

D8 4-H FOOD CHALLENGE & FOOD SHOW

Tentative Schedule

Wednesday, December 11, 2013

Time	Food Challenge – Heat 1	Food Challenge – Heat 2	Food Show – Seniors only
8:00	Agents Arrive & Check-in in Barn C		Agents Arrive & Check-in in Barn C
8:00-8:15	Heat 1 Group Leaders Check-in in Barn C		Judges & Group Leaders Check-in in Barn C
8:15	Heat 1 Group Leader Orientation		
8:00-8:30	Heat 1 Contestants Check-in in Barn C		Contestants Check-in in Barn C
8:30			Judge & Group Leader Orientation
8:45	Heat 1 Contestants Report to Stations		Contestant Orientation
9:00	Heat 1 Begins Challenge		Judging Begins
9:15-9:30	All Judges Check-in	Heat 2 Group Leaders Check-in in Barn C	
9:30	All Judges Orientation	Heat 2 Group Leaders Orientation	
9:30-10:00		Heat 2 Contestant Check-in in Barn C	
9:40	Heat 1 Challenge Ends		
10:00	Heat 1 Judging Begins		
10:15		Heat 2 Contestants Report to Stations	
10:30		Heat 2 Begins Challenge	
10:45	Heat 1 Judging Ends		
11:10		Heat 2 Challenge Ends	
11:30		Heat 2 Judging Begins	
12:15		Heat 2 Judging Ends	
1:00	Awards Program ¹	Awards Program ¹	Awards Program ¹

¹Time is tentative. The Awards Program will be conducted as soon as judging and tabulation are complete.

²Check-in and Orientation time is tentative for Heat 2 Judges and Group Leaders. More specific times will be sent to the Judges and Group Leaders after entries are received.

DISTRICT 8 4-H FOOD CHALLENGE

Rules & Guidelines

The 4-H Food Challenge was developed by county Extension agents to address the need for a new, “highly charged” foods experience. This contest, modeled after such competitions as the Food Network’s “Iron Chef,” challenges teams of 4-H members to create a dish using only a predetermined number of ingredients. From these ingredients, team members must identify and prepare the dish, then make a presentation about it to the judges. The presentation will include information about the serving size, nutritional value, and cost of the dish. The 4-H Food Challenge allows 4-H members to demonstrate their culinary and food safety skills to judges and observers.

OBJECTIVES

- Provide opportunities for participants to exhibit their knowledge and skill when preparing and presenting a dish
- Provide opportunities for participants to learn from other team members
- Promote teamwork
- Give participants opportunities for public speaking
- Provide leadership opportunities
- Give 4-H members the opportunity to participate in a new, exciting, competitive event

RULES

1. **Participation.** Participants must be 4-H members currently enrolled in a Texas 4-H and Youth Development county program and actively participating in the Food and Nutrition project.

2. **Age Divisions.** Age divisions are determined by a participant’s age as of August 31, 2013 as follows:

Division	Ages	Birth date between:
Junior/Intermediate	8 years old and in 3rd grade or 9 - 13 years	Sept 1, 1999 – Aug 31, 2005
Senior	14 - 18 years of age	Sept 1, 1994 – Aug 31, 1999

Juniors/Intermediates will be eligible to participate in the Food Challenge only. Seniors may participate in both the Food Challenge and Food Show.

3. **Teams per county.** Each county may enter a maximum of two (2) Junior/Intermediate teams and a maximum of two (2) Senior teams.

The first and second place teams in both age divisions should advance to the district contest. At the county contest, this will require that all teams within one age division be judged against each other and placed (not judged and placed according to food category).

Teams Advancing to Texas 4-H Roundup. Only Seniors may advance to state. Each district may enter one (1) team per food category. Teams advancing to state will not automatically be assigned to the same category as they were at district. The state Food Challenge is scheduled for Wednesday, June 11, 2014 in College Station.

4. **Members per team.** Each team will have at least three and no more than five members. Teams may not include members in different age divisions. See rule #2.

