

# "GROCERY GAMES"



## 2020-2021 Rules & Guidelines

Guidelines The members of Texas A&M AgriLife will provide equal opportunities in programs and activities, education, and employment to all persons regardless of race, color, sex, religion, national origin, age, disability, genetic information, veteran status, sexual orientation or gender identity and will strive to achieve full and equal employment opportunity throughout Texas A&M AgriLife.

# 2020-2021

## Texas 4-H Food Show Guide

### GROCERY GAMES...

Let your local food sources guide your healthy recipe selection with only \$10 to spend!

<https://texas4-h.tamu.edu/projects/food-nutrition/>

The goal of the Texas 4-H Food Show is to provide an opportunity for 4-H contestants to highlight their culinary skills while also improving their presentation and interview skills. More than 120,000 youth participate in the 4-H Food & Nutrition Project where they learn to prepare nutritious and safe meals and adopt behaviors that can help reduce their risk for chronic disease.

### OBJECTIVES

- 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.



This symbol denotes a new or modified rule for 2020-2021. Read closely!

### REDESIGNED CONTEST FOR 2020-2021

The Texas 4-H Food Show Committee has worked hard to redesign and reenergize the Texas 4-H Food Show! Although the dish component stays the same, two other components have been added to maximize learning and ensure that 4-H members are learning valuable life skills! The new Texas 4-H Food Show will consist of the following components which are explained throughout this guide:

1. Food Show Dish Presentation/Interview
2. Skills Showcase
3. Knowledge Showcase

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# TEXAS 4-H STATE FOOD SHOW PARTICIPANT RULES

NEW

- 1. Special Note.** *The rules in this guide are for the Texas 4-H Food Show STATE competition held in conjunction with Texas 4-H Roundup. Please refer to county and district guidelines for information on those contests.*
- 2. Participation.** Participants 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.
- 3. Age.** Age divisions are determined by a participant's age/grade as of August 31 of the current 4-H year. See the Texas 4-H Rules and Guidelines for specific age requirements.

Senior Division: Grades 9-12

- 4. Alternates.** An alternate cannot participate in the State Food Show unless approved by the District 4-H Specialist and contest superintendent is notified prior to Roundup Registration closing. It is imperative that the contest superintendent be notified as soon as possible to make program and other changes.
- 5. Theme.** This year's 4-H Food Show theme is **GROCERY GAMES...Let your local food sources guide your healthy recipe selection with only \$10 to spend!**

Texas is a diverse state, in more ways than one! Some of us live in a metroplex with access to major supermarkets and aisles upon aisles of options. Others live in small towns supplied by a convenience store or a larger store if we are willing to travel. A few of us find fresh food in our own backyard garden. The rest of us are somewhere in between! This year, we want you to be creative by using YOUR local food sources to create a dish on a budget. This year's Food Show will be especially unique as 4-H'ers bring foods created from the supermarket, the small-town convenience stores, the dollar stores, and even the garden! What are you bringing to the table?

Remember to keep in mind good nutrition and healthy preparation methods as you select your recipe.

- 6. Food Show Components.** Each food show participant will complete/compete in each of the following components. A brief description and/or rules are shown for each.

**1. FOOD SHOW DISH PRESENTATION/INTERVIEW:** Food show contestants will prepare a dish on-site at the state contest as traditionally has been done. 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. The contestant's recipe must cost less than \$10 to prepare (excluding spices and seasonings).

NEW

**Dish Categories.** Texas 4-H Food Show dish categories are:  
*Appetizer, Main Dish, Side Dish, and Healthy Dessert*

- **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.

NEW

**2. SKILL SHOWCASE:** Food show contestants will showcase a skill learned in the food and nutrition project area when they bring their dish to be judged. 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 designated judging time for each contestant and not prior. The skill demonstration will include a time limit which will be announced during participant orientation.

NEW

**3. KNOWLEDGE SHOWCASE:** Food show contestants 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. 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.

# TEXAS 4-H FOOD SHOW PREPARATION, PRESENTATION AND JUDGING GUIDELINES

The Texas 4-H Food Show is scheduled for during Texas 4-H Roundup week in College Station. A complete schedule, including kitchen preparation time, interview schedule, and awards ceremony will be distributed to Texas 4-H Round Food Show Qualifiers during the web-based information session and/or via email prior to the state contest. Schedules may be adjusted by food show committee at any time if necessary.

**State 4-H Food Show Paperwork.** Contestants qualifying for the State 4-H Food Show must complete and submit the Texas 4-H Food Show Contest Information Form included in this packet and available online at: <https://texas4-h.tamu.edu/projects/food-nutrition>

State 4-H Food Show recipe submission will be processed ONLINE. Participants will upload their food show recipe at the same time they register through 4-H Connect for the State 4-H Roundup. Failure to upload the recipe at time of registration may result in disqualification.

