



DISTRICT 10
FALL ROUNDUP

FOOD SHOW

NOVEMBER 30, 2022

Kerrville, TX



Food Show

DATE: Wednesday, November 30, 2022

LOCATION: Hill Country Youth Center ([3785 TX-27 Kerrville, TX 78028](#))

SCHEDULE

Sep. 12, 2022	Recorded Virtual Contestant Orientation <i>RELEASED</i>
8:00-8:15 a.m.	Judges & Agent Check-In Opens
8:15 a.m.	Judges Orientation
9:00 a.m.	Contest Begins
	Food Show Awards (following contest and tabulation)

CONTEST TYPE

Qualifying:

1. Counties may send one contestant per category, per age division, per county.
2. An alternate cannot participate in the District 10 Food Show.
3. District 1st place Seniors in each Food Show category will advance to State.
 - a. Seniors must compete at District to qualify for State.

CONTEST STRUCTURE

Individual ONLY: There are no team components to Food Show, this is an individual contest only.

THEME: *Backyard BBQ*

NEW! *The Texas 4-H Food Show theme will stay consistent for two consecutive years. The theme for the 2023 Food Show State Contest will remain as Backyard BBQ. The theme for 2024-25 will be released to agents in early 2023 so that workshops, tours, etc. can be focused on the theme at the local level for a longer time period. This will allow for more in-depth planning and learning!*

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 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 stovetop, in the oven, in non-cook methods, or using special equipment.

CONTEST RULES

1. **General Rules:** District 10 Food Show will follow the State 4-H Food Show Rules & Guidelines lines unless otherwise stated in these rules *Please pay special attention to modifications in this document. Click links below for PDF documents:
 - a. [2022-2023 Texas 4-H Food Show State Rules and Guidelines](#)
 - b. [2022-2023 Texas 4-H Food Show Recipe Submission Paperwork](#)
 - c. Additional Resources: <https://texas4-h.tamu.edu/projects/food-nutrition/>
2. **Contest Components:** Each food show participant will complete/compete in each of the following components:
 - a. Dish (Pre-prepared) & Recipe Submission Paperwork. (**NEW!** **ALL** Age Divisions - Juniors, Intermediates & Seniors will bring entire dish and serve one serving portion to judges.)
 - b. **NEW! Presentation & Interview (ALL Age Divisions)** - Juniors, Intermediates, and Seniors will give a 5-minute (maximum) Presentation on their dish. All age divisions will be asked interview questions after the presentation. Possible questions will be provided, but participants may be asked questions not on list. Time limits for questions are as follows:
 - i. **Junior & Intermediate** – 2 minutes for Questions
 - ii. **Senior** – 4 minutes for Questions
 - c. Skills Showcase – 3 minutes (**Intermediates/Seniors Only**)
 - d. Knowledge Showcase (**Seniors Only**)
3. **Dish Selection:** 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. 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/>
4. **Dish Categories:** The decision as to whether a dish qualifies in a category will be left entirely to the discretion of the County Extension Agent during judging at the county level.
 - a. **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.
 - b. **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.
 - c. **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.
 - d. **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.

5. **Attire:** Contestants should wear clothing consistent with professional and safe food handling practices.
6. **Cost:** **NEW!** The contestant's recipe will no longer have a cost limitation in adherence with the Texas 4-H State rules.
7. **Recipe Submission:**
 - a. All participants will upload a PDF copy of their Recipe when registering for competition on 4-HOnline (v2.4honline.com) for District 4-H Food Show.
 - b. Failure to upload the recipe at time of registration may result in disqualification.
 - c. Recipes should be typed in the standard Recipe Submission Paperwork found here: https://texas4-h.tamu.edu/wp-content/uploads/food_show_recipe_submission_paperwork_23.pdf
 - d. Total dish serving size MUST be included at the bottom of the recipe. Please view RECIPE EXAMPLE resource here: <https://d104-h.tamu.edu/files/2022/08/Recipe-Example-Resources.pdf>
8. **Cooking & Preparation:**
 - a. Contestants will select and prepare a dish at home and bring it to the contest.
 - b. There will be no actual cooking preparation at the District Food Show.
 - c. Contestants will NOT have access to electrical outlets, microwaves, ovens, refrigerators, freezers, sinks, etc. at the District Food Show.
9. **Dish Displays:** **NOTE: No decorations.* Contestants are encouraged to have an appealing "presentation," however, excessive décor, plating, etc. is not acceptable. Dishes may only be accompanied by the following:
 - i. A serving utensil
 - ii. An eating utensil (i.e. spoon, fork)
 - iii. Napkin
 - iv. Edible garnish
 - v. Serving Utility tray, not decorated (for transportation purposes ONLY).
 - vi. Both disposable and non-disposable serving dishes are acceptable.
10. **Dish Staging Area:**
 - a. Contestants will stage their dish in the assigned staging area as designated by contest officials.
 - b. Parents/guardians/etc. will NOT be allowed in the contest area (which includes staging and holding areas).
 - i. If the contestant needs assistance preparing their dish for presentation, this should be done before entering the dish into the staging area.
 - c. Hot dishes should be accompanied by a thick place mat, a trivet, or some other type liner to place between the hot dish on the table as a hot dish may damage the table or covering.
11. **Contestant Schedule:**
 - a. A Food Show contest schedule will be determined based on the number of entries and sent to contestants prior to the contest with each contestants assigned time slot.

