



2021 DISTRICT 5 VIRTUAL 4-H FOOD SHOW CONTEST INFORMATION

Important Dates

December 1, 2020 – January 8, 2021
January 11-16, 2021
January 19-22

Video entries and Knowledge Quiz accepted
Judging of entries
Contest results released

Location

Virtual

Entry Requirements

- Enter on 4HOnline beginning November 5, 2020 at <https://v2.4honline.com/#/user/sign-in>
- Contest Fee - \$10 per contestant
- Late Entry Fee - \$25 per contestant

District Deadlines

- Entry to 4HOnline and entry materials by **December 14, 2020**
- Late entry – December 16-18, 2020 (late fees apply)

Special Accommodations

- Any competitor who requires auxiliary aids or special accommodations must contact the District office at least 2 weeks before the competition or note such needs when registering on 4HOnline.

Show Rankings

- The top three rankings in each age division and food category will be announced via Face Book at District 5 Texas 4-H and email the week of January 19, 2021.
- 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.


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/>


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Food Show District 5 Contestant Rules

Food Show (individual event)

-  **1. Theme:** *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?

-  **2. Food Categories:** *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.

3. 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 4HOnline 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.

4. Garnishes and Decor

- Only edible garnishes are allowed. Participants may present their dish with only a serving utensil, napkin, and edible garnish on their serving tray or placemat (presenting with any of these items is optional).
- 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.

5. Food Safety

- Contestants should wear clothing consistent with professional and safe food handling practices.
- Jewelry (except for medically required) is not permitted.
- Closed shoe toes should be worn.
- Gloves are not required as food prepared will not be tasted/sampled.

6. Contestant Presentation and Judging Guidelines

○ Junior age division (grades 3-5)



- All Junior contestants will complete the following 3 steps:
 - Step A: video your presentation (you do not need to video the preparation of the dish),
 - Step B: complete the skill demonstration, and
 - Step C: take the knowledge quiz online.

The video will be uploaded to the D5 YouTube channel (see attachment on how to upload to YouTube).

Step A Video Presentation

- **Video Presentation** – Make a video, up to 12 minutes total to include these four components below:

Component 1: Introduce yourself (name, age or grade, county)

Component 2: Presentation

- **Tell the judges about your dish** (category and name of recipe)
- Virtually **serve a portion of your dish** onto another plate/bowl. This allows the judges to visually evaluate the dish prepared. Contestants should practice proper food handling techniques when presenting food.

Component 3: Verbally answer these interview questions as part of your video presentation:

1. Why did you choose to make this recipe?
2. What is the key ingredient in your dish?
3. Name the 5 parts to My Plate.
4. How much money did you spend on your dish?
5. What were the steps you followed in preparing your dish?
6. Name one vitamin in your dish and tell why that vitamin is beneficial to humans?
7. Did you make any healthy substitutions in your dish? If so, what were the substitutions?
8. How long should you wash your hands?
9. How would you safely store this dish to serve the next day?
10. What have you learned in the Food and Nutrition project that you will use in your life when preparing or choosing food?

**Step B
Showcase Skills**

Component 4: Demo the following kitchen skill in 2 or less minutes: Demonstrate how to measure $\frac{1}{2}$ cup of a non-clear liquid and a $\frac{1}{4}$ cup of brown sugar. You may verbally explain what you are doing.

▪ **Video Submission**

- Upload your **video** to the D5 YouTube channel.
- Edit your video, if desired.
- Then, upload your **YouTube link** to the Google classroom link below that matches your dish category:

Junior Appetizer:

<https://classroom.google.com/c/MjAyMTgxMjc1MDI4?cjc=gickeg4>

Junior Main Dish:

<https://classroom.google.com/c/MjAyMTk0OTA1OTUz?cjc=7hbso3c>

Junior Side Dish:

<https://classroom.google.com/c/MjAyMTk0OTA2MDk3?cjc=ytdsgpx>

Junior Healthy Dessert:

<https://classroom.google.com/c/MjAyMTk0OTA1OTcy?cjc=zsx35tk>

- Submission available from **December 1 until January 8 at 11:59 pm.**

**Step C
Knowledge Quiz**

- **Knowledge Quiz** - Select the Google classroom **link** above that corresponds to your dish category, between **December 1 and January 8 at 11:59 pm**, and take a 10-question multiple choice quiz on food and nutrition. The quiz must be taken in one setting and is limited to the participant opening the quiz one time.

The deadline is **January 8th at 11:59 pm**. This is a hard deadline. **DO NOT WAIT UNTIL THE LAST DAY TO WORK ON YOUR VIDEO.**

We are unable to accept any late videos due to technical difficulty.

○ **Intermediate age division (grades 6-8)**



- **All Intermediate contestants will complete the following 3 steps:**
 - **Step A: video your presentation (you do not need to video the preparation of the dish),**
 - **Step B: complete the skill demonstration, and**
 - **Step C: take the knowledge quiz online.**

The video will be uploaded to the D5 YouTube channel (see attachment on how to upload to YouTube).

