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| Entry Fee: | No Cost |
| Recipe Deadline: | October 6th |
| **Date of Contest:** | **October 22nd | TGC 4-H Building** |
| Registration: | 7:45 – 8:00 AM |
| **Knowledge Quiz:** | **8:00 AM** |
| **Interviews** | **8:15 AM** |
| **Skills Portion** | **Immediately following interview** |

1. **Participation:** Participants must be 4-H members currently enrolled in the Texas 4-H program.
2. **Age Divisions**: Age divisions are determined by the participants age/grade level as of August 31st of the current 4-H year.

Clover Kids: Kinder – 2nd

Junior Division: 3rd-5th Grade

Intermediate Division: 6th – 8th Grade

Senior Division: 9th – 12th Grade

1. **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 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. SENIORS: Keep in mind the 75 minute oven time when selecting your recipe.

1. **Recipe Submission**: All recipes will need to be submitted using either a PDF or word document and MUST be uploaded to the [Tom Green 4-H Website here](https://tomgreen.agrilife.org/food-show/). Resources on how to write a recipe can be found [here](http://counties.agrilife.org/tomgreen/files/2021/08/Recipe-Guidelines.pdf). Recipes MUST BE uploaded by October 6th – **late entries will be accepted until October 13th but will cost $10.00.**
2. **Food Show Components:** Each food show participant will complete/compete in each of the following components. A brief description of each component is shown below.
3. Food Show Dish Presentation & Interview: Food show contestants will prepare a dish (at home – bring completed dish day of). 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.

Dish Categories are as followed:

* 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 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 Dessert: 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.

1. Skills Showcase: Food show contestants will showcase a skill learned in the in the Food & Nutrition project following their presentation & interview. 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 will be assigned during the designated judging time for each participant and not prior. The skill demonstration will include a time limit which will be announced during participant orientation.
2. Knowledge Showcase: Food show participants 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. Study materials include:

**Food Show Preparation, Presentation & Judging Guidelines**

Food Show recipe submission will be processed ONLINE, through our Tom Green county webpage. If recipes ARE NOT submitted online, you WILL NOT be registered for the contest.

The only required paperwork is Food Show Recipe. Recipes should be typed in the standard recipe format using the [Recipe Submission Checklist](http://counties.agrilife.org/tomgreen/files/2021/08/Recipe-Guidelines.pdf) as a guide. Recipe should include the total cost of ingredients. By submitting the recipe, the contestant releases the recipe for use by Texas 4-H Youth Development and Texas A&M AgriLife Extension.

**PART ONE: FOOD SHOW DISH PRESENTATION & INTERVIEW**

When selecting your Food Show recipe, make sure to pay attention to time limits, especially if you are a Senior 4-Her. Recipe oven time needs to be limited to 75 minutes for all four categories. Total recipe prep time should be no more than 2 to 2 ½ hours if possible. NOTE: The same recipe CANNOT be entered more than once to the State Food Show.

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. Additionally, please remember that the goal of the food and nutrition project is to learn healthy eating skills and healthy recipe selection.

The judging order will be assigned and provided to participants prior to the county contest. Interview times may be adjusted on day of contest to accommodate schedule. Contestants must adhere to most recent schedule set by agent. Contestants should be prepared to interview earlier than their scheduled time if asked to do so.

1. **Introduction/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 their recipe, how the recipe relates to current them, and the following areas of the score card: Knowledge of MyPlate, Nutrition Knowledge, Food Preparation, and Food Safety Concerns.

1. **Question and Answer**

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

1. **Serving**

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.

Participants if you would like people to taste your dish, make sure to bring plenty.

Following your interview – participants, guest, parents, etc may taste the dishes at their own discretion, Texas A&M AgriLife Extension/Tom Green County are not liable for any sicknesses that may arise.

**PART TWO: SKILLS SHOWCASE**

Youth will be judged on an assigned kitchen/cooking type skill. Youth will complete this skill while at the judging table. 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 during participant orientation.

*Examples of skills to be assigned include, but are not limited to:*

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| EXAMPLES | |
| Skill | **Purpose** |
| Garnish | Liven up a plate with edible products to add color and flavor. |
| Themed Food | Create something from fruits & vegetables that illustrate the them such as ants on a log for a nature them. |
| Knives | Select a knife based upon food to be cut. Demonstrate how to dice, mince, chop,etc. |
| Meal Planning | Plan a meal using MyPlate and/or grocery store ad. |

**PART THREE: KNOWLEDGE SHOWCASE**

Youth 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, at the following link you can find some [helpful resources.](http://counties.agrilife.org/tomgreen/files/2021/08/Resouces.pdf)