5. **Substitution of Team Members.** Substitution of team members should only be made if necessary. Only the same number of 4-H members qualifying at the county level will be eligible to participate at the district level. No more than two team members may be substituted, up to the day of the Food Challenge. The substitute 4-H member must have participated in the county food and nutrition project to be eligible.

6. **Entry Fee.** Each team will be required to pay a registration fee of \$20 to cover the cost of ingredients for the contest. One County Extension Agent from each county will be responsible for registration of their teams and payment of the entry fee through their personal profile via 4-H Connect.
7. **Food Categories.** In each age division, there will be four (4) Food Categories: Main Dish, Fruits & Vegetables, Bread & Cereal, and Nutritious Snacks. Teams will be randomly assigned to a category, but assignments will not be announced until check-in the day of the contest.
8. **Attire.** Each team will have the option of wearing coordinated clothing, aprons or hair coverings.
9. **Resource Materials provided at contest.** Resource materials will be provided for each team at the contest. This includes *MyPlate – 10 Tips to a Great Plate*, *FightBac*, *Nutrient Needs at a Glance*, *Altering Recipes for Good Health*, *Food Challenge Worksheet*, and copies of grocery receipts. No other resource materials will be allowed. Teams may not use their personal copies of the resources during the contest.
10. **Supply box.** Each team must supply their own equipment for the challenge. Teams may bring only the supplies listed in the supply box section. Supply boxes can be checked by contest officials. Any extra equipment will be confiscated. See attached list.
11. **Awards:** The top five high scoring teams in each food category will be recognized with awards during the awards program.

Team Spirit awards will be awarded in each category and age division. The Team Spirit award will be given based on teamwork, enthusiasm, and professional appearance. Team Spirit judges will be different than presentation judges. Team Spirit will be evaluated during the 40-minute preparation time based upon the attached Team Spirit Scorecard.

12. **Participants with disabilities.** Any competitor who requires auxiliary aids or special accommodations must contact the District Extension Office at least two (2) weeks before the competition. Contact Patti Locke or Laura Huebinger at the District Office (254) 968-4144, Ext. 212.
13. **Contest References & Forms.** Refer to the following website for additional rules, scorecard, and forms: http://texas4-h.tamu.edu/healthy_lifestyles#foodc. Note that there is a different Scorecard and Team Worksheet for the Junior/Intermediate age division. It can be found at the following link: <http://d84-h.tamu.edu/events-and-activities/food-challenge-food-show/>

DISTRICT 8 4-H FOOD CHALLENGE


Supply Box

Each team will bring an equipment box containing **only one** each of the following items, unless a different quantity is noted:

Beverage glass	Knives (2)
Bowls	Liquid measuring cup
Dip Size (1)	Measuring spoons
Mixing (2)	Non-stick cooking spray
Serving (1)	Note cards (no larger than 5 X 7)
Calculator	Paper towels
Can Opener	Pancake turner
Colander	Pencil
Cookie Sheet	Plastic box or trash bag for dirty equipment
Cutting Boards (2)	Pot with lid
Disposable tasting spoons	Potato masher
Dry measuring cups	Potato peeler
Electric Skillet	Rolling pin
Extension cord	Sanitizing wipes (for tables)
<i>(Teams should be certain the extension cord is compatible (2-prong/3-prong) with the plugs on their electrical supplies)</i>	Serving platter
First aid kit	Serving utensil
Food thermometer	Skillet with lid
Fork	Spatula
Gloves	Stirring spoon
Grater	Storage bags and/or containers
Hand sanitizer	Tongs
Hot pads	Two single-burner hot plates OR one double-burner plate (electric only!)
Kitchen shears	Whisk
Kitchen timer	