**Step A
Video
Presentation**

- **Video Presentation** – Make a video, up to 12 minutes total to include these four components below:

Component 1: Introduce yourself (name, age or grade, county)

Component 2: Presentation

- **Tell the judges about your dish** (category and name of recipe)
- **Virtually serve a portion of your dish** onto another plate/bowl. This allows the judges to visually evaluate the dish prepared. Contestants should practice proper food handling techniques when presenting food.

Component 3: Verbally answer these interview questions as part of your video presentation:

1. How does the Food Show theme, “Grocery Games” fit with your dish?
2. Name the food group from My Plate that are represented in your dish.
3. Name the key nutrients of your dish.
4. Name the functions of the key ingredients.
5. What are the basic steps involved in preparing this dish?
6. What is considered a serving of your dish?
7. What food safety practices did you use during preparation?
8. Discuss the Fight BAC principles or the 4 basic food safety principles.
9. Name the food groups and amounts that are required from each group each day for a child.
10. What changes have you made in your dietary habits as a result of participating in the 4-H food project?

**Step B
Showcase Skills**

Component 4: Demo the following kitchen skill in 2 or less minutes: Demonstrate how to peel a Russet or baking potato. You may verbally explain what you are doing.

- **Video Submission**

- Upload your **video** to the D5 YouTube channel.
- Edit your video, if desired.
- Then, upload your **YouTube link** to the Google classroom link below that matches your dish category:

Intermediate Appetizer:

<https://classroom.google.com/c/MjAyMjA0MDYxNjMz?cjc=4xhcddh>

Intermediate Main Dish:

<https://classroom.google.com/c/MjAyMjA0MDYxNjQ3?cjc=k2vmaq6>

Intermediate Side Dish:

<https://classroom.google.com/c/MjAyMjA0MDYxNzM4?cjc=rqnqepa>

Intermediate Healthy Dessert:

<https://classroom.google.com/c/MjAyMjA0MDYxNzk2?cjc=4ib5jd7>

- Submission available from **December 1 until January 8 at 11:59 pm.**

Step C
Knowledge Quiz

- **Knowledge Quiz** - Select the Google classroom **link** above that corresponds to your dish category, between **December 1 and January 8 at 11:59 pm**, and take a 10-question multiple choice quiz on food and nutrition. The quiz must be taken in one setting and is limited to the participant opening the quiz one time.

The deadline is **January 8th at 11:59 pm**. This is a hard deadline. **DO NOT WAIT UNTIL THE LAST DAY TO WORK ON YOUR VIDEO.**

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o **Senior age division (9, 10, 11 and 12 grades)**



- **All Senior contestants will complete the following 3 steps:**
 - **Step A: video your food preparation from start to finish,**
 - **Step B: make a presentation/speech,**
 - **Step C: take the knowledge quiz online.**

The video recording will be uploaded to the D5 YouTube channel (see attachment on how to upload to YouTube).

Step A
Video food prep,
start to finish

- **Video Presentation** – Make a video, up to 15 minutes total to include these three components:

Component 1: Introduce yourself (name, age or grade, county)

Component 2: Presentation

- **Tell the judges about your dish** (category and name of recipe)
- **Virtually serve a portion of your dish** onto another plate/bowl. This allows the judges to visually evaluate the dish prepared. Contestants should practice proper food handling techniques when presenting food.

Component 3: Verbally answer these interview questions as part of your video presentation:

1. How does the Food Show theme, “Grocery Games” fit with your dish?
2. How did My Plate guide your choice of recipe?
3. Name the nutrients in your dish.
4. What function does each ingredient perform in the recipe?
5. What are the basic preparation principles involved in preparing this dish?
6. If substitutions are possible, what are they?
7. What was the most challenging task you had while preparing this dish?
8. How do you plan to safely store your dish after you have prepared it?
9. How do you balance your daily menu to ensure that you get proper amounts of food from the food groups?
10. What changes have you made in your dietary habits as a result of your 4-H food project?

- **Video Submission**

- Upload your **video** to the D5 YouTube channel.
- Edit out the down time in your video (i.e. baking) to stay in your time limits.
- Then, upload your **YouTube link** to the Google classroom link below that matches your dish category:

Step B
Presentation or
speech

Senior Appetizer:

<https://classroom.google.com/c/MjAyMTk0OTA2MTM4?cjc=gk6qmqg>

Senior Main Dish:

<https://classroom.google.com/c/MjAyMTk0OTA2MTk4?cjc=utemh2j>

Senior Side Dish:

<https://classroom.google.com/c/MjAyMTk5MDU3MDUz?cjc=i2xknzo>

Senior Healthy Dessert:

<https://classroom.google.com/c/MjAyMTk5MDU3MDcz?cjc=wfczwed>

- Submission available from **December 1 until January 8 at 11:59 pm.**

Step C Knowledge Quiz

- **Knowledge Quiz** – Select the Google classroom **link** above that corresponds to your dish category, between **December 1 and January 8 at 11:59 pm**, and take a 10-question multiple choice quiz on food and nutrition. The quiz must be taken in one setting and is limited to the participant opening the quiz one time.

The deadline is **January 8th at 11:59 pm**. This is a hard deadline. **DO NOT WAIT UNTIL THE LAST DAY TO WORK ON YOUR VIDEO.**

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