CONTEST JUDGING RULES & GUIDELINES

JUNIOR

Download [JUNIOR SCORECARD](#)

Presentation:

- a. **NEW!** Junior contestants will give a 5-minute (maximum) prepared presentation. ([DOWNLOAD](#) Food Show Resources Page to help youth develop presentation) The presentation should include the following:
 - i. Describe the inspiration in choosing the recipe
 - ii. How the recipe relates to the current theme
 - iii. Knowledge of MyPlate, Nutrition Knowledge, Food Preparation and Food Safety Concerns.

Interview:

- a. 2-minute interview
- b. Judges will ask questions applicable to the scorecard. This 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.
- c. Judges may ask additional questions related to general food and health, food systems, food safety, or food/health issues.
- d. [DOWNLOAD](#) possible Junior/Intermediate questions list.

Serving:

- a. **NEW!** Junior participants will be required to bring their entire dish to the District Contest and will serve one serving to the judges from their serving dish to the judge's plate during their interview.
- b. Contestants will have one minute to serve the judges a portion of the dish. This allows judges to visually evaluate the dish prepared.
- c. Contestants should practice proper food handling techniques when presenting food to the judges.
- d. Judges will not taste the food.

CONTEST JUDGING RULES & GUIDELINES – CONTINUED...

INTERMEDIATE

Download [INTERMEDIATE SCORECARD](#)

Presentation:

- a. **NEW!** Intermediate contestants will give a 5-minute (maximum) prepared presentation. ([DOWNLOAD](#) Food Show Resources Page to help youth develop presentation) The presentation should include the following:
 - i. Describe the inspiration in choosing the recipe
 - ii. How the recipe relates to the current theme
 - iii. Knowledge of MyPlate, Nutrition Knowledge, Food Preparation and Food Safety Concerns.

Interview:

- a. 2-minute interview
- b. Judges will ask questions applicable to the scorecard. This 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.
- c. Judges may ask additional questions related to general food and health, food systems, food safety, or food/health issues.
- d. [DOWNLOAD](#) possible Junior/Intermediate questions list.

Serving:

- a. **NEW!** Intermediate participants will be required to bring their entire dish to the District Contest and will serve one serving to the judges from their serving dish to the judge's plate during their interview.
- b. Contestants will have one minute to serve the judges a portion of the dish. This allows judges to visually evaluate the dish prepared.
- c. Contestants should practice proper food handling techniques when presenting food to the judges.
- d. Judges will not taste the food.

Skill Showcase:

- b. A maximum of three minutes will be allowed for the Skill Showcase.
- c. Contestants will showcase a skill learned in the food and nutrition project area when they bring their dish to be judged as assigned by the judges.
- d. All materials to demonstrate this skill will be provided
- e. Judges will score the skill based on correct procedures, safety, and other pertinent information related to the skill assigned.
- f. The skill will be assigned during designated judging time for each contestant and not prior.

CONTEST JUDGING RULES & GUIDELINES – CONTINUED...

SENIOR

Download [SENIOR SCORECARD](#)

Presentation:

- a. Senior contestants will give a 5-minute (maximum) prepared presentation. ([DOWNLOAD](#) Food Show Resources Page to help youth develop presentation) The presentation should include the following:
 - i. Describe the inspiration in choosing the recipe
 - ii. How the recipe relates to the current theme
 - iii. Knowledge of MyPlate, Nutrition Knowledge, Food Preparation and Food Safety Concerns.

Interview:

- a. 4-minute interview
- b. Judges will ask questions applicable to the scorecard. This 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.
- c. Judges may ask additional questions related to general food and health, food systems, food safety, or food/health issues.