DISTRICT 8 4-H FOOD CHALLENGE

Rules of Play

1. **Check-in.** Teams will report to Barn C (where the awards assembly is held) at the Bell County Expo Center for check-in.
2. **Orientation.** An orientation will be provided for all participants.
3. **Stations.** Each team will be directed to a cooking/preparation station. There will be a set of ingredients at each station, but no recipe. The ingredients will represent a recipe from one of the following categories: Main Dish, Fruits and Vegetables, Bread and Cereal, and Nutritious Snacks.
4. **Resources and Instructions.** General guidelines, resources and instructions will be located at each station to assist the team.
5. **Time.** Each team will have 40 minutes to prepare the dish, plan a presentation, and clean up the preparation area.
6. **Participants only.** Only participants and contest officials will be allowed in food preparation areas.
7. **Equipment.** Teams that may experience any equipment malfunction(s) may not replace the equipment with supplies from another team, leaders, volunteers, county Extension agents, or contest officials. Instead, team members must work together and be creative in completing preparation without the malfunctioning equipment.
8. **Preparation.** Each team will be provided ingredients reflective of the assigned category, and will create a dish using them. The amounts of ingredients, based upon a recipe, and a clue will be at each station to assist the team.
 - a. The ingredients provided to each team are based upon a recipe; however, teams are challenged with being creative and developing their own recipe with the ingredients provided.
 - b. Teams must incorporate each ingredient into their dish. However, teams may determine the exact amount of each ingredient to use.
 -  c. The ingredients provided to each team may also be used to garnish the dish. Additional garnishing items will not be provided. **There will not be a pantry of items available.**
 - d. Note cards and the Food Challenge Worksheet may be used to write down the recipe that the team invents, along with notes related to nutrition, food safety, and cost analysis. Teams should be exact on ingredients used, preparation steps, cooking time, temperature, etc.
9. **Food Safety.** Each station will have food safety resources. Follow the steps listed to ensure proper food safety and be prepared to discuss food safety practices used in the team presentation to the judges.
10. **Nutrition.** Each station will have a variety of nutrition resources/references. Each team should name key nutrients in their dish and their functions.
11. **Cost Analysis (Seniors only).** Prices will be available for each ingredient provided to the teams. Teams will need to find the ingredients on the list and calculate the price of the dish along with the price per serving. Teams will also need to determine the number of servings per recipe.
12. **Menu Planning and Substitutions (Juniors/Intermediates only).** Identify additional menu items that could be served along with the dish to make a complete meal. Also provide suggestions for possible substitutions.

13. **Presentation.** When time is called, each team will present their dish, according to the criteria on the score card, to a panel of at least two judges.
 - a. All team members must participate in the presentation, with at least three of them having a speaking role.
 - b. Judging time will include:
 - 5 minutes for the presentation
 - 3 minutes for judges' questions
 - 4 minutes between team presentations for judges to score and write comments
 - c. Teams are allowed the use of note cards during the presentation, but should not read from them, as this minimizes the effectiveness of their communication.
 - d. Judges may ask teams questions that are not directly related to the dish prepared. Instead, some questions may address the general knowledge gained through the 4-H members' food and nutrition project learning experiences.
 - e. No talking and now writing is allowed among any team members while waiting to give the team presentation. Team members caught talking and/or writing will receive a warning. The second time, the team will be disqualified and asked to leave the contest facility. Team members should not have pens or pencils in their possession while waiting to give their presentation.
14. **Clean-up.** Teams must clean up their preparation areas. Clean-up time is included in the 40-minute preparation allotment. Teams should plan to not have access to a kitchen facility; therefore, dirty dishes should be placed in a plastic container, bag, or box to be cleaned at home. Left-over food should be disposed of properly.
15. **No tasting of food.** Judges are not allowed to taste the foods prepared. No left-over food should be shared with any participant or the audience.
16. **Rankings.** Placing will be based on the rankings of teams by judges. Judges' results are final.
17. **Awards Program.** An awards program will be held at the conclusion of the judging process.

4-H FOOD CHALLENGE SCORECARD

District 8 – Junior/Intermediate

TEAM NUMBER:	CATEGORY:
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CATEGORY	COMMENTS	OUTSTANDING	GOOD	FAIR	POOR
Knowledge of My Plate: Guidelines for MyPlate Food group of individual ingredients Serving amounts needed from each group daily Food group that dish falls into Number of servings provided by an individual serving of the dish					
Nutrient Knowledge: Key Nutrients Function of key nutrients Ingredient providing nutrients Healthy substitutions					
Food Preparation and Safety: Steps in preparation Food safety concerns Food safety practices					
Menu Planning Identifies additional foods to be served with dish for complete meal Shows variety in color, texture, taste, temperature, etc.					
Food Appearance/Quality Appearance of food Garnishing Creativity					
Presentation Skills Voice Poise Number of members presenting Overall effectiveness of communication					

4-H FOOD CHALLENGE TEAM WORKSHEET

District 8 – Junior/Intermediate

Use back of sheet for additional space.

