

2019 District 10 4-H Fall Round-Up Guide



December 4-6, 2019
Kerrville, TX



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Fall Round-Up Schedule

Wednesday, December 4, 2019

8:30 am Entomology Registration

**10:00 am Food Challenge and Food Show
Set-up ALL 4-H and FCH Agents
(Subject to change)**

12:30 am FCH Quiz Bowl Registration

Thursday, December 5, 2019

8:30 am Food Show Registration

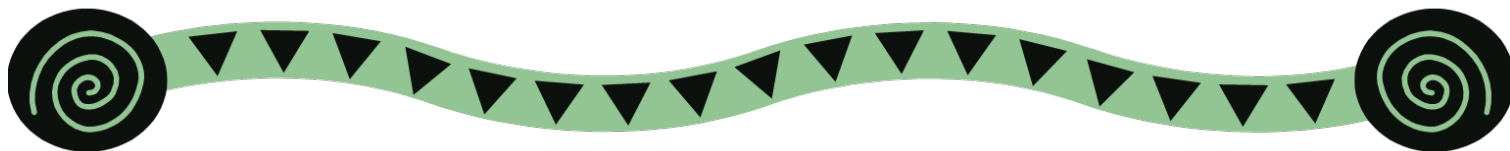
1:15 pm Food Challenge Registration

Friday, December 6, 2019

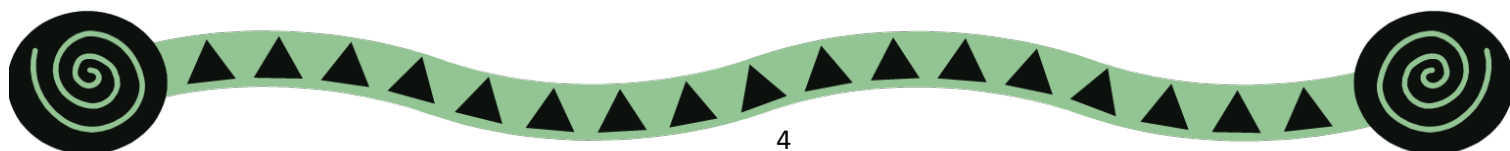
**8:30 am Livestock and Horse Quiz Bowls
Registration**

**12:00 pm Public Speaking &
Educational**

Presentations Registration



General Rules



General Rules

AGE DIVISIONS:

There will be three age divisions. Divisions for all District Contests are determined as the age as of August 31, 2019. The age divisions are as follows (except for Smallbore Rifle):

- Juniors – 3rd Grade (and 8 years old) – 5th Grade
- Intermediates – 6th – 8th Grade
- Seniors – 9th- 12th Grade (has not surpassed their 18th birthday as of August 31, 2019)

Smallbore Rifle age divisions will be in the Spring Round-Up Guide.

Juniors may move up to the Intermediate age division when participating on a team that has true intermediates (based on grades listed above) on it. No one may move up to the Senior age division.

REGISTRATION:

Registration will be conducted on 4-H Connect. Each member of a team will be required to register themselves.

Cost of Registration:

- **\$15 Entomology Registration Fee.**
- \$10 per contest entered (Food Show, Food Challenge, FCH Quiz Bowl, Livestock Quiz Bowl, Horse Quiz Bowl, Educational Presentation and Public Speaking). For example if entering Food Show, Food Challenge, and Nutrition Quiz Bowl it will cost \$30 total.

Registration Period:

- **Regular Registration will be open on 4-H Connect October 22-November 5, 2019.**
- Late Registration will be from November 6-7, 2019 ONLY for an additional \$25 fee.
- All paperwork due for any Fall Contests must be in the District Office by November 8, 2019.

No refunds will be given for any District Contest Registrations.

ADVANCING TO DISTRICT (contest entry limits or restrictions):

Team Contests for the most part do not have a limit on the number of teams that can advance to District (except as noted below). If it is a team contest that allows individuals, please note that only two individuals per age division will be allowed at District. That means that if you have three individuals than they must be combined into a team in order to compete at the District level.

Contests listed below do have limits per county:

- **Food Show**
 - 1 entry per age division, per category can advance to District
- **Food Challenge**
 - 2 teams per age division can advance to District



Food Show Packet



2019-2020 DISTRICT 10 4-H FOOD SHOW

WHEN: Thursday, December 5, 2019

WHERE: Hill Country Youth Center in Kerrville, TX
3785 Highway 27
Kerrville, TX 78028

SCHEDULE:

8:00 a.m.	Agents Arrive
8:30 a.m.	Group Leaders report to assigned area to help youth check-in Participants may begin setting up dish and find assigned judging order seating.
8:45 a.m.	Volunteer Judges Arrive
9:00 a.m.	Orientation for Judges and Group Leaders
9:00 a.m.	Orientation for Contestants
9:30 a.m.	Food Show Judging Begins
11:30 a.m.	Presentation of awards (approximate time)

All participants will return to judging area seating for line up prior to awards program.

REGISTRATION

The registration fee is \$10 per youth.

Food Show registration will be open on 4-H Connect from October 22nd – November 5th, 2019. Late registration will open from November 6th – 7th. Late registration fees are an additional \$25.00 plus the original \$10 registration fee. After this time, no additional late registration will be accepted.

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

The only required paperwork for all age divisions is the Texas 4-H Food Show Recipe. Recipes should be typed in the standard recipe format using the enclosed Recipe Submission Checklist as a guide.

Senior 4-H members wanting to assist with District 4-H Food Show awards program may apply at the time of registration on 4-H C

ALL FCH and 4-H CEA's – HOLD

Wednesday, December 4, 2019 AND Thursday, December 5, 2019

Entries - Youth must register on 4-H Connect:

- **Regular Registration: October 22-November 5, 2019**
- Late Registration: November 6-7, 2019 ONLY

1. **Approve** all district level Food Show participants by **November 8, 2019**.
2. **MUST CHECK for the following on 4-H Connect at time of County Level Approval:**
 1. Youth are entered in **correct age division**.
 2. Youth are entered in **correct Food Show category** based on recipe and county advancement.
 3. Corresponding **Texas 4-H Food Show Recipe** is uploaded.
 4. Seniors applying to assist with Food Show Awards program have indicated so on 4-H Connect entry.
2. Submit Names, email addresses, judging conflicts and or preferences of **at least two (2) confirmed judges** and or helpers at https://docs.google.com/spreadsheets/d/1CW71nBOHrIClOhSAyGYL-1C6foKB5_HWwqTXgdUNcFA/edit?ts=5d92631f#gid=0 by **November 8, 2019**.
3. Check Academic Eligibility for all District 4-H Food Show contestants.
4. The 4-H FCH 101 Initiative resource to support county Extension agents responsible for delivery of programs, events, and activities related to Family and Community Health projects. This guide aims to help agents and volunteers understand and manage the 4-H Family and Community Health projects. This resource can be found at: http://texas4-h.tamu.edu/wp-content/uploads/fcs_management_projects.pdf
5. To evaluate the understanding and behavior changes experienced by participants as a result of the county level Food and Nutrition Project agents are encourages to use the *Youth Health Survey*. This pre and post evaluation can be found on the FCH Agent Only website. Under Food & Nutrition click on General Nutrition Evaluation.

