

YOUNG COUNTY
4-H Food Show Packet
Sunday, October 16, 2022

**Forms due in County Extension office by
Friday, October 7, 2022**

For more information contact the Extension Office 940-549-0737.

The 4-H Food Show is a unique opportunity for 4-H'ers to showcase the skills and knowledge they have gained from participating in foods and nutrition projects as well as experience in presenting themselves with confidence. However, project members are not required to enter the show to complete the project.

Educational Objectives of 4-H Foods and Nutrition Project:

- Practice recommended food preparation skills including food safety
- Learn the nutrients in your dish and the health benefits they provide to your body

Food Show Theme

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.

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 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 favorites can be prepared on the stovetop, in the oven, in non-cook methods, or using special equipment.

Seniors only, please keep in mind your 75-minute kitchen time at State 4-H Roundup when selecting your recipe. ABSOLUTELY NO open flames or outdoor type grills will be allowed at the State Food Show!

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

CLARIFICATIONS

Alcohol used as an ingredient – if the youth cannot purchase it then it cannot be used in the recipe. For example, bourbon and rum cannot be purchased. Cooking wines, cooking sherry, vanilla and other extracts can be used.

Pre-Registration Requirements:

Clover Kids submit a printed recipe only. **Juniors, Intermediates and Seniors** must submit their recipe via email on the Young County 4-H Food Show Recipe Submission Paperwork Form. The Extension office will submit Academic Eligibility Forms to school districts prior to competition.

All recipes/forms are due in the 4-H office by Friday, October 07, 2022, to allow time for these to be evaluated. Recipes can be emailed to young-tx@tamu.edu . Recipes will also be published in the Young County 4-H Food Show Recipe Booklet provided at county contest.

Registration:

Please call the Extension office at 940-549-0737 to ensure that your entry was processed if you do not receive a follow-up email within 1 business day. Should we have an increased number of entries and it is necessary to schedule contest interview times a link will be sent out to all participants prior to the contest date.

No heating or cooling devices will be available for your food. Please come prepared with everything you need to successfully exhibit your dish.

Superintendents will provide help, if necessary, to 4-H'ers in setting up food. Participants will be called into exhibit area for judging. Two judges will interview each contestant individually.

The Young County 4-H Food Show will follow the same guidelines as the District 3 4-H Food Show and State 4-H Food Show, with some changes made strictly for the County Show.

The 2022 Young County 4-H Food Show will be held on Sunday, October 16, 2022, at St. Mary Catholic Church Fellowship Hall- 1218 Rodgers Dr, Graham, TX 76450.

There will be **NO TASTING** of food on the County, District, or State level of competition. If this guideline is not followed, Texas 4-H and Texas A&M AgriLife Extension will not be liable or responsible for consequences that may incur.

County 4-H Food Show Guidelines

1. State rules indicate “Contestant must be enrolled and actively participating as a 4-H member. The 4-H member must also be actively participating in a food and nutrition educational program.”
2. Divisions:
 - Clover Kids - K-2nd grade as of August 31, 2022
 - Junior - 8 and in the 3rd, 4th, & 5th grade as of August 31, 2022
 - Intermediate - 6th, 7th, & 8th grade as of August 31, 2022
 - Senior - 9th, 10th, 11th, & 12th grade as of August 31, 2022

Food Categories will be the same for all divisions.

- **Appetizer**
- **Main Dish**
- **Side Dish**
- **Healthy Dessert**

*Clover Kids are invited to participate in a simplified display and interview. They only need to bring a dish, serving utensil and a copy of their recipe. This is a practice competition for them. *They are not placed and do not give a 2-minute presentation.*

Please Note: Clover Kids participate at the County level only - they do not advance to District.

3. **Recipe Selection**

Four entry categories allow for presentation of a variety of foods in the Food Show. The categories also provide an opportunity for contestants to exhibit a variety of food presentation principles.