TEAM NUMBER:	CATEGORY:
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Knowledge of MyPlate (Write the food and in what food group it belongs):		
Food	MyPlate	Number of servings needed each day

Nutrient Knowledge (Know what this dish contributes to the diet):		
Food	Nutrients/Vitamins	What do they do for my body?

Food Preparation (Know the steps in preparation of the food):		
Steps:		What was prepared/performed in this step?

Food Safety (List food safety concerns associated with this dish):

Menu Planning and Substitutions (What would you serve with this dish to make a complete meal?):		
What substitutions could you make in this dish?		
Original ingredient	Possible substitution	Reason or benefit of substitution

4-H FOOD CHALLENGE SCORECARD

District 8 – Senior

TEAM NUMBER: _____

CATEGORY: _____

CATEGORY	COMMENTS	OUTSTANDING	GOOD	FAIR	POOR
Knowledge of My Plate: Guidelines for MyPlate Food group of individual ingredients Serving amounts needed from each group daily Food group that dish falls into Number of servings provided by dish					
Nutrient Knowledge: Key Nutrients Function of key nutrients Ingredient providing nutrients Healthy substitutions					
Food Preparation and Safety: Steps in preparation Food safety concerns Food safety practices					
Serving Size Information Number of servings in dish Size of serving Cost of entire dish Cost per serving					
Food Appearance/Quality Appearance of food Garnishing Creativity					
Presentation Skills Voice Poise Number of members presenting Overall effectiveness of communication					

4-H FOOD CHALLENGE TEAM WORKSHEET

District 8 – Senior

Use back of sheet for additional space.

TEAM NUMBER:	CATEGORY:
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Knowledge of MyPlate (Write the food and in what food group it belongs):		
Food	MyPlate	Number of servings needed each day

Nutrient Knowledge (Know what this dish contributes to the diet):		
Food	Nutrients/Vitamins	What do they do for my body?

Food Preparation (Know the steps in preparation of the food):		
Steps:		What was prepared/performed in this step?

Food Safety (List food safety concerns associated with this dish):

Serving Size Information (Accurately calculate the cost of the dish and the cost per serving):		
Ingredient	Total Cost of ingredient	Cost per measurement
TOTAL		
Total cost per serving		

4-H FOOD CHALLENGE

District 8 – Team Spirit Scorecard

TEAM NUMBER:	CATEGORY:
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CATEGORY	COMMENTS	OUTSTANDING	GOOD	FAIR	POOR
Teamwork <ul style="list-style-type: none"> Team works well together. All members of the team are all actively participating. Team keeps the work area clean and organized No arguments, proper manners, etc. Sportsmanship 					
Appearance <ul style="list-style-type: none"> Poise and grooming. Unified theme in dress Shows creativity 					

DISTRICT 8 4-H FOOD SHOW

Rules & Guidelines

1. **Participation.** Participants must be 4-H members currently enrolled in a Texas 4-H and Youth Development county program and actively participating in the Food and Nutrition project.

Age Divisions. *Only Seniors* may participate in the District 8 4-H Food Show. Juniors/Intermediates will be eligible to participate in the Food Challenge only. Seniors may participate in both the Food Challenge and Food Show. A Senior must be 14-18 years old as of August 31, 2013, with a birthdate between Sept 1, 1994 and Aug 31, 1999.

2. **Entries per county.** Each county may enter one senior 4-H member per Food Show category.
3. **Categories.** There are four Food Show categories: Protein, Fruit & Vegetable, Grains, and Dairy. Many recipes can be entered in more than one category. Participants should consult with the website 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.

Protein - All foods made from meat, poultry, seafood, beans and peas, eggs, processed soy products, nuts, and seeds are considered part of the Protein Foods Group. Beans and peas are also part of the Vegetable Group.