Agent Assignments:

All FCH and 4-H Agents will be required to attend set-up on Wednesday, December 4, 2019 and attend the day of Food Show on Thursday, December 5, 2019.

A detailed list of set-up and contest duties and assignments will be shared later.

If for some reason you are unable to fulfill your duties, it is your responsibility to complete the following steps:

- 1) Obtain permission from DEA, Michael Haynes.
- 2) Notify Megan Logan and contest committee co-chairs of your approved exemption.
- 3) Submit the name and contact information of the volunteer you have secured to fulfill your assigned duties at the contest to DEA, 4-H Specialist, and committee co-chairs.

Dress Requirements for Agents:

Dress for the set-up will be casual.

Dress for events will be professional casual. (No tennis shoes or jeans during event)

*Plan accordingly for multiple assignments in one day. Some CEA's will be setting up and working contest events on same day.

PROJECT GOALS AND OBJECTIVES

The goal of the 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 annually. Projects consist of five to six sequential learning experiences, leadership development opportunities and community service experiences. The 4-H Food & Nutrition Project allows youth to learn how to prepare nutritious and safe meals and snacks and adopt behaviors that can help reduce their risk for chronic disease. This contest challenges members to create a dish using healthy ingredients in addition to learning in-depth information related their dish and its nutritional value.

The objectives of the 4-H Food & Nutrition Project are:

- 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.

District 10 will follow the 2019-2020 State 4-H Food Show rules except where noted in the District Rules Section of this letter. District will use the same categories and theme as state. The State 4-H Food Show Packet is available at: <https://texas4-h.tamu.edu/projects/food-nutrition/>

Rules:

1. **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.
2. **Age.** Age divisions are determined by a participant's age as of August 31 of the current 4-H year in accordance with what is stated in the current Texas 4-H Rules and Guidelines.

Junior:	Grades 3 rd - 5 th
Intermediate Division:	Grades 6 th - 8 th
Senior Division:	Grades 9 th - 12 th

3. **Theme.** “*Food Around the World*” Embark on a memorable adventure--meeting people, sharing customs and sampling foods from various countries around the world.

This year's 4-H Food Show theme, 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 traveling to in the future? 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.

4. **Categories.** 4-H Food Show categories for are: Main Dish, Fruits & Vegetables, Breads & Cereals and Nutritious Snacks.

- **Main Dish** – Food classified as main dish usually contain a meat or meat alternate such as cheese, eggs, dry beans, or peas and peanut butter. They also may contain other foods. Dishes may include beef, veal, pork, variety meats, poultry, eggs, fish and shellfish. Other possible dishes include meat loaves, soufflés, omelets, soups and chowders.
 - **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 in which the main ingredient is a fruit or a vegetable. Suggested dishes may include salads, cooked vegetables, cooked fruit, and combination vegetable dishes.
 - **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.
 - **Nutritious Snacks** – For this category, 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.
5. **Recipe.** When selecting a recipe for county and district competition, please remember:
 - Recipes should be written in the standard recipe format using the included Recipe Submission Checklist as a guide.
 - No alcohol or ingredients containing alcohol may be used.
 - Keep in mind what ingredients will be available or in season for all levels of competition: county, district and state. Additionally, please consider if ingredients will be available in local grocery stores where contests are held.
 - Food Show contestants must enter the same recipe that they qualified with at the County level and District level if advancing to State. The same recipe cannot be entered more than once to the State Food Show.
 - Seniors. At state, 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.
 6. **Forms.** All 4-H'ers MUST complete the required **Texas 4-H Food Show Recipe** and upload to 4-H Connect to enter the District Food Show. Note the form is the same for all age divisions.
 7. **Serving Size.** Junior and Intermediate participants will only display a single serving of their entry instead of the entire recipe. It should be displayed on an appropriate serving dish and may be garnished with an edible garnish. Total dish serving size MUST be included at the bottom of your recipe.
 8. **Entire Dish.** Senior participants will be required to bring their entire dish to the District Contest and will serve one serving to the judges from their serving dish to the judge's plate during their interview.
 9. **Assigned Dish Staging Area.** A name card will mark each contestant's assigned space with a width of approximately 24 inches for dish staging. Contestants are encouraged to have an appealing "presentation" of their food for the judges.

10. There will be no actual cooking preparation at the District Food Show. Please be aware that 4-H'ers will NOT have access to electrical outlets, microwaves, ovens, refrigerators, freezers, sinks, etc. at the District Food Show.
11. In the dish staging area, if participants will be transferring their dish serving from a hot dish to their serving dish, they should bring a thick place mat, a trivet, or some other type liner to place between their hot dish and the table cover. The table cover is plastic and melts when hot dishes are placed on it.
12. If needed to safely transport the dish, contestants should bring serving trays. Serving trays will not be provided.
13. **Safety.** Contestants should wear clothing consistent with professional and safe food handling practices.
14. Contestants must remain at their assigned seat until he/she interviews. A tie breaker procedure will be used in the tally room therefore, it will not be necessary for 4-H'ers to stay after they are judged.
15. The decision as to whether a dish qualifies in a category will be left entirely to the discretion of the agent during judging at the county level.
16. **Garnishes.** Only edible garnishes are allowed. No decorations. Participants will be asked to remove any other material besides a serving utensil, utensil, napkin, and edible garnish from the serving tray. Both disposable and non-disposable serving dishes are acceptable.
17. **Presentation and Judging Guidelines.** Note the differences in presentation and judging format. Juniors / Intermediates will follow the same format. Seniors will follow state format. Details are listed below by age division.

Senior Presentation and Judging Guidelines

Seniors will be required to bring their entire dish to the District Contest and will need to serve one serving to the judges. 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.

A. 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.

B. 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.

C. 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.

Senior Registration Forms

*** The only required paperwork is Texas 4-H Food Show Recipe.**

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 District Food Show. Failure to upload the recipe at time of registration may result in disqualification.

Recipes should be typed in the standard recipe format using the Recipe Submission Checklist as a guide.

The four (4) SENIORS advancing to State will upload their food show recipe at the same time they register through 4-H Connect for State 4-H Roundup.

State 4-H Round-Up registration is May 1- 12, 2020. The State Food Show is scheduled for Thursday, June 11, 2020, during Texas 4-H Roundup week in College Station.

Junior and Intermediate Presentation and Judging Guidelines

Junior and Intermediate Presentation and Judging Guidelines

Juniors and Intermediates will be required to bring one serving of their dish to the District Contest. Contestants will not need to serve to the judges as they will present one (1) serving to the judging panel, not a serving to each individual judge. Contestants should present judges with the one (1) serving as they deem is an appropriate serving size for evaluation purposes.

