

2024-25 DISTRICT 2 4-H FOOD SHOW

Floydada First Baptist Church
November 18, 2024

INFORMATION AND GUIDELINES

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 that 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 favorite 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.

The theme for the 4-H Food Show will remain the same for two years. This gives counties an opportunity to provide education, workshops, etc. which target the theme.



NEW

SENIORS: Keep in mind the new **60 minute** oven time at State Food Show when selecting your recipe.

Objectives:

- Learn healthy eating skills and healthy recipe selection and/or modification.
- 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.

Each food show participant will complete/compete in each of the following components as designated. All components are explained throughout this guide:

1. ALL AGE DIVISIONS--Food Show Dish Presentation/Interview
2. ALL AGE DIVISIONS--Skills Showcase
3. **SENIORS ONLY**--Knowledge Showcase

Community Service Activity:

Pennies for the Playground - Bring your spare change to the D2 4-H Fall Contests on Monday, November 18th. Donations will go to help First Baptist Church Floydada remodel their playground.

Eligibility:

Membership - the contestant 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

Age - Age divisions are determined by a participant's age as of August 31 of the current 4-H year in accordance with what is stated in the current Texas 4-H Rules and Guidelines.

- **Junior** – 3rd grade to 5th grade
- **Intermediate** – 6th grade to 8th grade
- **Senior** – 9th grade to 12th grade

Certification:

An individual may participate in only one category at the District Food Show. The top two scoring contestants in each of the four entry classes in the Junior, Intermediate, and Senior Division of the County 4-H Food Show can be certified by their County Extension Agent for district participation. Each participant must exhibit in the same entry class at the county and district level. This is a total of twenty-four contestants from each county.

ALTERNATES:

An alternate is the third-place individual in that particular category at the County Food Show. For an alternate to participate in the District Food Show, the Food Show Committee chair must be notified by 12:00 Noon, November 17, 2024.

Alternate names will not be included in the Food Show Program. All substitutions must be approved by the County Extension Agent in charge of the project area.

Required Entry Fee:

Each District 2 Food Show Participant will be required to pay a \$15.00 entry fee. This fee is transferable but is non-refundable. Entry materials will be processed according to 4-H Online contest procedures. All entry fees are due on 4-H Online by Thursday, November 7, 2024. **LATE REGISTRATION will be Friday, November 8, 2024 for \$50.**

Required Entry Materials:

Each contestant will upload their recipe (pdf document) on the 4-H Online system by November 7, 2024. All recipes should follow the example format on page 12 of this guide. **AGENTS: Please double check that recipes are submitted in the correct format BEFORE approving entries on 4-H Online.**

Recipe Selection:

- The same recipe cannot be entered more than once to the State Food Show, so senior-level 4-Hers cannot enter the same recipe more than once to the District 2 Food Show.
- When choosing a recipe, please remember the objectives of the project, especially healthy recipe selection and/or modification. 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.
- Recipes should be written in the standard recipe format using the included Recipe Submission Checklist as a guide.
- All four food categories may use ovens, outdoor equipment, or any type of SAFE food preparation. However, **FOR SENIOR CONTESTANTS**, oven time is limited to 60 minutes in all categories.
- No alcohol or ingredients containing alcohol may be used.
- 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.
- *Special Notes for Senior level 4-Hers:*

Refer to the state food show rules for more information on time limits. Contestants should keep these items in mind when selecting recipes at county and district levels.

State qualifying food show contestants must enter the same recipe that they qualified with at the District level. The same recipe cannot be entered more than once to the State Food Show. At state, contestants will be assigned specific preparation facility times and preparation time limits based on number of entries and recipes. Depending on the number of entries and recipes, contestants may be limited to 2 hours in the facility; this time limit will include final cooking and/or baking of their dish. Oven time is limited to 60 minutes. Seniors may use an outdoor grill or equipment for their D-2 Food Show entry, however, ABSOLUTELY NO open flames or outdoor type grills will be allowed at the State Food Show! First place winners from D-2 advancing to the State Food Show, may need to change their cooking method if they used an outdoor grill or open flame.



Categories:

The final decision as to whether a dish qualifies in a category will be left entirely to the discretion of the County Extension Agent. Sauces, gravies and jellies are not dishes unless served with something else.

- **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.

Garnishes:

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

Food Preparation/Preparation Room Rules:

- **ALL FOOD DISPLAYED MUST BE PREPARED PRIOR TO THE FOOD SHOW.**
A designated kitchen area at the Floydada First Baptist Church will be available for limited preparation, such as garnishing, warming, melting cheese, etc. Food preparation will not be allowed.
- **All contestants must assume custody of all food, garnishes, and preparation items at the registration table and CANNOT be accompanied by anyone past this point! All contestants must do final preparation on their own and it must be done in the preparation room!**
- Contestants will be allowed into the preparation area only at the time designated.
- **No parents will be allowed in the preparation room!** AGENTS, PLEASE INFORM ALL CONTESTANTS AND PARENTS OF CONTESTANTS THAT NO ONE BUT CONTESTANTS WILL BE ALLOWED IN THE PREPARATION ROOM AT DISTRICT FOOD SHOW.
- The preparation room will be open from 8:30 a.m. until 11:00 a.m. Contestants will be allowed in the preparation room no sooner than **15 MINUTES BEFORE THEIR JUDGING** time.
- Contestants must be at their judging room at least **5 MINUTES PRIOR TO JUDGING.** If contestants are not present for their designated time slot, they will be judged at the next available open slot.

RECIPE PRESENTATION AND INTERVIEW-ALL AGE DIVISIONS:

Contestants will be judged on the basis of the enclosed score sheets for Senior, Intermediate and Junior categories.

