

**2023-2024 Matagorda County 4-H Food Show
Information & Guidelines
Saturday, October 28
First Methodist Church, Bay City**

FOOD SHOW EVENT INFORMATION

This year's 4-H Food Show theme is again *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. Keep in mind the 75 minute oven time when selecting your recipe.

SENIORS, please keep in mind your 75-minute kitchen time at State 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.

This activity is open to all 4-H members. The Food Show provides for educational and personal development and recognizes youth who excel in the 4-H Food and Nutrition Program. The state level competition is open to qualifying senior 4-H members and is held during 4-H Roundup. Seniors will refer to the State 4-H Food Show Guidelines, Rules and Regulations. Each county Extension office received a copy of these. You can also access the current year information online at <https://texas4-h.tamu.edu/projects/food-nutrition/>

OBJECTIVES

Additional objectives of the 4-H Food Show are:

- To promote a sound image of the 4-H Food and Nutrition Program, both within Texas AgriLife Extension, throughout Coastal Bend District 11 and Matagorda County
- To provide 4-H members an opportunity for additional learning experiences
- To provide 4-H members an opportunity to be recognized for their achievements in the 4-H Food and Nutrition Program
- Practice recommended food preparation skills including food safety
- Understand connection of foods to holidays, while also learning about how to make them healthier through substitutions or limiting to healthy portions
- Learn the nutrients in your dish and the health benefits they provide to your body

AGE DIVISIONS

For the 2023-2024 Contest: Junior, Intermediate & Seniors ONLY may participate in BOTH Food & Nutrition Contest (Food Show AND Food Challenge).

- **Clover Kids:** Participant must be in Kindergarten to 2nd grade for the 2023-2024 4-H year.
- **Junior:** Participant must be in the 3rd grade to 5th grade for the 2023-2024 4-H year.
- **Intermediate:** Participants must be in the 6th grade to 8th grade for the 2023-2024 4-H year.
- **Senior:** Participants must be in the 9th grade to 12th grade for the 2023-2024 4-H year.

REQUIRED ENTRY MATERIALS and REGISTRATION

Food Show entry form is to be turned into the Extension Office by October 13. All age divisions will use the same form.

ENTRY CATEGORIES – All Age Groups

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 preparation principles.

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. Examples are broccoli cheese casserole, vegetable soup, and macaroni and cheese. Participants need to be prepared to explain their recipe category if asked by a judge. Participants should consult with their County Extension Agent and project leader when selecting a recipe category. Remember to keep in mind good nutrition and healthy preparation methods as you select your recipe.

- **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 and that do 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 Dish**– 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.

It is strongly urged that 4-H'ers choose recipes that are relatively simple (i.e. less than 7 ingredients, 1 dish meals, etc.). All four food categories may use ovens during food preparation. A 75 minute oven baking time limit exists for State Food Show contestants for all recipes in all categories. Maximum time allowed in the kitchen is 2 – 2.5 hours.

Note on Ingredients:

- When choosing a recipe, Senior contestants need to keep in mind what ingredients will be available in College Station in June if they advance to the State Contest
- No alcohol or alcohol-containing ingredients can be used.

PREPARATION OF FOOD

- All food displayed must be prepared prior to the Food Show. EXCEPTION: Members may only add garnishes or stir dishes upon arrival at District Food Show.
- There will not be a preparation area or time designated for preparation.
- All garnishes must be edible.

NEW for SENIORS – Preparation Judging (State Competition only):

Contestants will be judged while preparing their dish in the kitchen area and are encouraged to prepare ALL ingredients on site. This judging process will focus on food safety, equipment safety, proper cooking techniques, and sanitation around cooking area during and after preparation. Judges will ask questions, if necessary, during the process; therefore, contestants should be prepared to multi-task. When choosing your dish for District, keep in mind the ingredients that you will be using in your dish and equipment/utensils needed.

PRESENTING THE DISH TO BE JUDGED

The contestant's dish will be presented in a serving dish, or if appropriate, the dish in which the food was cooked or baked. In some instances, it is not necessary to present the entire recipe. For example, if a recipe makes a 9" x 13" casserole, the dish could be divided and baked in an 8" x 8" dish.