Leaders/parents need to encourage 4-H'ers to choose recipes that meet food safety guidelines. Food does not need to remain at room temperature for more than two hours.

Many recipes can be entered in more than one category. Participants should consult with the website <http://www.choosemyplate.gov/> when selecting a recipe category. All four food categories may use ovens during food preparation. However, oven time is limited to 75 minutes in all categories.

For County, all food will be judged as if it was just prepared. This will give you the opportunity to cook the night before.

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.

4. There will be no preparation at the County Food Show. Please be aware that 4-H'ers will not have access to electrical outlets, ovens, refrigerators, freezers, sinks, etc. during the County Food Show.
5. The decision as to whether a dish qualifies in a category will be left entirely to the discretion of the County Extension Agent.
6. All 4-H'ers **MUST** complete County 4-H Entry Form and return to the Extension office by Friday, October 7, 2022.
7. There will be three special opportunities offered again this year to provide County participation for other 4-H'ers besides the County Food Show participants. The opportunities are Exhibit, News Writing and Beef Poster Contest. These opportunities are described in detail on separate pages included with this packet.
8. Adults may assist contestants by carrying all necessary items to the door of the appropriate judging room. Assistance will be provided for 4-H'ers.
9. 4-H'ers need to bring only a single serving of their recipe. Participants will only display a single serving of their entry instead of the entire recipe. It should be displayed on an appropriate serving dish and may be garnished with an edible garnish. Total dish serving size MUST be included at the bottom of your recipe.

What is a Serving Size? We will be using MyPlate guidelines for determining a serving size. An excellent resource is the **American Dietetic Association Complete Food And Nutrition Guide (3rd Edition)- Chapter 10, "Planning to Eat Smart"**. This resource is available for viewing in the Extension Office.

Examples of serving sizes would be:

FOOD	ONE SERVING
Bread	1 Slice
Rice	½ Cup
Milk Shake	1 Cup (8 oz.)
Mixed Ingredient Dish (Soups, Casseroles, etc.,)	1 Cup
Dips	¼ Cup

Tips on Serving Sizes:

- * Think about a serving size you would get at a restaurant. (NOT super sized!)
- * Look at magazines to get ideas of a single serving.
- * As a guide, look at similar recipes that tell how many servings it will make.
- * The serving size exhibited should be consistent with the number of servings you indicate the entire recipe will serve.

10. Interview and Contestant Presentation Guidelines

Entry Display

4-H members will carry a single serving of their recipe to the judging table. 4-H'ers will display their food at the judging table. Entry display may only consist of serving dish and the serving utensils. Please note: If participants will be transferring their single serving for interview from a hot dish to their serving plate, they should bring an oven safe mitt, potholder, or trivet to place the hot dish on to prevent melting the plastic table cover.

Interview

Five Minute Presentation

Each contestant 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.

Four Minute Interview

Judges will have the opportunity for a four-minute interview asking questions applicable to the 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

At the conclusion of the question-and-answer period you will have one minute to serve the judges. This will allow them to visually evaluate the dish you have prepared.

Contestants are encouraged to practice proper food handling techniques when presenting food to judges.

The judges **WILL NOT** taste the food. They will be judging the texture and the appearance of the entry.

11. Due to the “single serving” entry, there will not be food available for a public viewing. Therefore, we will not have public viewing.
12. Paper plates and bowls, plastic forks, spoons, and knives, and paper napkins for the judges will be provided at the County Food Show. Food handler’s gloves will be available from the superintendent in charge of each group for those 4-H’ers who feel they need to use them. Food handler’s gloves should only be used if it will be necessary for the 4-H’er to touch the food in any way while serving the judges. **THERE WILL BE NO TASTING OF FOOD** BY PARTICIPANTS, JUDGES, OR SPECTATORS ON THE COUNTY, DISTRICT OR STATE LEVEL OF COMPETITION.
13. Contestants may remove their serving plates, utensils, etc., as soon as they have completed their judging interview.
14. Personal appearance is part of the score. So please dress accordingly.
15. Judging for each contestant will be limited to 9 minutes.
16. **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. Contestants should refer to the Texas 4-H Food & Nutrition page (<https://texas4-h.tamu.edu/projects/food-nutrition/>) for potential resources.
17. **Skill Showcase. (Intermediate and 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 chosen in the below Skillset Options. Participants should bring all materials to demonstrate this skill to the judges. Judges will score the skill based on correct procedures, safety, and other pertinent information related to the skill assigned:

