

2020 District 5 Food Show and FCH Quiz Bowl Contest Information

Date

Saturday, January 18, 2020

Location

Palestine High School, 1600 State Highway 256 Loop, Palestine, Texas 75801

Entry Requirements

- Enter on 4-H Connect beginning November 6, 2019 at www.texas.4honline.com
- Contest Fee - \$10 per contestant
 - ✓ Food Show is an individual event
 - ✓ FCH Quiz Bowl is a team event (4-member team)
- Late Entry Fee - \$25 per contestant

District Deadlines

- Entry to 4-H Connect and entry materials by **December 18, 2019**
- Late entry – December 20-31, 2019 (late fees apply)

Tentative Schedule

- Schedule may be modified based upon number of quiz bowl teams and food show entries.
- Specific times for each contest will be sent to contestants ONE week before event.

Contest & Awards	Location
Junior FCH Quiz Bowl	Band Hall
Intermediate FCH Quiz Bowl	Band Hall
Senior FCH Quiz Bowl	Band Hall
Quiz Bowl Award Presentations	Auditorium
Junior & Intermediate Food Show	Gym
Senior Food Show	Band Hall
Food Show Award Presentations	Auditorium

Texas A&M AgriLife Extension Service
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 Tel. 903.834.6191 | Fax 903.834.7140
www.texas4-h.tamu.edu

Questions at Contest

- Please see help desk attendant located between the gym and cafetorium.
- Committee members will be wearing a 4-H lanyard and can help provide directions.

Food Show District 5 Contestant Rules

Food Show (individual event)

1. **Theme:** *Food Around the World*

“Embark on a memorable adventure – meeting people, sharing customs and sampling foods from various countries around the world.”

Food Around the World challenges contestants to explore foods and cultures from countries outside the United States. Let your exploration guide your recipe selection for the food show. Is there a country you dream of visiting? Consider your family’s heritage and/or original place of origin for inspiration. Or simply spin the globe and let your finger choose a country! Remember to keep in mind good nutrition and healthy preparation methods as you select your recipe.

2. **Food Categories:** *Main Dish, Nutritious Snacks, Breads/Cereals, and Fruits/Vegetables*

Main Dish – Food classified as main dish usually contain a meat or meat alternate such as cheese, eggs, dry beans, or peanut butter. They also may contain other foods. Dishes may include beef, veal, pork, variety meats, poultry, eggs, fish and/or shellfish. Other possible dishes include meat loaves, souffles, omelets, soups, or chowders.

Nutritious Snacks – Look for recipes high in nutrients which provide lasting energy to sustain an individual between meals. Examples of nutritious snacks include red pepper hummus, oven roasted chickpeas, or oatmeal energy balls.

Breads & Cereals – The foods in this category should contain foods made from wheat, oats, rice, rye, barley, millet, quinoa, and/or corn. Examples of entries for this category include quick breads such as muffins and biscuits, yeast breads, oatmeal and pasta.

Fruits & Vegetables - Side dishes are foods that are usually served along with a main dish or as accompaniments to the main course. Foods in this category should be those which the main ingredient is a fruit or a vegetable. Suggested dishes may include salads, cooked vegetables, cooked fruit, and combination vegetable dishes.

3. **Food Show Entries Per County:** Each county may submit one entry per food category per age division. See example below:

- In each age division there are four food categories. The county may enter 1 Junior for Main Dish, 1 Junior for Fruits & Vegetables, 1 Junior for Breads & Cereals, and 1 Junior for Nutritious Snacks.
- This is the same for Intermediate and Senior age divisions.
- A total of 12 entries per county may be submitted for the district contest.

4. Recipes

- Recipes should be written in the standard recipe format using the attached **Recipe Submission Checklist**.
- No alcohol or ingredients containing alcohol may be used.
- State qualifying food show contestants must enter the same recipe that they qualified with at the District level.
- Contestant recipes will be uploaded in the 4-H Connect system as part of the registration process. **Recipe upload instructions:**
 - Use the food show PDF fillable recipe form located on District 5 web page www.d54-h.tamu.edu
 - Use the name of the recipe as the file name – i.e., Grandma’s Creamed Corn.
 - Do not use the member’s name or the county as the file name.
- Recipes will be posted on the District web page after the event.

5. Garnishes

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

6. Electronic Devices

- No electronic devices or jewelry (except for medically required) is allowed in contest area. This includes cell phones, smart watches, or other communication devices.

7. Contest Room

- **ONLY THE CONTESTANT** is allowed in the contest room. All others must remain in the designated waiting areas or outside the building. Contestants can only be assisted with transporting boxes from parking lots to the contest room door.
- Contestants must check-in and check-out of the contest room.
- Contestants must prepare their own dishes.

8. Food Safety

- Contestants should wear clothing consistent with professional and safe food handling practices.
- Closed shoe toes should be worn.
- Gloves are not required as on-site food preparation is not part of District-level contest.