The only required paperwork is Food Show Recipe. Recipes should be typed in the standard recipe format using the Recipe Submission Checklist 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.** State food show contestants *must* enter the same recipe entry that they qualified with at the District level. The same recipe *cannot* be entered more than once to the State Food Show. Recipes should be written in the standard recipe format using the included Recipe Submission Checklist as a guide. Nutritional analysis for recipe is not required and will not be judged.

All four food categories may use ovens during food preparation. However, oven time is limited to 75 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. Additionally, please remember that the goal of the food and nutrition project is to learn healthy eating skills and healthy recipe selection.

*Contestants will be interviewed following completion of their assigned food preparation facility time.*

The Kitchen Supervisor will inform each contestant when and where to take his/her dish to be judged. The judging order will be assigned by the food show committee and provided to participants prior to the state contest. Interview times may be adjusted on day of contest to accommodate schedule. Contestants must adhere to most recent schedule set by food show committee. 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 your recipe, how 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.

## **2. 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.

### **3. Serving**

At the end of the question and answer period, contestants will have **one-minute to serve** the judges a portion of their dish. This allows judges to visually evaluate the dish prepared. Contestants should 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.

If needed to safely transport the dish, contestants should bring serving trays. Serving trays will not be provided. 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. **As stated earlier in the guidelines, only edible garnishes are allowed with the food show entry.** Agents and leaders are encouraged to use discretion regarding this matter when counseling 4-H participants, members or contestants for the state show.

At the end of the 4-H Food Show, rankings, judges' comments and other correspondence will be forwarded to the participant's County Extension Office. Please allow up to three weeks for processing.

**Food Preparation and Facilities.** ONLY THE CONTESTANT is allowed in the preparation room. All others must remain in the designated waiting areas. Contestants can only be assisted with transporting boxes from parking lots to the preparation door. If parents, coaches, or County Extension Agents enter the preparation room, contestants may have points deducted from their scores.

Contestants must check-in and check-out upon entry and exit of the kitchen.

Contestants must prepare their own dishes. Foods that are not part of the contestant's entry cannot be prepared in the Preparation Centers.

Contestants are encouraged to prep some ingredients prior to arrival at the food preparation facility to assist with congestion of preparation spaces.

Preparation which may be done ahead of time includes:

- Pre-slicing, cutting, chopping, dicing, etc. of fruits and vegetables. Pre-grating of cheeses.
- Pre-measuring of spices, dry or other ingredients.
- Pre-packaged convenience foods that have already been partially prepared (i.e. shredded cheese, chopped nuts, etc.) may be used.

Ingredients that CANNOT be prepped prior to contest include meat, poultry, fish, and seafood. These items MUST be prepared and cooked in the Food Show preparation facility. Final cooking and baking of all dishes must be done in the food preparation facility.



**Kitchen Time Limits.** 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 to 2.5 hours in the facility; this time limit will include final cooking and/or baking of their dish. Oven time is limited to 75 minutes. A contestant schedule for usage and time limits of food preparation facility will be provided prior the Texas 4-H Roundup. Contestants will not be permitted in the preparation areas before or after their specified times. These time limits must be adhered to or contestant risks disqualification. Contestants should keep this in mind when selecting recipes.

Contestants will be required to share a limited number of work surfaces, sinks, stoves and refrigerators.

Contestants should practice working in small spaces prior to the food show. Should an unforeseen mishap occur, a student can remake their recipe within their allotted time and workspace only if the Kitchen Supervisor grants permission to do so.

**Equipment.** Only electric ranges, refrigerators, electric ovens, food freezers, microwaves, and worktables are available for contestants to use in preparing their recipes. Special equipment or appliances must be provided by the contestant. Equipment with open flames is not allowed.

Ovens in preparation area will be preset and labeled with cooking temperatures. Temperatures in preset ovens CANNOT be changed by contestants.

Contestants must provide cutlery, cutting boards, cleaning supplies, dish towels, paper towels, potholders, timers, ingredients for recipe and any appliances not listed above.

Contestants who will be using an oven in the preparation of their dish are encouraged to bring an oven thermometer for use in the food preparation facility ovens. Oven temperatures vary widely, so it is a good idea for contestants to use a thermometer at home when preparing their recipes to determine the temperature that is most appropriate.

**Safety.** Contestants should wear clothing consistent with professional and safe food handling practices. Closed toe shoes must be worn in food preparation area.

Contestants may change their clothes prior to their scheduled interview if they choose; however, they will need to include this time in their assigned time limit.

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

**Electronic Devices.** No electronic devices or jewelry (except for medically required) is allowed in contest unless noted by superintendent during orientation. This includes cell phones, smart watches, or other communication devices. Contestants may bring in an electronic kitchen timer for time management purposes.

**Preparation Judging.** Contestants will be judged while preparing their dish in the kitchen area. 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.