Senior contestants are to bring the entire dish being entered in the food show. **Clover Kids, Juniors and Intermediates** have the option of bringing one serving of the entry dish, instead of the entire dish. For example, a participant may bring one serving (glass) of a fruit smoothie, rather than bringing an entire pitcher of fruit smoothie.

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.

JUDGING PROCESS

INTERVIEW:

Total judging time: 9 minutes (Jr/Int) or 10 minutes (Seniors)

The contestant will come to the team of judges with the entry display. The 4-H'er may stand or sit behind the display while the judges sit facing the participant across the table. Entry display may only consist of the entry serving dish, serving utensil and napkin for serving utensil.

To start the interview, each participant will introduce him/herself to the judges with his/her name and the entry dish name. Following the introduction, each participant is allowed a **maximum of five minutes** to present information on any combination of the following topics. It will be an oral presentation with no handouts or visuals.

- Theme
- Knowledge of MyPlate
- Nutrition Knowledge
- Food Preparation
- Food Safety Concerns & Practices

NOTE: This five-minute oral presentation is ***required*** of all ***senior*** participants. However, it is ***optional but encouraged*** for junior and intermediate participants to give this presentation.

The judging team will have **four minutes** following the participant presentation to address topics listed below, as well as topics listed above that were not addressed by the participant. All participants are encouraged to review the scoresheet to be prepared for topics of questions. Some topics might include:

- Preparation principle(s) or critical step(s) in preparation of dish
- Function of ingredient(s) in entry dish
- Substitutions made (or that could be made) for ingredient(s) in entry dish
- Nutrients and nutrient functions as they relate to the food groups and entry dish
- Relationship of the entry dish to Dietary Guidelines as explained in the consumer brochure, *Dietary Guidelines for Americans, 2020*
- Approximate calorie content and cost for a serving of the entry dish
- Food safety concerns during the purchasing, preparing, serving, and storing of the entry dish
- Menu ideas to complement the entry dish

Seniors Only: Serving of the entry dish will also occur during the judging time. Seniors will have an additional (1) minute for serving. Participants should serve judges only a single serving portion of the dish. Juniors and Intermediates will NOT serve the judges. Tasting of food will not be allowed at ANY LEVEL of the 4-H Food Show.

Upon completion of the interview, the contestant will be asked to showcase a skill. They will then leave the judging station and take their food to the Display table in the holding area.

FOOD SHOW DISH PRESENTATION/INTERVIEW:

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.

SKILL SHOWCASE (Junior, Intermediate, Senior):

Upon completion of the interview process, the contestants will be asked to showcase a skill learned in the food and nutrition project. 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 demonstration will include a time limit which will be announced during participant orientation.

Examples of skills include, but are not limited to:

- Knife skills – any skill ranging from safe handling to cutting demonstration.
- Zesting produce
- Table Place Setting
- Dry & Wet Measurements
- Food Safety Demonstration

THERE WILL BE NO KNOWLEDGE SHOWCASE AT COUNTY OR DISTRICT.

Senior 4-H members qualifying for State Food Show WILL have a Knowledge Showcase. 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.

SCORING AND PLACING

Clover Kids will not get a ranking, they will all get the same award. Junior, Intermediate, and Senior placing (1st, 2nd and 3rd) will be determined by rank. The judges will collectively decide upon the rankings, and the superintendent at the judging station will turn the placing sheet and entry folders into tabulation. **Once announced, all placings are final! The 1st, 2nd, and 3rd place contestants will advance to the District Contest.**

TIE BREAKER PROCEDURE

If ties should occur, the ties shall be broken using scores of various categories on the scorecard. The order followed will be: Interview and Contestant Presentation, Skills Showcase, Communication Skills, Food, and Recipe.

AWARDS PROGRAM

All contestants will be recognized, however ribbons will presented only to the first place through

third place contestants of each category.

PREPARATION RESOURCES for 4-H MEMBER

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/>