Once the single serving as been presented the interview will begin with judges asking questions. If a contestant starts with a prepared presentation, judges are required to stop the contestant and remind them of the interview format.

Juniors and Intermediates have a maximum of Five (5) minutes to be interviewed by the judges.

Junior Intermediate Forms

* The only required paperwork is **Texas 4-H Food Show Recipe**

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 District Food Show. Failure to upload the recipe at time of registration may result in disqualification.

Recipes should be typed in the standard recipe format using the Recipe Submission Checklist as a guide.

***Judging will be done alphabetically by county beginning with Bandera County.**

Possible Junior & Intermediate Questions
District 10 4-H Food Show

1. What are the food groups included in **My Plate**? What portion does each group take up?
2. What are the **key nutrients** you would get from your recipe? Why do you need these nutrients?
3. What are the **preparation steps** in your recipe and why are they important?
4. What did you learn about **food safety** in your foods & nutrition project?
5. Tell me about one of the ingredients in your dish and why it is important in your recipe?
(Function of ingredients)
6. What have you learned in your foods project about **healthy eating**?
7. Give one example of a food from each **My Plate** section.
8. Other than **My Plate**, what should you consider when **planning a meal**?
9. What did you learned in your **foods and nutrition project** that you thought was most important in Community Services, Leadership and Workshops?
10. Could you substitute anything in your recipe to make it healthier or modify the taste?
11. What is the cost of your dish?
12. Give one example of how you incorporated the theme into your dish / dish selection.

Possible Senior Questions

District 10 4-H Food Show

The senior division is set up in a way that allows contestants to share their knowledge in the format of their choosing during the presentation. Interview questions are applicable to the scoresheet.

While there is not a list of example questions, contestants should be prepared to provide thorough information in their presentation to showcase their knowledge and be able to answer questions related to the topics listed below in the interview section.

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.

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.

District 10 4-H Food Show | Scorecard

Contestant Name: _____

County: _____

Entry Category: ___ Main Dish ___ Fruit/Veggie ___ Bread/Cereal

____ Nutritious Snack

Age Division: ___ Junior ___ Intermediate ___ Senior

	Comments
I. PRESENTATION	
Theme: <ul style="list-style-type: none"> Is theme represented in this entry? 	
Knowledge of MyPlate: <ul style="list-style-type: none"> Food group of individual ingredients Serving amount needed from each group daily Food group that dish falls into Knowledge of personal healthy lifestyles choices based on dietary guidelines 	
Nutrition Knowledge: <ul style="list-style-type: none"> Contestant understands what this dish contributes to the diet 	
Food Preparation: <ul style="list-style-type: none"> Knows the key steps in preparation of food and function of ingredients 	
Food Safety Concerns & Practices: <ul style="list-style-type: none"> Knows food safety concerns in preparation and storage of dish 	
II. INTERVIEW <i>(category specific)</i>	
Judge's Questions	
4-H Food & Nutrition Project Activities	
III. FOOD EVALUATION	
Food Presentation/Quality: <ul style="list-style-type: none"> Appearance of food (texture, uniformity) Garnishing 	
IV. EFFECTIVENESS OF COMMUNICATION	
<i>Voice, poise, personal appearance</i>	
Additional Comments: <div style="text-align: right; margin-top: 100px;"> Judges Initials _____ </div>	

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

Nutrient Needs at a Glance

http://fcs.tamu.edu/food_and_nutrition/pdf/nutrient-needs-at-a-glance-E-589.pdf

THEME RESOURCES

Altering Recipes for Good Health

http://texas4-h.tamu.edu/wp-content/uploads/2015/09/healthy_food_Challenge_altering_recipes.pdf

Easy, Tasty, Healthy: Simple Ingredient Substitutions for Your Recipes

<https://www.ksre.k-state.edu/humannutrition/nutrition-topics/easytasty.html>

Food and Culture by Kittler, Sucher, and Nelms

<http://people.wku.edu/barry.kaufkins/330/Food%20and%20Culture.pdf>

Food in every country

<http://www.foodbycountry.com/>

International Recipes

<https://www.carolinescooking.com/eat-world-international-recipes/>

Recipes around the world

<https://recipesaroundtheworld.com/>

Modifying a Recipe to be Healthier

<https://www.ksre.k-state.edu/humannutrition/nutrition-topics/easytasty-documents/Ohio.pdf>

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.

	YES	NO
DOES YOUR RECIPE HAVE ALL OF THESE PARTS?		
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	_____	_____
LIST OF INGREDIENTS		
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.	_____	_____
DIRECTIONS		
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	_____	_____

STATE 4-H FOOD SHOW RECIPE EXAMPLE

RECIPE EXAMPLE

4-H Shamrock Salad

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



Name of Recipe:	
Prep Time:	Cook Time:



Food Challenge Packet

Memo To: District 10 County Extension Agents

**Subject: 2019-20 District 10 Food Challenge Contest Letter
December 5, 2019**

Hill Country Youth Event Center in Kerrville, TX
3785 Highway 27, Kerrville, TX 78028

The District 10 4-H Food Challenge will be held ***December 5, 2019 at the Hill Country Youth Event Center in Kerrville, TX.*** This contest challenges teams of 4-H members to create a dish using only a predetermined number of ingredients. From these ingredients, team members must identify and prepare the dish, then make a presentation about it to the judges. Below are the details about the District 10 Contest.

Tentative Schedule: (subject to change depending on number of entries)

December 4th - **ALL 4-H and FCH agents please hold December 4th** so we can purchase groceries & prep for the contest and then head over to the Hill Country Youth Event Center for setup. Time will be sent out once confirmed with the Hill Country Youth Event Center.

December 5, 2019

Time	
1:15 p.m.	Food Challenge Judges Arrive
1:15 p.m.	All contestants arrive and check boxes
1:30 p.m.	Judges & Group Leader Orientation
2:00 p.m.	Contestant Orientation
2:30 p.m.	Contest Heat Begins
3:15 p.m.	Contest Heat Ends
3:20 p.m.	Judging Begins
5:30 p.m.	Awards program *** subject to change depending on tabulation

Note: Lunch will be provided for agents and volunteers.

Contest Registration:

Registration will be conducted on 4-H Connect. Each member of a team will be required to register. The registration fee will be \$10 per team member and will cover contest food and supplies, insurance, and awards. **Registration will be open on 4-H Connect October 22-November 5, 2019.** Late Registration will be from November 6-7, 2019 ONLY for an additional \$25 fee. No refunds will be given for Food Challenge. A substitution may be made if someone decides not to go or is ineligible.

Team Information and Number of Entries:

An entry for the Food Challenge consists of teams of 3 to 4 members in the same age division. If a county does not have enough 4-H'ers in an age division to create a team, the following age groups may combine to create teams: Juniors may move up to the Intermediate age division and the team will compete as an Intermediate team. Intermediates may **NOT** move up to the senior age division. Seniors may not move down to a younger age division.