9. Contestant Presentation and Judging Guidelines

- The Floor Monitor will inform each contestant when and where to take his/her dish to be judged.
- The judging time period is based upon contestants’ age division (see below).
 - **Junior age division (grades 3-5) AND**
 - **Intermediate age division (grades 6-8)**
 - **Presentation and Introduction** – Each contestant will start with a maximum **two-minute** presentation to introduce themselves and their dish, reasoning behind selection of recipe, and how it relates to the theme.

- Judges will have the opportunity for a **two-minute interview** asking questions applicable to the attached scorecard. It includes, but is not limited to, basic nutrition, food safety, food preparation, age-related nutrition, as well as project experiences.
- At the end of the interview period, contestants will have **one-minute** to serve the judges a portion of their dish. This allows the 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. 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 to the judging table, contestants should bring a serving tray. Serving trays will not be provided.
- Dishes will not be judged based upon display. Fancy or elaborate placement, 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.
- **Senior age division (9, 10, 11 and 12 grades)**
 - **Presentation and Introduction** – 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 the current food show theme, and the following areas of the scorecard: MyPlate, Nutrition Knowledge, Food Preparation, and Food Safety Concerns (see resource list).
 - **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, age-related nutrition, as well as project experiences.
 - At the end of the interview period, contestants will have **one-minute** to serve the judges a portion of their dish. This allows the 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. 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 to the judging table, contestants should bring a serving tray. Serving trays will not be provided.
- Dishes will not be judged based upon display. Fancy or elaborate placement, 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.

10. Sample Food Show Questions

- This year's food theme is "Food Around the World," what inspired you to select this dish?
- How do you balance your daily menu to ensure that you get proper amounts of food from the food groups?
- Name the food groups and amounts that are required from each group each day.
- What function does each ingredient perform in the recipe?
- What are the basic preparation principles involved in preparing this dish?
- What food safety practices did you use during preparation?
- What is considered a serving of your dish?
- If substitutions are possible, what are they?
- What are the important nutrients found in your dish?
- What changes have you made in your dietary habits as a result of your 4-H food project?
- Tell about your community service and leadership through the year's food project?
- What were your goals for your food project and what are some activities you did in this project?
- What do you consider your most important learning experience in this year's food project?
- Is there anything else you would like to tell us about your project?

11. Show Rankings

- The top three rankings in each age division and food category will be presented awards during the award ceremony at the conclusion of the contest.
- 4-H Food Show rankings, judges' comments and other correspondence will be forwarded to the contestant's county Extension office. Please allow up to three weeks for processing.

12. Qualifying for State Food Show Roundup

- Senior age division contestants (grades 9-12) which place 1st in each category, at the District-level Food Show, contest will advance to state.
- The Texas 4-H Food Show contestant paperwork is available online at <https://texas4-h.tamu.edu/projects/food-nutrition/>

FCH Quiz Bowl (team event)

1. Quiz Bowl Team Entries Per County

- Each county may submit three teams per age division.
- A total of 9 team entries per county may be submitted for the district contest.

2. Contest Brackets

- Teams will be randomly selected in contest brackets, based upon age division.
- Each contest is a double elimination tournament where a total of two losses are needed to eliminate a team from further competition.

3. Question Types

- The number of questions used per round will include at least eight (8) one-on-one questions, sixteen (16) toss-up questions, and two (2) to four (4) bonus questions.
 - **One-on-One** questions are those to which only one member or each team may respond in a head-to-head match between the acknowledged members of each team. These points will count toward individual and team scores.
 - **Toss-up** questions are open to response by all contestants. These points will count toward individual and team scores.
 - **Bonus** questions are attached to toss-up questions and are given to the team that correctly answered the toss-up question. These points count toward a team score only and do NOT count towards individual points. No more than 25% of toss-up questions will have a bonus question attached and in general will be somewhat more difficult.

4. Electronic Devices

- No electronic devices or jewelry (except for medically required) is allowed in contest area. This includes cell phones, smart watches, or other communication devices.

5. Contest Room

- ONLY THE TEAM and ONE coach is allowed in the contest room. All others must remain in the designated waiting areas or outside the building.
- Team coach will be seated in a designated area and may not communicate with team members during the match with the exception of their one time out.
- Team coach will be permitted one 1-minute time out during their match to provide encouragement to contestants.
- Teams must check-in and check-out of the contest room.

6. Reference Materials

- All questions used in the quiz bowl contest will come from official sources. See the study guide and list of resources used on the web at <https://texas4-h.tamu.edu/projects/food-nutrition/>.

7. Show Rankings

- The top three teams and top individual in each age division will be presented awards during the award ceremony at the conclusion of the contest.
- 4-H FCH Quiz Bowl scorecards, comments and other correspondence will be forwarded to the contestant's county Extension office. Please allow up to three weeks for processing.

8. Qualifying for State FCH Quiz Bowl Roundup

- Senior age division contestants (grades 9-12) which place 1st – 3rd at the District-level FCH Quiz Bowl contest will advance to state.
- The Texas 4-H Quiz Bowl contestant paperwork is available online at <https://texas4-h.tamu.edu/projects/food-nutrition/>