- EX: Dishes that contain meat or meat alternative such as eggs, dry beans, peas or peanut butter.

Fruit and Vegetable - Any fruit or 100% fruit juice counts as part of the Fruit Group. Fruits may be fresh, canned, frozen, or dried, and may be whole, cut-up, or pureed. Any vegetable or 100% vegetable juice counts as a member of the Vegetable Group. Vegetables may be raw or cooked; fresh, frozen, canned, or dried/dehydrated; and may be whole, cut-up, or mashed. Vegetables are organized into 5 subgroups, based on their nutrient content.

- EX: Dishes that accompany a main dish (salads, relish trays, cooked fruits and vegetables)

Grains - Any food made from wheat, rice, oats, cornmeal, barley or another cereal grain is a grain product. Bread, pasta, oatmeal, breakfast cereals, tortillas, and grits are examples of grain products. Grains are divided into 2 subgroups, Whole Grains and Refined Grains. Whole grains contain the entire grain kernel — the bran, germ, and endosperm.

- EX: Quick, yeast, bread mixes, rice, pasta

Dairy - All fluid milk products and many foods made from milk are considered part of this food group. Most Dairy Group choices should be fat-free or low-fat. Foods made from milk that retain their calcium content are part of the group. Foods made from milk that have little to no calcium, such as cream cheese, cream, and butter, are not. Calcium-fortified soymilk (soy beverage) is also part of the Dairy Group.

- EX: Dishes selected must contain a minimum of a half serving of dairy (macaroni and cheese, drinks, custards, cheese logs, etc.)

4. **Advancing to Texas 4-H Roundup.** The first place entry in each category will advance to state. The same recipe entry that was used at County and District level must be used at the State level. The same recipe cannot be entered more than once to the Food Show at Texas 4-H Roundup.
5. **Rules & Guidelines.** Seniors will follow all State Food Show rules. Seniors will bring the prepared dish to the contest. No alcohol or alcohol-containing ingredients may be used.



6. **Theme.** The theme for the 2014 Food Show is “Budget Wise Recipes.” This gives you an opportunity to pick your favorite dish – and improve to make it more economical. Good luck and enjoy!

7. **Seniors Bring to District 8 Contest:**

- a. **A close up photo of themselves with their dish** (maximum size 4x6). Contestants should print their name, county, and food category on the back of their photo. This should be paper clipped or stapled to the Texas 4-H Personal Information and Certification Form.
- b. **Prepared dish.** Complete dishes are not required. 4-H members are encouraged to bring a single serving or a small dish rather than the whole recipe, so there will not be as much waste if the food needs to be thrown away. The judges will be served a small portion of food.
- c. **Serving Utensil.** Serving of the entry dishes will occur during the contestant’s interview time. Disposable plates will be provided for the contestant to serve their food; however, they will need to bring the appropriate serving utensil. Judges will not taste the dish.
- d. **State Project Record Form** – Two copies. Be sure to include a copy of the recipe.

8. **Preparation.** Recipes must be prepared prior to arrival at the District Food show. There will be tables in the Assembly Hall Foyer for participants to sit as they wait to be judged. They can put the finishing touches on the dishes in that area immediately prior to judging. Participants will have only about 10 minutes for preparation time, clearing their area quickly, and move their dish to the waiting area. There will be no timers. There will be LIMITED prep time.



9. **Three Minute Presentation.** All contestants should prepare a three-minute oral presentation. In this time, participants should introduce themselves and their dish, and describe their inspiration in choosing that dish and how it relates to current them. Participants may also include their experience in 4-H and the Food and Nutrition Project. Do not spend the entire three minutes giving the recipe. Include only challenging parts of the preparation, experimentation with recipes, etc.



10. **Five Minute Interview.** Judges will have the opportunity for a five-minute interview asking questions applicable to the scorecard. It includes, but is not limited to, basic nutrition, food safety, preparation, and project experiences. It is recommended to look over the score sheet to get ideas of what to talk about in the presentation.



11. **Serving.** At the conclusion of the five-minute interview, the participant will have one-minute to serve the judges a portion of the dish. This will allow the judges to visually evaluate the dish you have prepared. Participants should practice proper food handling techniques when presenting food to the judges.