All teams will compete in heat one.

Counties may advance the following number of teams in each age division:

- Juniors – 2 teams
- Intermediates – 2 teams
- Seniors – 2 teams

There will be four food categories in each age division at the District Contest: Main Dish, Fruits and Vegetables, Bread and Cereal, and Nutritious Snacks. Teams will be randomly assigned to a category, but assignments will not be announced until orientation the morning of the contest.

Contest Rules & Guidelines:

County teams will need to review the Texas 4-H Food Challenge Rules and Guidelines for all of the contest rules and guidelines. The state rules and guidelines can be found at: http://texas4-h.tamu.edu/wp-content/uploads/roundup_food_challenge_2020_rules_guidelines.pdf. Please carefully review this letter as the contest rules will be different for each age group.

Please note that the scorecards have also been updated, they can be found at:

Presentation: http://texas4-h.tamu.edu/wp-content/uploads/roundup_food_challenge_2020_scorecard.pdf

Preparation: http://texas4-h.tamu.edu/wp-content/uploads/roundup_food_challenge_2020_preparation_scorecard.pdf

Please make sure that teams understand the following details for the District Contest:

- Teams must provide their own supply box of equipment and other items listed on the supply list in the Food Challenge Manual.
 - **Please review supply lists attached. There are now 3 different ones based on age division. This was done to cut back on the electricity usage at the facility as well as help new teams get started.**
- **Teams may NOT SHARE supply boxes**
- Teams will be provided the following items at the contest:
 - Notebook with the printed resources (reference food challenge manual)
 - Juniors - will receive a recipe ingredient list with category, nutritional information and receipt.
 - Intermediates – will receive a list of ingredients with category, limited nutritional information and a receipt.

- Seniors – will receive a sheet with category, one food item and cost. They will also receive a cost list for the pantry

Agent Assignments:

Enclosed in the packet are some agent assignments. Additional assignment will be sent out once we know the number of teams. Please review carefully and make sure you have the December 4th and 5th dates on your calendar. **All agents will be required to attend, including CEP and EFNEP.** If you are unable to fulfill your duties, it is your responsibility to get permission from your direct supervisor **and** to notify Megan. **If you are exempt from attendance, then you will be responsible for securing a volunteer to fulfill your assigned duties at the contest.**

Judges for Food Challenge:

Counties will be required to recruit and confirm a minimum of two adult volunteers to serve as judges for the Food Challenge. **Please complete the *F.C. Volunteers (Judges & Group Leaders)* tab on the google doc that can be found at:**

https://docs.google.com/spreadsheets/d/1CW71nBOHrIClOhSAyGYL-1C6foKB5_HWwqTXgdUNcFA/edit?usp=sharing by **November 5, 2019**. The judging assignments will be sent out prior to the contest so that you can inform your volunteers of their assignments.

4-H Council Officers and Members to Assist with Awards Program:

Please provide senior 4-H members with this opportunity and submit the names of those interested on the ***F.C. – Youth Volunteer Awards* tab on the google doc that can be found at:** https://docs.google.com/spreadsheets/d/1CW71nBOHrIClOhSAyGYL-1C6foKB5_HWwqTXgdUNcFA/edit?usp=sharing by **November 5, 2019**. If you have no seniors interested, you may invite intermediate youth to apply. 4-H'ers selected to assist with the Food Show Awards Program will be contacted by Natalie Cervantes and Matt Miranda prior to the Food Show with details.

In the case of inclement weather, please refer for families to look at the District 10 Facebook page.

Food Challenge Agent Assignments

*****Assignments are subject to change*****

TASK	PERSON RESPONSIBLE
Food Show Committee	Charla Bading (Co-Chair), Angie Gutierrez (Co-Chair), Sonia Coyle, Grace Guerra-Gonzales, Alicia Ford, Beth McMahon, Lauren Strom
Registration	Nelda Speller/Maggie Johnson
Time Keeper	Gretchen Sanders
Food Challenge Judges and Group Leaders/Clean up/Helpers/Other Duties	Bandera: Stacy Drury Bastrop: Hillary Long/ Mellanie Mickelson Bexar: Natalie Cervantes/Grace Guerra-Gonzales/Angie Gutierrez/Caroline Weyerts Blanco: Gretchen Sanders Caldwell: Elsie Lacy Comal: Victoria Grissom/Connie Sheppard Gillespie: Shea Nebgen/Taylor Osbourn Gonzales: Lauren Strom Guadalupe: Charla Bading/Matt Miranda Hays: Kate Blankenship Kerr: Angela Fiedler Kendall: Kelli Lehman Medina: Sandra Kunkel Sutton: Travis: Sonia Coyle/ NathanTucker/ Crystal Wiltz Uvalde: Molly Flores Wilson: Nicole Demmer/Courtney White
Judges Gifts, Paperwork, Signs, and Awards	District 10 Office with Co-Chairs.
Awards Ceremony Coordination	Natalie Cervantes/Matt Miranda -Develop awards program script -Work with 4-H members who sign up to assist with awards program -Put out signs for Participants seating
Tabulation	Charla Bading/Angie Gutierrez
Judges Orientation	Angie Gutierrez
Group Leader Orientation	Charla Bading
Participant Orientation	Charla Bading
Judges/Volunteer Refreshments	Angela Fiedler
Supply Box Check in	Taylor Osbourn/ Natalie Cervantes/Matt Miranda/ /Wayne Morse

The following Ag Agents need to hold December 4th to help with set up for Food Challenge: Brad Roeder, Tarlton Holloway, Taryn Titsworth, Roy Walston, and Stephen Zoeller

JUNIOR Supply Box List

Each team will bring an equipment box containing **only one** each of the following items, unless a different quantity is noted:

Beverage glass	Liquid measuring cup (2 Cup Size)
Bowls <ul style="list-style-type: none">• Dip Size (1)• Mixing (2)• Serving (1)	Measuring spoons (1 set)
Calculator	Note cards (1 package - no larger than 5 X 7)
Can Opener	Paper towels (1 roll)
Cookie sheet	Pencils (no limit)
Colander	Plastic box and trash bag for dirty equipment
Cutting Boards (3)	Potato masher
Disposable tasting spoons (no limit)	Potato peeler
Dry measuring cups (1 set)	Sanitizing wipes (1 container)
First aid kit	Serving platter
Fork	Serving utensil
Gloves	Skewers (1 set)
Grater	Spatulas (2)
Hand sanitizer	Stirring spoon
Kitchen shears (1 pair)	Storage bags (1 box)
Kitchen timer	Tongs
Knives (4)	Whisk

INTERMEDIATE Supply Box List

Each team will bring an equipment box containing **only one** each of the following items, unless a different quantity is noted:

