions. DO NOT GIVE A PRESENTATION!

2. Question and Answer

Judges will have the opportunity for a three-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.

3. *Serving*

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 needed to safely transport the dish, contestants should bring serving trays. Serving trays will not 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 district show.

ONLY THE CONTESTANT is allowed in the kitchen and judging areas. All others must remain outside the building until time for awards.

Contestants will be required to share a limited number of work surfaces, sinks, stoves and refrigerators.

Contestants should practice working in small spaces prior to the food show. Should an unforeseen mishap occur, a student can remake their recipe within their allotted time and workspace only if the Kitchen Supervisor grants permission to do so.

Equipment. Only microwaves and worktables are available for contestants to use in preparing their recipes.

Safety. Contestants should wear clothing consistent with professional and safe food handling practices.

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.

Presentation Judging. Contestants will be interviewed following completion of their assigned kitchen time. The Kitchen Supervisor will inform each contestant when and where to take his/her dish to be judged. The judging order will be assigned by the food show committee and provided to participants the Friday prior to the district contest.

Serving. 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 may not taste the food. Contestants will serve one serving to the judging panel, not a serving to each individual judge.

Dish. 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 was 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. 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.

If needed to safely transport the dish to the judging area, contestants should bring serving trays. Serving trays will not be provided.

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PART THREE: SKILL SHOWCASE: Seniors 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.

Examples of skills to be assigned include, but are not limited to:

EXAMPLES	
Skill	Purpose
Dry and wet measure equivalents	Demonstrate how to properly measure various dry/wet ingredients and/or equivalencies.
Garnish	Liven up a plate with edible products to add color and flavor.
Themed food	Create something from fruits and vegetables that illustrates the theme such as ants on a log for a nature theme.
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.
Cross contamination prevention	Explain food safety, cutting boards, knives, gloves, handwashing when using either raw or fresh foods.
Small appliance demonstration or kitchen gadget demonstration.	Demonstrate how to use a small kitchen appliance or gadget properly and safely.
Meal Planning	Plan a meal using MyPlate and/or grocery store ad.
Product selection/identification.	Demonstrate how to properly select a food product based on quality, variety, or type.

NEW

Judging Time Limits: These time limits will be followed during the judging process

- 5 min presentation with introduction
- 3 min Q&A
- 1 min serve
- 2 min skill showcase
- 4 min judges' comments

District 1 4-H FOOD SHOW RECIPE SUBMISSION CHECKLIST

*Recipes for District 1 4-H Food Show should adhere to the guidelines below.
Please use this checklist to ensure recipes are correctly written.*

	YES	NO
DOES YOUR RECIPE HAVE ALL OF THESE PARTS?		
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	_____	_____
LIST OF INGREDIENTS		
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.	_____	_____
DIRECTIONS		
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	_____	_____

DISTRICT 1 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.)



DISTRICT 1 4-H FOOD SHOW RECIPE SUBMISSION PAPERWORK

CONTESTANT NAME:								
CATEGORY <i>Please check one</i>	<input type="checkbox"/>	Appetizer	<input type="checkbox"/>	Main Dish	<input type="checkbox"/>	Side Dishes	<input type="checkbox"/>	Healthy Desserts
COUNTY								
AGE DIVISION	<input type="checkbox"/>	Junior	<input type="checkbox"/>	Intermediate	<input type="checkbox"/>	Senior		

Name of Recipe:		
Prep Time:	Cook Time:	Cost:

District 1 4-H Senior Food Show | Presentation Scorecard

Contestant Name: _____

County: _____

Entry Category: ___ Appetizer ___ Main Dish ___ Side Dish ___ Healthy Dessert

	Comments	Points	Score
I. PRESENTATION			
Theme: <ul style="list-style-type: none"> • How does the theme fit with the dish? 		(5)	
Knowledge of MyPlate: <ul style="list-style-type: none"> • Food group(s) represented in dish. • Serving amount needed from each group daily for age. • How did MyPlate guide choice of dish? • How does this dish reflect MyPlate? 		(10)	
Nutrition Knowledge: <ul style="list-style-type: none"> • Key nutrients of dish and function of those nutrients 		(10)	
Food Preparation: <ul style="list-style-type: none"> • Preparation key principles and function of key ingredients • Healthy substitutions 		(10)	
Food Safety Concerns & Practices: <ul style="list-style-type: none"> • Knows food safety concerns in preparation and storage of dish • Follows FightBAC principles 		(10)	
II. INTERVIEW <i>(category specific)</i>			
Judge's Questions		(15)	
4-H Food & Nutrition Project Activities		(10)	
III. FOOD PRESENTATION/QUALITY			
<ul style="list-style-type: none"> • Appearance of food (texture, uniformity) • Garnishing 		(5)	
IV. EFFECTIVENESS OF COMMUNICATION			
<ul style="list-style-type: none"> • Voice, poise, personal appearance 		(5)	
V. SKILL SHOWCASE SCORE			
<ul style="list-style-type: none"> • Proper demonstration of assigned skill. 		(10)	
Additional Comments:		Total Points	Possible (90)

2024 District 1 Food Show
Additional Comments Junior Intermediate **SCORECARD**

NAME: _____ **County:** _____

ENTRY CATEGORY:

 Main Dish

 Side Dish

 Appetizer

 Healthy Dessert

CATEGORY	COMMENTS	POOR	FAIR	AVG	GOOD	EXC
The Interview						
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

Dietary Guidelines-Top 10 Things You Need to Know

<https://www.dietaryguidelines.gov/2020-2025-dietary-guidelines-online-materials/top-10-things-you-need-know>

FightBac

https://texas4-h.tamu.edu/wp-content/uploads/national_food_challenge_fight_back_brochure.pdf

Food Safety Fact Sheet

https://texas4-h.tamu.edu/wp-content/uploads/food_kitchen_safety_fact_sheet.pdf

Know Your Nutrients

https://texas4-h.tamu.edu/wp-content/uploads/Know-Your-Nutrients_FINAL.pdf

MyPlate Mini Poster

<https://texas4-h.tamu.edu/wp-content/uploads/MyPlate-Mini-Poster.pdf>

Preparation Principles & Function of Ingredients

<https://texas4-h.tamu.edu/wp-content/uploads/Preparation-Principles-and-Function-of-Ingredients.pdf>

Quick Ingredient Substitutions

https://texas4-h.tamu.edu/wp-content/uploads/project_food_nutrition_quick_ingredient_subs-1.pdf

THEME RESOURCES

20th Century Food Timeline

<https://www.foodtimeline.org/fooddecades.html>

All Recipes - Convert Vintage Recipes for Modern Kitchens

<https://www.allrecipes.com/article/how-to-convert-vintage-recipes-for-modern-kitchens/>

Taste of Home

<https://www.tasteofhome.com/collection/vintage-recipes-from-every-decade/>

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