12. **Judges’ Comments.** Judges will have four minutes to write comments and score participants.

13. **Awards.** The top five scoring seniors in each category will be recognized.

14. **Contest References & Forms.** Refer to the following website for specific rules, score sheets, and forms:
http://fcs.tamu.edu/food_and_nutrition/4-h_youth.php

DISTRICT 8 4-H FOOD SHOW

Sample Questions (for Seniors)

1. How do you balance your daily menu to ensure that you get proper amounts of food from the food groups?
2. Name food groups and amounts that are required from each food group each day.
3. What function does each ingredient perform in the recipe?
4. What are the basic preparation principles involved in preparing this dish?
5. What food safety practices did you use during preparation?
6. What is considered a serving of your dish?
7. If substitutions are possible, what are they?
8. What and what amount of important nutrients are found in your dish?
9. What is the function of the nutrients found in your dish?
10. What change have you made in your dietary habits as a result of your 4-H food project?
11. Tell about your community service and leadership through the year's food project?
12. What were your goals for your foods project and what are some activities you did in this project?
13. What do you consider your most important learning experience in this year's food project?
14. Is there anything else you would like to tell us about your project?

These are sample questions. Senior judges are free to ask whatever they wish.

**2014 Texas 4-H State Food Show
Personal Information and Certification Form**

Participant Name: _____

Date of Birth: _____

Category: _____

County: _____ District _____ 8

Address: _____

City: _____ State: TX Zip Code: _____

E-Mail Address: _____ Gender: _____

Statement by 4-H Member

I meet the age and other eligibility requirements to enter the 2014 State Food Show as the top-scoring individual in one of the four entry categories in the Senior Division of the District 4-H Food Show. I also certify that I have not previously won a category at State Food Show. I personally have prepared this report and certify that it accurately reflects my work. I also give permission to have my recipe and name released by the State Food and Nutrition and/or State 4-H Office.

Date: _____ Signature of 4-H Member: _____

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The Texas A&M System, U.S. Department of Agriculture, and the County Courts of Texas Cooperating

2014 4-H State Food Show Entry Form

Name: _____ County: _____

Entry Category: _____ Protein _____ Fruit & Vegetable
_____ Grains _____ Dairy

**Please summarize your Food & Nutrition Project Experiences
(250 Words or Less; no less than 11 font size)**

Recipe (Attach - 1 sheet only)

Texas 4-H Food Show SCORECARD 2014

NAME _____

ENTRY CATEGORY: Protein Fruit & Vegetable Grains Dairy

	Rating				Comments	Points
	Outstanding	Good	Fair	Needs Improvement		
I. PRESENTATION						
Effectiveness of Communication: Voice; poise; personal appearance	10-8	7-6	5-3	2-1		(10)
II. THE INTERVIEW						
Knowledge of MyPlate: Food group of individual ingredients, serving amount needed from each group daily, food group that dish falls into, knowledge of personal healthy lifestyle choices based on dietary guidelines	20-15	14-10	9-5	4-1		(20)
Nutrient Knowledge: Knows what this dish contributes to the diet	15-11	10-6	5-3	2-1		(15)
Food Preparation: Knows the key steps in preparation of food and function of ingredients	15-11	10-6	5-3	2-1		(15)
Food Safety Concerns and Practices: Knows food safety concerns in preparation and storage of dish	10-8	7-6	5-3	2-1		(10)
4-H Food and Nutrition Project Activities: Community service; leadership; workshops, etc.	10-8	7-6	5-3	2-1		(10)
III. Food Evaluation						
Food Presentation/Quality: Appearance of food (texture, uniformity); garnishing	10-8	7-6	5-3	2-1		(10)
IV. PAPERWORK						
Complete Recipe	5-4	3	2	1		(5)
Summary of Experiences	5-4	3	2	1		(5)
ADDITIONAL COMMENTS:						Total Points:

Revised 6/2013

D8 4-H FOOD CHALLENGE & FOOD SHOW

Map to Bell County Expo Center

Bell County Expo Center

301 W Loop 121

Belton, TX 76513

(254) 933-5353

bellcountyexpo.com