Beverage glass	Kitchen timer
Bowls <ul style="list-style-type: none">• Dip Size (1)• Mixing (2)• Serving (1)	Knives (4)
	Liquid measuring cup (2 cup size)
	Measuring spoons (1 set)
Calculator	Non-stick cooking spray
Can Opener	Note cards (1 package - no larger than 5 X 7)
Cookie sheet	Paper towels (1 roll)
Colander	Pancake turner
Cutting Boards (3)	Pencils (no limit)
Disposable tasting spoons (no limit)	Plastic box and trash bag for dirty equipment
Dry measuring cups (1 set)	Potato masher
Electric Skillet	Potato peeler
Extension cord	Sanitizing wipes (1 container)
First aid kit	Serving platter
Food thermometer	Serving utensil
Fork	Skewers (1 set)
Gloves	Spatulas (2)
Grater	Stirring spoon
Hand sanitizer	Storage bags (1 box)
Hot pads (up to 5)	Tongs
Kitchen shears (1 pair)	Whisk

SENIOR Supply Box List

Each team will bring an equipment box containing **only one** each of the following items, unless a different quantity is noted:

Beverage glass

Bowls

- Dip Size (1)
- Mixing (2)
- Serving (1)

Calculator

Can Opener

Cookie sheet

Colander

Cutting Boards (3)

Disposable tasting spoons (no limit)

Dry measuring cups (1 set)

Electric Skillet

Extension cord

First aid kit

Food thermometer

Fork

Gloves

Grater

Hand sanitizer

Hot pads (up to 5)

Kitchen shears (1 pair)

Kitchen timer

Knives (4)

Liquid measuring cup (2 cup size)

Measuring spoons (1 set)

Non-stick cooking spray

Note cards (1 package - no larger than 5 X 7)

Paper towels (1 roll)

Pancake turner

Pencils (no limit)

Plastic box and trash bag for dirty equipment

Pot with lid

Potato masher

Potato peeler

Sanitizing wipes (1 container)

Serving platter

Serving utensil

Skewers (1 set)

Skillet with lid

Spatulas (2)

Stirring spoon

Storage bags (1 box)

Tongs

Two single-burner hot plates **OR** one double-burner plate (electric only!)

Whisk

*****Gadget of the Year: Spiralizer
(manual only)**

SAMPLE

Junior Bread & Cereal

Ingredients

¼ cup green Verde salsa
1 t garlic
1 Tbsp. Cilantro
1 cup rotisserie chicken
3 Flatbread
1 oz. spinach
½ cup frozen corn
1 avocado

Serves: 3

Nutritional Information (3 serving):

Calories	210
Fat	20 g
Carbohydrates	4 g
Protein	7g
Sodium	295
Fiber	2g
Vitamin A	4%
Vitamin C	6%
Iron	6%
Calcium	2%

Receipt

Green Verde Salsa	\$0.59
Garlic (4.25 oz.)	\$2.00
Cilantro (bunch)	\$0.35
Rotisserie Chicken (1 piece)	\$1.25
Flatbread (6)	\$2.50
Spinach	\$2.98
Frozen Corn (16 oz.)	\$0.84
Avocado	\$0.68

SAMPLE

This recipe requires heat

Intermediate Bread and Cereal

Ingredients:

egg
canned pumpkin
milk
oil
flour
brown sugar
baking powder
pumpkin pie spice

Nutrition Information (2 serving):

Calories 149

Receipt:

Eggs (each)	\$0.18
15 oz canned pumpkin	\$1.00
1 pint milk	\$1.00
Flour (5 lb.)	\$2.49
Brown sugar (16oz)	\$1.00
Baking powder 8.1 oz.	\$1.00
Pumpkin pie spice 2.39oz	\$3.42

SAMPLE

This recipe requires heat Senior Bread and Cereal

Ingredients:

Rice

Receipt:

Rice \$2.46

** Seniors will also get a sheet with a list of all pantry items and cost so they can figure out what they wish to purchase from the pantry to complete their dish.

Refer to the State Food Challenge guidelines.

JUNIOR

4-H Food Challenge

Rules of Play

1. Teams will report to the designated location for check-in.
2. An orientation will be provided for all participants.
3. Each team will be directed to a cooking/preparation station. There will be a set of ingredients at each station. **Junior team will be given measurements with the ingredients, nutritional information and receipt.** The ingredients will represent a recipe from one of the following categories: Main Dish, Fruits and Vegetables, Bread and Cereal, and Nutritious Snacks.
4. Teams will have 40 minutes to prepare a dish, plan a presentation, and clean up the preparation area. A 20 minute warning, 10 minute warning, 5 minute warning, and 1 minute warning will be given. We suggest that you start working on your presentation at the 10 minute warning. NO talking is allowed after the 40 minutes is up. After the 40-minute preparation time is up, your area **MUST** be clean and all the supplies and extra food items must be in your supply box.
5. No electronic devices or jewelry (except for medically required) is allowed in contest. This includes cell phones, smart watches, or other communication devices.
6. Preparation: Each team will be provided with a set of ingredients reflective of the assigned category, and will create a dish using them.
 - a. The ingredients provided to each team are based upon a recipe; however, teams are challenged with being creative and developing their own recipe with the ingredients provided.
 - b. Teams must incorporate each ingredient into the dish. However, teams may determine the exact amount of each ingredient to use.
 - c. Teams will have access to a “pantry” of additional ingredients that may be incorporated into their recipe. The number of additional ingredients a team may get will be determined by contest officials and announced during participant orientation.
 - d. The ingredients provided to each team may also be used to garnish the dish. Additional garnishing items will not be provided.
 - e. Note cards may be used to write down the recipe that the team invents, along with notes related to nutrition, food safety, and cost analysis. Teams should be exact on ingredients used, preparation steps, cooking time, temperature, etc.
7. Ingredients have been divided among teams to minimize the cost and reduce wastefulness. If teams need to see an original food package and/or the nutrition facts label, you may view it at the ingredient table set up in the preparation room. Teams may not take the food package from the table or incorporate any additional ingredients into their recipe.
8. All fresh produce (fruits and vegetables) have been washed prior to contest.
9. Teams that may experience any equipment malfunction(s) may not replace the equipment with supplies from another team, leaders, volunteers, county Extension agents or contest officials. Instead, team members must work together and be creative in completing preparation without the malfunctioning equipment.