PLEASE NOTE: Contestants may exhibit only garnished dish, serving utensil and a napkin. (Judging is based on appearance of the entry and how well it is garnished.) Contestants will be asked to remove any other materials. If needed to safely transport the dish, contestants should bring a serving tray. Serving trays will not be provided. **ONLY EDIBLE GARNISHES WILL BE ALLOWED.**

1. Introduction/Presentation

- All Ages: Each contestant will start with a presentation
 - Seniors: Presentation time will be 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 their recipe, how the 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
 - Juniors and Intermediates: Presentation time will be **two minutes**. You should describe your inspiration in choosing your recipe and how it relates to the current food show theme.

2. Question and Answer

- All Ages: Judges will have the opportunity to spend up to **three minutes** for seniors and **six minutes** for juniors and intermediates to ask questions applicable to the attached score sheet. It includes but is not limited to basic nutrition, food safety, preparation, chronic disease prevention, age related nutrition, or other areas of health, as well as project experiences. **SENIORS ONLY - Judges may ask additional questions related to general food and health, food systems, food safety, or food/health issues.**

JUDGING TIME LIMITS:

Seniors - **5 min presentation, 3 min** Q&A, 1 min serve, 2 min skill showcase

Juniors & Intermediates - **2 min presentation, 6 min** Q&A, 1 min serv, 2 min skill showcase

Serving:

- **ALL AGES:** At the conclusion of the question-and-answer interview period, the contestant will have one minute to serve the judges a portion of the dish. This will allow the judges to visually evaluate the dish prepared. Contestants are encouraged to 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. 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.

Upon completion of the interview, the contestant will leave the judging room and position his/her food on the designated display tables. Only 24 inches will be allowed for your food at the public viewing.

When judging is complete, judges will go to the tabulation room to confirm final placings with the tabulators. Tabulated scores will then be ranked and presented to the 4-H Food Show Committee.

Electronic Devices:

No electronic devices or electronic jewelry, except for those medically required, are allowed in the judging room. This includes cell phones, smart watches, or other communication devices.

SKILL SHOWCASE-AGE DIVISIONS:

Youth will be judged on an assigned kitchen/cooking type skill. Youth will complete this skill at the end of the interview, when requested by the judges. 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. 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.

KNOWLEDGE SHOWCASE-SENIORS ONLY: Senior age competitors 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 resources provided in the official Texas 4-H Food Show Guide.



NEW

STUDY THESE 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/>

4-H FOOD SHOW RECIPE SUBMISSION CHECKLIST

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

DOES YOUR RECIPE HAVE ALL OF THESE PARTS?	YES	NO
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	YES	NO
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 chopped green pepper		
Measurements given in common fractions *EX: ¼ 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	YES	NO
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		

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 1package/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	(indicate low-fat, fat-free, etc.)
3-ounce package lime gelatin 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 jiggler 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)

JUDGES

Contestants will be judged by qualified individuals who have been nominated by county Extension agents and selected by the Food Show Committee. AGENTS: PLEASE REMIND YOUR JUDGES THERE IS NO TASTING OF FOOD BY THE JUDGES AT THE DISTRICT 2 FOOD SHOW!!

Judges' nominations/applications will be submitted via google forms at <https://tinyurl.com/Food-Show-Judges>

All judges' nominations should be submitted by Thursday, November 7, 2024. Please nominate only individuals who have previous food show judging experience, agree to serve as judges and who will be present for judge's orientation promptly at 8:30 a.m. Judges will be notified of their selection by email after November 12, 2024. A judging packet will be emailed to them. A nomination form is expected from each county. Please help us find judges from every county. We will need all the assistance we can get to keep this day running smoothly! THANK you in advance!

EDUCATIONAL EXHIBITS AND DISPLAYS

Educational Exhibits/Displays/Demonstrations can be set up by any 4-H'er, whether participating in the food show or not. These can be group projects or county entries. You must submit display applications via google forms link at <https://tinyurl.com/Food-Show-Display> by Thursday, November 7, 2024. Each exhibitor/group/county must provide a table or easel. (Card tables will work great.) Displays will not be judged and must be picked up by 12:00 p.m. or immediately following the awards program on Monday, November 18, 2024.

4-H FOOD SHOW PHOTOGRAPHY CONTEST (OPTIONAL)

4-H Members who are entering the District 2 4-H Food Show have the option to also enter the 4-H Food Show Photography Contest. To enter, a photo of the 4-H Members food show dish taken by the 4-H member must be uploaded to 4-H Online by November 7, 2024, with their food show entry. **THIS CONTEST IS OPTIONAL.**

RECIPE BOOKLET- COUNTIES PLEASE READ!!!

INSTRUCTIONS FOR THIS YEAR'S FOOD SHOW RECIPE BOOKLET

We will compile a Recipe Booklet to sell at the District Food Show at \$5.00 per copy with the proceeds benefitting the EXCELL program. **We will use the recipes that Food Show Contestants upload to 4-H Online for their food show entry.** AGENTS: Please proofread recipes and make sure they are in the correct format!

AWARDS PROGRAM

The Awards Assembly will be held at the conclusion of all judging and tabulating. Our goal time for the awards assembly is 11:30 am. During the Awards Assembly, all contestants will be recognized in their category and then the top three winners (third, second, and then first). The top three winners in each category and each division will receive an award. All other participants will receive participation gifts. Official placings will be mailed to the county agent after the food show. Food Show Photography Contest winners will also be recognized.

STATE FOOD SHOW PLANNING MEETING

The four senior winners in each of the respective categories along with parents and agents will meet 15 minutes upon conclusion of the Awards Assembly for a State Food Show orientation.