Serving:

- a. Senior participants will be required to bring their entire dish to the District Contest and will serve one serving to the judges from their serving dish to the judge's plate during their interview.
- b. Contestants will have one minute to serve the judges a portion of the dish. This allows judges to visually evaluate the dish prepared.
- c. Contestants should practice proper food handling techniques when presenting food to the judges.
- d. Judges will not taste the food.

Skill Showcase:

- a. A maximum of three minutes will be allowed for the Skill Showcase.
- b. Contestants will showcase a skill learned in the food and nutrition project area when they bring their dish to be judged as assigned by the judges.
- c. All materials to demonstrate this skill will be provided
- d. Judges will score the skill based on correct procedures, safety, and other pertinent information related to the skill assigned.
- e. The skill will be assigned during designated judging time for each contestant and not prior.

Knowledge Showcase:

- a. Contestants will be given a 10-question quiz containing multiple choice and true/false questions. The quiz will be given in a worksheet format. All questions will be read aloud.
- b. The quiz will test the contestant's knowledge of food preparation, food safety, kitchen safety, and general nutrition knowledge.
- c. 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.



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

[illegible]

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	
1cups 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 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.)

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
- Nutrient Needs at a Glance
 - 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/>

Junior & Intermediate Sample Questions

***NOTE:** Juniors and Intermediates should attempt to cover the assigned MyPlate, Nutrition Knowledge, Food Preparation, Food Safety Concerns & Practices, and theme information in their Presentation. However, judges will be permitted to ask follow-up questions during the interview in each of those judging categories. High rank/placing will be awarded to 4-H members with a more holistic and informative presentation.

1. What are the key nutrients you would get from your recipe? Why do you need these nutrients?
2. What are the preparation steps in your recipe and why are they important?
3. What did you learn about food safety in your foods & nutrition project?
4. Tell me about one of the ingredients in your dish and why it is important in your recipe?
5. (Function of ingredients)
6. What have you learned in your foods project about healthy eating?
7. Give one example of a food from each My Plate section.
8. Other than My Plate, what should you consider when planning a meal?
9. What did you learned in your foods and nutrition project that you thought was most important in
Community Services, Leadership and Workshops?
10. Could you substitute anything in your recipe to make it healthier or modify the taste?
11. What is the cost of your dish?
12. Give one example of how you incorporated the theme into your dish / dish selection.
13. Is there anything you would like to add concerning your food and nutrition project?

District 10 Food Show

Junior Score Card

Contestant Name: _____ County: _____

Entry Category: _____Appetizer _____Main Dish _____Side Dish _____Healthy Dessert

Comments

I. PRESENTATION & INTERVIEW

Theme:

How does the theme fit with the dish?

Knowledge of MyPlate:

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?

Nutrition Knowledge:

Key nutrients of dish and function of those nutrients

Food Preparation:

Preparation key principles and function of key ingredients

Healthy substitutions

Food Safety Concerns & Practices:

Knows food safety concerns in preparation and storage of dish

Follows FightBAC principles

Judge's Questions

4-H Food & Nutrition Project Activities

II. FOOD EVALUATION

Food Presentation/Quality:

Appearance of food (texture, uniformity)

Garnishing

III. EFFECTIVENESS OF COMMUNICATION

Voice, poise, personal appearance

Additional Comments:

Judges Initials

Revised August 2022

District 10 Food Show

Intermediate Score Card

Contestant Name: _____ County: _____

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

	Comments
I. PRESENTATION & INTERVIEW	
Theme:	
How does the theme fit with the dish?	
Knowledge of MyPlate:	
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?	
Nutrition Knowledge:	
Key nutrients of dish and function of those nutrients	
Food Preparation:	
Preparation key principles and function of key ingredients	
Healthy substitutions	
Food Safety Concerns & Practices:	
Knows food safety concerns in preparation and storage of dish	
Follows FightBAC principles	
Judge's Questions	
4-H Food & Nutrition Project Activities	
II. FOOD PRESENTATION/QUALITY	
Appearance of food (texture, uniformity)	
Garnishing	
III. EFFECTIVENESS OF COMMUNICATION	
Voice, poise, personal appearance	
IV. SKILL SHOWCASE	
Proper demonstration of assigned skill	
Additional Comments:	
Judges Initials	
Revised August 2022	

District 10 Food Show

Senior Score Card

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			
Appearance of food (texture, uniformity) Garnishing		(5)	
IV. EFFECTIVENESS OF COMMUNICATION			
Voice, poise, personal appearance		(5)	
V. SKILL SHOWCASE			
Proper demonstration of assigned skill		(10)	
VI. Knowledge Showcase			
		(10)	
Additional Comments:		Total Points (100)	
Judges Initials:			