10. Water will be located throughout the room if you need it.
11. Food safety: Each station will have food safety resources. Teams should follow the steps listed to ensure proper food safety and be prepared to discuss food safety practices used in the team presentation to the judges.
12. Gloves: Gloves do not have to be worn throughout the contest; however, proper hand sanitizing techniques will be required and expected throughout the contest. If the participants decide to wear gloves, they must be changed between handling raw meat/seafood; handling cooked items; and ready to eat items or raw vegetables to prevent cross contamination. Hand sanitizer should be used during the preparation phase of the contest to further prevent cross contamination.
13. Hair restraint: Each team member must wear a hat, hair net, and/or other type of hair restraint during the food preparation part of the competition.
14. Nutrition: Each station will have a variety of nutrition resources/references. Each team should name key nutrients in their dish and their functions.
15. Cost analysis: Prices will be available for each ingredient provided to teams. Teams will need to find the ingredients on the list and calculate the price of the dish along with the price per serving. Teams will also need to determine the number of servings per recipe. Cost of pantry items should not be included in cost analysis calculation.
16. Presentation: When time is called, each team will present their dish, according to the criteria on the score card, to a panel of at least two judges.
 - a. All team members must participate in the presentation.
 - b. Judging time will include: 5 minutes for the presentation 3 minutes for judges' questions 4 minutes between team presentations for judges to score and write comments
 - c. Teams are allowed the use of note cards during the presentation but should not read from them, as this minimizes the effectiveness of their communication.
 - d. Judges will not ask questions related to what teams should have covered during the presentation. Judges questions will be related to general nutrition, healthy, chronic disease prevention or others relevant to food and nutrition.
 - e. No talking and no writing is allowed among any team members while waiting to give the team presentation. Team members caught talking and/or writing will receive a warning. The second time, the team will be disqualified and asked to leave the contest facility. Team members should not have pens or pencils in their possession while waiting to give their presentation.
17. Clean-up: Teams must clean up their preparation areas. Clean-up time is included in the 40-minute preparation allotment. Teams should plan to not have access to a kitchen facility; therefore, dirty dishes should be placed in a plastic container, bag or box to be cleaned at home. Left-over food should be disposed of properly.

INTERMEDIATE

4-H Food Challenge

Rules of Play

1. Teams will report to the designated location for check-in.
2. An orientation will be provided for all participants.
3. Each team will be directed to a cooking/preparation station. There will be a set of ingredients at each station. **Intermediate teams will be given a list of ingredients, limited nutritional information and receipt.** The ingredients will represent a recipe from one of the following categories: Main Dish, Fruits and Vegetables, Bread and Cereal, and Nutritious Snacks.
4. Teams will have 40 minutes to prepare a dish, plan a presentation, and clean up the preparation area. A 20 minute warning, 10 minute warning, 5 minute warning, and 1 minute warning will be given. We suggest that you start working on your presentation at the 10 minute warning. NO talking is allowed after the 40 minutes is up. After the 40-minute preparation time is up, your area **MUST** be clean and all the supplies and extra food items must be in your supply box.
5. No electronic devices or jewelry (except for medically required) is allowed in contest. This includes cell phones, smart watches, or other communication devices.
6. Preparation: Each team will be provided with a set of ingredients reflective of the assigned category, and will create a dish using them.
 - a. The ingredients provided to each team are based upon a recipe; however, teams are challenged with being creative and developing their own recipe with the ingredients provided.
 - b. Teams must incorporate each ingredient into the dish. However, teams may determine the exact amount of each ingredient to use.
 - c. Teams will have access to a “pantry” of additional ingredients that may be incorporated into their recipe. The number of additional ingredients a team may get will be determined by contest officials and announced during participant orientation.
 - d. The ingredients provided to each team may also be used to garnish the dish. Additional garnishing items will not be provided.
 - e. Note cards may be used to write down the recipe that the team invents, along with notes related to nutrition, food safety, and cost analysis. Teams should be exact on ingredients used, preparation steps, cooking time, temperature, etc.
7. Ingredients have been divided among teams to minimize the cost and reduce wastefulness. If teams need to see an original food package and/or the nutrition facts label, you may view it at the ingredient table set up in the preparation room. Teams may not take the food package from the table or incorporate any additional ingredients into their recipe.
8. All fresh produce (fruits and vegetables) have been washed prior to contest.
9. Teams that may experience any equipment malfunction(s) may not replace the equipment with supplies from another team, leaders, volunteers, county Extension agents or contest officials.

Instead, team members must work together and be creative in completing preparation without the malfunctioning equipment.

10. Water will be located throughout the room if you need it.
11. Food safety: Each station will have food safety resources. Teams should follow the steps listed to ensure proper food safety and be prepared to discuss food safety practices used in the team presentation to the judges.
12. Gloves: Gloves do not have to be worn throughout the contest; however, proper hand sanitizing techniques will be required and expected throughout the contest. If the participants decide to wear gloves, they must be changed between handling raw meat/seafood; handling cooked items; and ready to eat items or raw vegetables to prevent cross contamination. Hand sanitizer should be used during the preparation phase of the contest to further prevent cross contamination.
13. Hair restraint: Each team member must wear a hat, hair net, and/or other type of hair restraint during the food preparation part of the competition.
14. Nutrition: Each station will have a variety of nutrition resources/references. Each team should name key nutrients in their dish and their functions.
15. Cost analysis: Prices will be available for each ingredient provided to teams. Teams will need to find the ingredients on the list and calculate the price of the dish along with the price per serving. Teams will also need to determine the number of servings per recipe. Cost of pantry items should not be included in cost analysis calculation.
16. Presentation: When time is called, each team will present their dish, according to the criteria on the score card, to a panel of at least two judges.
 - a. All team members must participate in the presentation.
 - b. Judging time will include: 5 minutes for the presentation 3 minutes for judges' questions 4 minutes between team presentations for judges to score and write comments
 - c. Teams are allowed the use of note cards during the presentation but should not read from them, as this minimizes the effectiveness of their communication.
 - d. Judges will not ask questions related to what teams should have covered during the presentation. Judges questions will be related to general nutrition, healthy, chronic disease prevention or others relevant to food and nutrition.
 - e. No talking and no writing is allowed among any team members while waiting to give the team presentation. Team members caught talking and/or writing will receive a warning. The second time, the team will be disqualified and asked to leave the contest facility. Team members should not have pens or pencils in their possession while waiting to give their presentation.
17. Clean-up: Teams must clean up their preparation areas. Clean-up time is included in the 40-minute preparation allotment. Teams should plan to not have access to a kitchen facility; therefore, dirty dishes should be placed in a plastic container, bag or box to be cleaned at home. Left-over food should be disposed of properly.

EXAMPLE

Senior Pantry List

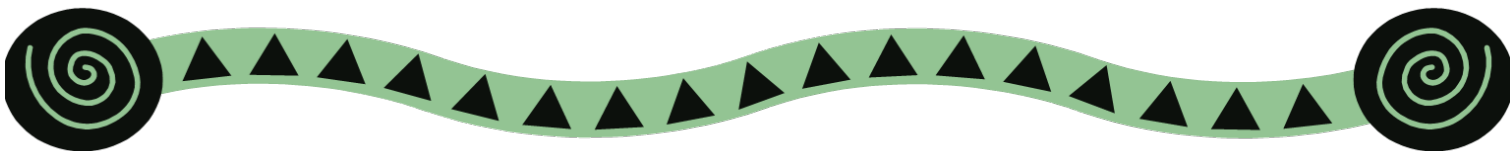
(Each team will get a list of what is on the pantry and cost – we will only have a limited supply of each item so if that item is gone then the team will need to select something different.)