**Presentation Judging.** Contestants will be interviewed following completion of their assigned food preparation facility time. The Kitchen Supervisor will inform each contestant when and where to take his/her dish to be judged. The judging order will be assigned by the food show committee and provided to participants prior to the state contest. Interview times may be adjusted on day of contest to accommodate schedule. Contestants must adhere to most recent schedule set by food show committee. Contestants should be prepared to interview earlier than their scheduled time if asked to do so.

**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.

**Serving.** At the end of the question and answer period, contestants will have one-minute to serve the judges a portion of their dish. This allows judges to visually evaluate the dish prepared. Contestants should practice proper food handling techniques when presenting food to the judges. Judges may not taste the food. Contestants will serve one serving to the judging panel, not a serving to each individual judge.

**Dish.** 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 was 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. 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.

If needed to safely transport the dish to the judging area, contestants should bring serving trays. Serving trays will not be provided.

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. As stated earlier in the guidelines, only edible garnishes are allowed with the food show entry. Agents and leaders are encouraged to use discretion regarding this matter when counseling 4-H participants, members or contestants for the state show.

**Scorecards.** Scorecards will be returned via email to the County email box approximately three weeks after the Texas 4-H Food Show. Total scores will be tallied from Presentation & Preparation scorecards as well as the quiz for a total of 125 possible points.



NEW

**PART TWO: SKILL 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:*

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.

NEW

**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, contestants should refer to the Texas 4-H Food & Nutrition page ( <https://texas4-h.tamu.edu/projects/food-nutrition/> ) for potential resources.

# STATE 4-H FOOD SHOW RECIPE SUBMISSION CHECKLIST

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

	<b>YES</b>	<b>NO</b>
<b>DOES YOUR RECIPE HAVE ALL OF THESE PARTS?</b>		
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	_____	_____
<b>LIST OF INGREDIENTS</b>		
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 1 chopped green pepper	_____	_____
Measurements given in common fractions *Ex: 1/4 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.	_____	_____
<b>DIRECTIONS</b>		
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	_____	_____

# STATE 4-H FOOD SHOW RECIPE EXAMPLE

## RECIPE EXAMPLE

### 4-H Shamrock Salad

6-ounce package lime gelatin	<b>(not just 1 package lime gelatin)</b>
2 cups boiling water	
1 cup lemon-lime soda	
8-ounce package cream cheese, softened	<b>(not just 1 package/what kind) Low fat, Fat free, etc.)</b>
½ teaspoon vanilla	
½ teaspoon lime juice	
6-ounce can mandarin oranges, drained	<b>(always include size)</b>
8-ounce can pineapple tidbits, drained	
2 cups green grapes, halved, seeded	<b>(not just grapes also color/kind) Red, concord, green)</b>
2 cups chopped celery	<b>(not 2 cups celery chopped – you must chop the celery to measure it, so chopped must be written first)</b>
½ cup chopped pecans	<b>(are you measuring the pecans before or after chopping? The way it is written here indicates chopping first)</b>
8-ounce carton frozen low-fat whipped Topping, thawed	<b>(indicate low-fat, fat-free, etc.)</b>
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.)



# TEXAS 4-H FOOD SHOW RECIPE SUBMISSION PAPERWORK

<b>CONTESTANT NAME:</b>								
<b>CATEGORY</b> <i>Please check one</i>	<input type="checkbox"/>	Appetizer	<input type="checkbox"/>	Main Dish	<input type="checkbox"/>	Side Dishes	<input type="checkbox"/>	Healthy Desserts
<b>COUNTY</b>								
<b>DISTRICT</b>								

<b>Name of Recipe:</b>		
<b>Prep Time:</b>	<b>Cook Time:</b>	<b>Cost:</b>

Type Recipe Here:

By submitting the recipe, the contestant releases the recipe for use by Texas 4-H Youth Development and Texas A&M AgriLife Extension.

Revised July 2020

# Texas 4-H 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](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](http://fcs.tamu.edu/food_and_nutrition/pdf/nutrient-needs-at-a-glance-E-589.pdf)

## THEME RESOURCES

10 Tips: Save More at the Grocery Store

<https://www.choosemyplate.gov/ten-tips-save-more-at-the-grocery-store>

20 Money Saving Grocery Shopping Tips

<https://www.eatright.org/food/planning-and-prep/eat-right-on-a-budget/20-money-saving-grocery-shopping-tips>

10 Tips for Healthy Grocery Shopping

<https://www.webmd.com/food-recipes/features/10-tips-for-healthy-grocery-shopping#1>

Eating Better on a Budget

<https://choosemyplate-prod.azureedge.net/sites/default/files/tentips/DGTipsheet16EatingBetterOnABudget.pdf>

Smart Shopping for Veggies and Fruits

<https://choosemyplate-prod.azureedge.net/sites/default/files/tentips/DGTipsheet9SmartShopping.pdf>

Stretch Your Food Dollars At the Grocery Store

<https://hgic.clemson.edu/factsheet/stretch-your-food-dollars-part-2-at-the-grocery-store/>

REVISED

*August 2020*

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