Skillset Options	
Measure	
¼ Cup Flour	Demonstrate how to properly measure ¼ Cup flour.
1 Cup Water	Demonstrate how to properly measure 1 Cup water.
1 Tablespoon Oil	Demonstrate how to properly measure 1 Tablespoon oil. (Oil not specified.)
1 teaspoon Baking Powder	Demonstrate how to properly measure 1 teaspoon baking powder.
Knife Safety	
Slice Bread	Demonstrate how to properly slice bread using knife safety skills.
Dice, Chop, or Julienne a Vegetable	Demonstrate how to properly dice, chop, or julienne a vegetable. (Vegetable not specified.)
Kitchen Gadget	
Vegetable Peeler	Demonstrate how to properly peel a small cucumber or small potato.
Zester	Demonstrate how to properly zest a lemon.
Juicer	Demonstrate how to properly juice an orange.
Apple Slicer	Demonstrate how to properly use an apple slicer to slice an apple.
Edible, Decorative Garnish	Demonstrate how to properly create an edible decorative garnish that is relevant to your dish. (i.e. Garnish Spaghetti with Basil Leaves)

18. Contestants may leave the premises with appropriate adult(s) after they have been judged, and their space has been cleaned up with items put away.
19. Ribbons will be awarded to the first five places in each food group of each age division. All entries will receive a participant's ribbon. Results will be announced on Facebook and by calling the Extension office the following day.
20. 1ST place winners in each division (except Clover Kids) will advance to District 3 4-H Food Show competition set for Saturday, November 5, 2022 in Vernon, TX. If for some reason the 1st place winner can not represent Young County at the District 4-H Food Show, the 2nd place (alternate) will be eligible to attend District competition.
21. All paperwork must be in the Extension Office by Friday, October 07, 2022.

ALL must complete the Young County 4-H Food Show Entry Form with recipe typed and attached.

Good Luck and Enjoy!

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 - <http://www.fightbac.org/>
- ★ 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
- ★ Nutrient Needs at a Glance - http://fcs.tamu.edu/food_and_nutrition/pdf/nutrient-needs-at-a-glance-E-589.pdf

Theme Resources:

- ★ 10 Tips: Save More at the Grocery Store - <https://www.choosemyplate.gov/ten-tips-save-more-at-the-grocery-store>
- ★ 20 Money Saving Grocery Shopping Tips - <https://www.eatright.org/food/planning-and-prep/eat-right-on-a-budget/20-money-saving-grocery-shopping-tips>
- ★ 10 Tips for Healthy Grocery Shopping - <https://www.webmd.com/food-recipes/features/10-tips-for-healthy-grocery-shopping#1>
- ★ Eating Better on a Budget - <https://choosemyplate-prod.azureedge.net/sites/default/files/tentips/DGTipsheet16EatingBetterOnABudget.pdf>
- ★ Smart Shopping for Veggies and Fruits - <https://choosemyplate-prod.azureedge.net/sites/default/files/tentips/DGTipsheet9SmartShopping.pdf>
- ★ Stretch Your Food Dollars At the Grocery Store - <https://hgic.clemson.edu/factsheet/stretch-your-food-dollars-part-2-at-the-grocery-store/>

Related resources included in the Appendix of your 4-H Food Show packet.
Visit the link website for additional information.