From FAQ: What if a team decides on items from the pantry, but when they get to the pantry some of the items are not available? Just like “real life”, teams may find items are “out of stock” because other teams have selected these items as well. If this is the case, teams should use their critical thinking skills to determine a substitution for the items that are “out of stock.”

Chicken Broth (1 cup)	.50
Black Beans (1 can)	.75
Red Bell Pepper (1)	1.00
Tortilla (2)	.50
Pineapple (1 can)	1.00
Onion (1)	.50
Canned tomatoes (1 can)	1.00
Lemons (2)	.50
Zucchini (1)	.50
Bread crumbs (½ cup)	.50



Entomology Judging Packet





TO: District 10 County Extension Agents

FROM: Michael Haynes Megan Logan
District Extension Administrator District 10 4-H Specialist

SUBJECT: 2019-2020 District 10 4-H Entomology Judging Contest

DATE: Wednesday, December 4, 2019 – Entomology Judging
Kerrville Church of Christ
1900 TX 535 Loop
Kerrville, TX 78028

REGISTRATION: Registration on 4-H Connect as follows:

- Regular Registration: October 22 - November 6, 2019
- Late Registration: November 7-8, 2019 ONLY

COST: Regular Registration: \$15 per individual
LATE Registration: \$40.00 per individual

This is the regular registration cost plus a \$25 late fee

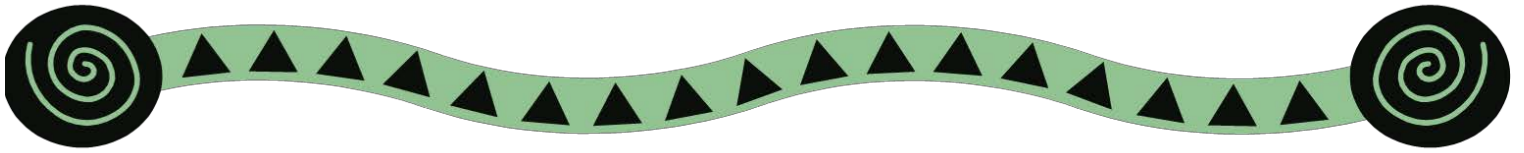
AGE DIVISIONS: There will be three age divisions for all Judging Contests. Age division is determined by the 4-Her's birthday as of August 31, 2019.

- Juniors – 3rd Grade (and 8 years old) – 5th Grade
- Intermediates – 6th – 8th Grade
- Seniors – 9th- 12th Grade (has not surpassed their 18th birthday as of August 31, 2019)

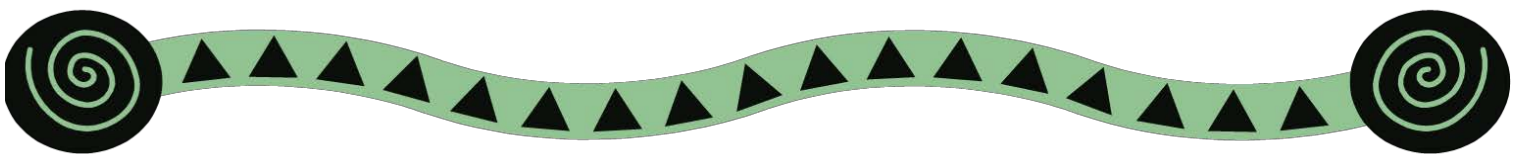
TEAM/INDIVIDUAL: Counties may enter as many teams and up to 2 individuals in judging contests in each age division. All youth entered in each age division will be eligible for high point individual awards.

MATERIALS: Answer packets/placing cards will be provided for all participants at the judging contests. Contestants will be required to bring two (2), sharpened #2 pencils with good erasers and one clipboard.

CONTEST SCHEDULE AND ASSIGNMENTS		
Contest	Location/Time	Assignments
Wednesday, December 4, 2019 – Kerrville Church of Christ, Kerrville, TX		
Entomology Judging Identify selected insects and complete a written examination on insects. Questions will be selected primarily from "Study Materials for 4-H Entomology Contests."	Kerrville Church of Christ 1900 TX 535 Loop Kerrville, TX 78028 8:30 am Registration 9:00 am Contest begins	Superintendents: David Rodriguez Noel Troxclair Committee: James Crockett Roy Walston



FCH Quiz Bowl Packet





Texas 4-H & Youth Development

District 10 4-H Program

MEMORANDUM TO: DISTRICT 10 AGENTS

SUBJECT: 2019-2020 FCH QUIZ BOWL CONTEST

DATE: Wednesday, December 4, 2019

LOCATION: Hill Country Youth Event Center in Kerrville, TX
3785 Highway 27, Kerrville, TX 78028

COMMITTEE: Nicole Demmer, Co-Chair
Connie Sheppard,
Crystal Wiltz, Molly Flores
Shea Nebgen, Co-Chair
Nathan Tucker
Sayako Seymour

REGISTRATION: Registration on 4-H Connect as follows:

- Regular Registration: October 22 - November 5, 2019
- Late Registration: November 6-7, 2019 ONLY

COST: Regular Registration: \$10 per individual

LATE Registration: \$35.00 per individual

This is the regular registration cost plus a \$25 late fee

SCHEDULE:

12:30pm Agent Advisors

1:15pm Registration Opens

1:45pm Orientation for Contestants

2:00pm FCH QB Begins

Presentation of awards immediately following the completion of the contest

ENTRIES:



Counties may enter as many teams as they wish in each age division for the District Contest. **Teams must be declared in advance by the County agent on 4-H Connect.** **Senior Teams must consist of four (4) youth** and **Junior and Intermediate Teams may consist of 3-4 youth.** An exception to the age division is that juniors may move up to compete with an intermediate team but intermediates or seniors may not move up or down to a different age division. There are no individual entries in this contest.

DISTRICT CONTEST RESOURCES:

This contest helps participants increase their knowledge of basic nutrition, consumer information, food and kitchen safety, food preparation skills and storage, and nutrition and health. This contest will follow the rules and procedures listed in the Texas 4-H Quiz Bowl Study Guide, 4-H 3-2.030. The State 4-H FCH Quiz Bowl Study Guide should be utilized for support information. These documents will be released by the beginning of September and will be posted at this website. If there are significant changes from the State FDRM unit related to FCH-QB, we will update this letter and re-send to the counties after we receive the information.

