

2021 District 5 4-H Food Show

Video Submission and Knowledge Quiz Information



District Food Show

- **Regular Registration Deadline** – December 14, 2020 via 4-H Online (entry fee and recipe)
- **Late Registration** – December 16-18, 2020 via 4-H Online (late fees apply)

General Knowledge Quiz

- **All participants** – will answer a 10-question general knowledge quiz.
- **Link** – Google classroom link based upon age division and food category (see below)
- **Completion deadline** – January 8, 2021

Video Presentation: Juniors (grades 3 – 5) and Intermediates (grades 6 – 8)

- Submit a 12-minute video featuring your fishing dish, answering a set of questions, and demonstrating your assigned skill.
- **Opens** – December 1, 2020
- **Completion deadline** – January 8, 2021

Presentation Questions: Juniors

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?

Google Classroom (video submission and knowledge quiz):

Junior Appetizer: <https://classroom.google.com/c/MjAyMTgxMjc1MDI4?cjc=gicckeg4>

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>

Presentation Questions: Intermediates

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 practice 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?

Google Classroom (video submission and knowledge quiz):

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>

Video Presentation: Seniors (grades 9 -12)

- Submit a 15-minute video of you preparing your dish from start to finish, presenting your speech/presentation, and answering a set of questions provided below. Your kitchen and food safety skills will be evaluated during the preparation portion.
- **Opens** – December 1, 2020
- **Completion deadline** – January 8, 2021

Presentation Questions: Seniors

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?

Google Classroom (video submission and knowledge quiz):

Senior Appetizer: <https://classroom.google.com/c/MjAyMTk0OTA2MTM4?cjc=gk6gmqs>

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>

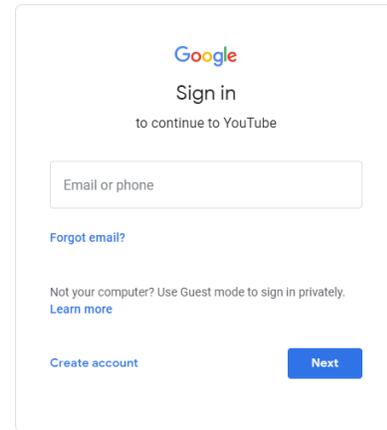
Notes:

Judging will take place the week of January 11-15, 2021 and Results will be posted to the District 5 Texas 4-H Facebook page and emailed to county Extension agents the week of January 19, 2021. Awards/prizes will be distributed via County Extension Offices at the end of the month.

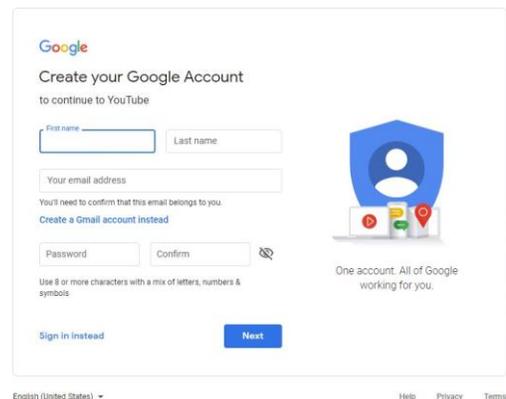
You will upload your video to YouTube. You may set your video as unlisted (not private) to ensure privacy of your video which will allow only those with the link to view the upload. Please list the YouTube link to your video in the appropriate section of your assigned Google classroom site. The recording should ONLY be submitted via a YouTube link. You will need to check specifications for YouTube upload to reduce confusion after you film your video.

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 will not accept any late videos due to technical difficulty.

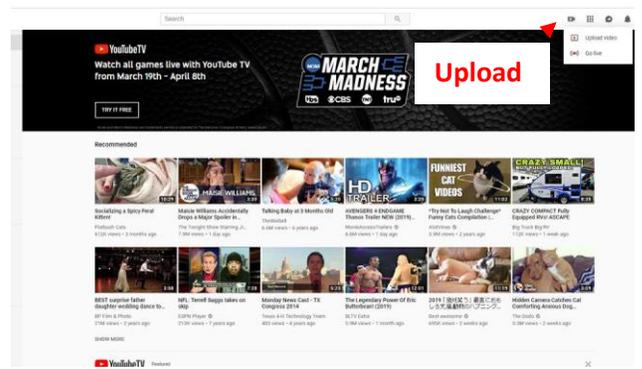
1. Go to www.youtube.com. Click on “Create Account.” If you already have a Gmail account, click on “Sign In” and proceed to Step 4.



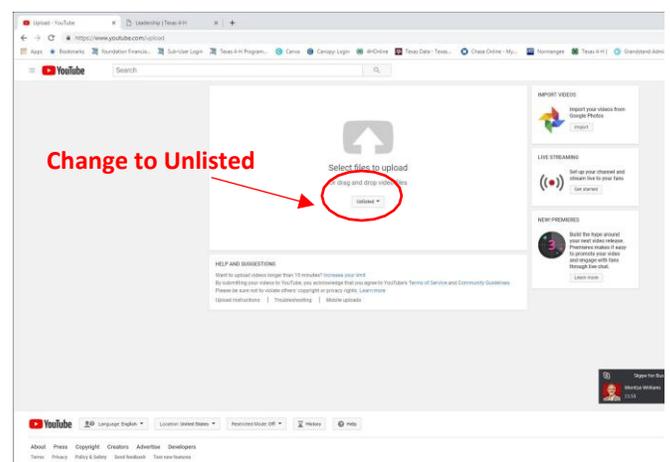
2. Complete the information shown to set up your account. Then click on “I Accept.”



3. Once you have completed the account set-up, you should be ready to upload. Click on “Upload.” in top right corner of the page. Looks like a video camera with a + sign in the middle.

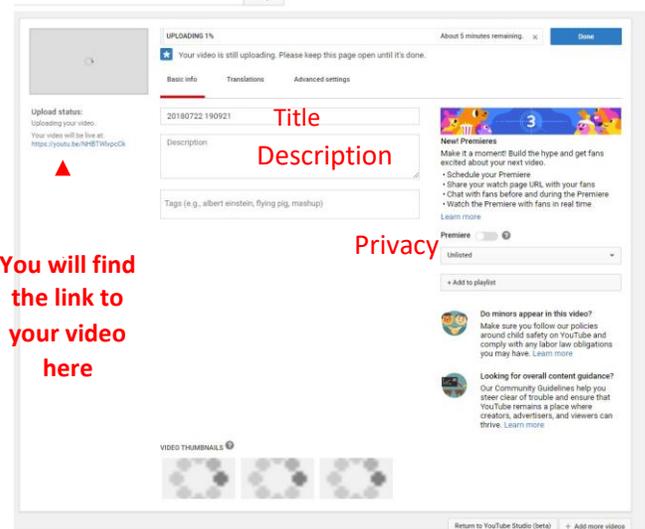


4. Click on “Upload Video.” The following page will appear. Depending upon your connection, the uploading process can take a while. Be sure to change the setting to “Unlisted” before uploading.



5. Once your video has loaded, you will get the following screen. Complete the information noted below:

- Preview : Make sure you see clips from your Video in the “preview” section.
- Title: Title should be your First and Last name
- Privacy: Make sure this is set to “unlisted” or the link will not be able to be view by the Selection Committee
- Description: Type here in this box, “2020 D5 Food Show – First and Last Name, Age Division, County



6. Click “Save Changes” and include link in your online submission through the Google classroom site.