Official references by age group include:

Juniors

→ Safe Home Food Storage (Texas AgriLife Extension publication B-5031, rev. 8/02)

→ Nutrient Needs at a Glance (Texas AgriLife Extension publication E-589, rev. 7/11) or Know Your Nutrients (https://texas4-h.tamu.edu/wp-content/uploads/Know-Your-Nutrients_FINAL.pdf)

→ USDA My Plate

My Plate, My Wins Mini Poster - https://choosemyplate-prod.azureedge.net/sites/default/files/tentips/mini_poster_0.pdf

Add More Vegetables to Your Day - https://choosemyplate-prod.azureedge.net/sites/default/files/tentips/DGTipsheet2AddMoreVegetables_0_0.pdf

Focus on Fruits – https://choosemyplate-prod.azureedge.net/sites/default/files/tentips/DGTipsheet3FocusOnFruits_0.pdf

Make Half Your Grains Whole – https://choosemyplate-prod.azureedge.net/sites/default/files/tentips/DGTipsheet4MakeHalfYourGrainsWhole_0.pdf

Got Your Dairy Today – https://choosemyplate-prod.azureedge.net/sites/default/files/tentips/DGTipsheet5GotYourDairyToday_0.pdf

Vary Your Protein Routine – https://choosemyplate-prod.azureedge.net/sites/default/files/tentips/DGTipsheet6ProteinFoods_0.pdf

Healthy Eating for Vegetarians – https://choosemyplate-prod.azureedge.net/sites/default/files/tentips/DGTipsheet8HealthyEatingForVegetarians_0.pdf

Be Food Safe - https://choosemyplate-prod.azureedge.net/sites/default/files/tentips/DGTipsheet23BeFoodSafe_0.pdf



Healthy Lifestyles - 2020 Contest Materials

→ Food Packaging

http://texas4-h.tamu.edu/wp-content/uploads/healthy_lifestyles_materials_food_packaging_labeling_2020.pdf

→ E-cigarettes and Vaping

o Electronic Cigarettes and Young People

https://www.cdc.gov/tobacco/basic_information/e-cigarettes/Quick-Facts-on-the-Risks-of-E-cigarettes-for-Kids-Teens-and-Young-Adults.html

□ Dietary Guidelines for Americans Executive Summary (DGA): pgs. x - xvii

https://health.gov/dietaryguidelines/2015/resources/2015-2020_Dietary_Guidelines.pdf

→ New Nutrients Facts Label – Key Changes – (FDA)

<https://www.fda.gov/downloads/food/labelingnutrition/ucm511646.pdf>

Intermediates

→ *All Junior References PLUS*

→ AAFCS Food: A Handbook of Terminology, Purchasing and Preparation, 11th or 12th edition

→ Academy of Nutrition and Dietetics Complete Food and Nutrition Guide, 5th edition;
Chapter 1, Page 3-20.

→ **Consumer Decision Making**

→ **Category**

• Sunglasses

http://texas4-h.tamu.edu/wp-content/uploads/healthy_lifestyles_materials_sunglasses_2020.pdf

Seniors

→ *All Junior and Intermediate Resources PLUS*

→ Academy of Nutrition and Dietetics Complete Food and Nutrition Guide, 5th edition.

→ **Family & Community Health Quiz Bowl Study Guide 2019-2020 – Food & Nutrition**

http://texas4-h.tamu.edu/wp-content/uploads/fch_quiz_bowl_study_guide_2019_2020.pdf

Healthy Lifestyles - 2020 Contest Materials

→ *Categories*

• Physical Activity

http://texas4-h.tamu.edu/wp-content/uploads/healthy_lifestyles_materials_physical_activity_2020.pdf

o Chapter 1

o Chapter 2

o Chapter 3

ADDITIONAL CONTEST RULES:

1. Counties are encouraged to have a local/county contest so that 4-H members may practice before District. Senior 4-H members must participate in District to qualify for State.
2. All team members must be from the same county. Counties may enter as many teams as they wish in the District contest in each division. **In State contests that allow three entries, the top three (3) teams will advance, of which one, two, or three entries could possibly come from the same county within the District. Mixing of individuals from various counties to create district “all star” team(s) is not allowed.**
3. PRIOR COMPETITION: 4-H members are **eligible** to enter a contest in which they have previously been part of a **first place entry** at State. However, if a team that placed first at State participated in the National Contest they are INELIGIBLE to compete again at State.



4. **District 10 will not be calculating individual scores or distributing individual awards in any of the Quiz Bowl events at the District Level.**

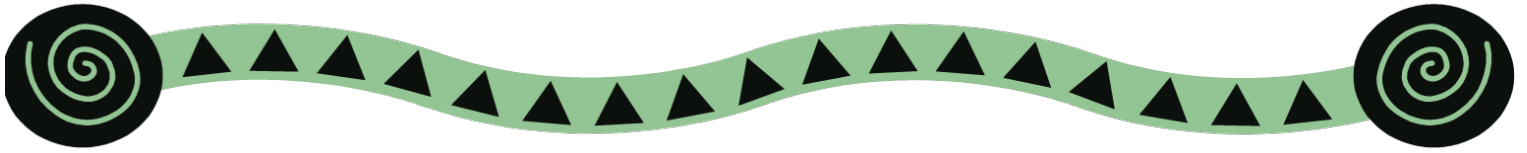
AGENT ASSIGNMENTS:

The following agents will be assisting with the contest as time keepers or score keepers. More information may be sent to you prior to the District Contest by Shea Nebgen, Contest Superintendent.

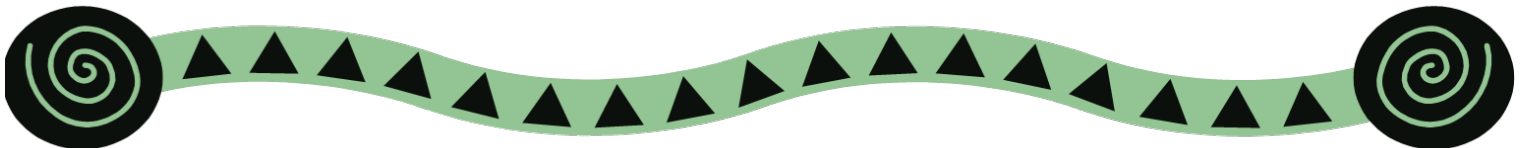
COMMITTEE: Nicole Demmer, Co-Chair Shea Nebgen, Co-Chair
Molly Flores, Connie Sheppard, Sayako Seymour
Nathan Tucker
Crystal Wiltz

ADDITIONAL HELPERS: Stacy Drury Hillary Long
Natalie Cervantes
Caroline McLaren Gretchen Sanders
Elsie Lacy Victoria Grissom
Connie Sheppard
Shea Nebgen Taylor Osbourn
Matt Miranda Angela Fielder
Kate Blankenship Sandra Kunkel
Kelli Lehman
Mellanie Mickelson
Nathan Tucker Crystal Wiltz
Molly Flores Nicole Demmer

Agents may be assigned to different roles with the contest. We will notify you of your official roles after all entries have been accepted. If you have further questions about FCH Quiz Bowl, please contact the District Office, Shea Nebgen or Nicole Demmer, the Contest Superintendents.



Livestock & Horse Quiz Bowl Packet





Texas 4-H & Youth Development

District 10 4-H Program

MEMORANDUM TO: DISTRICT 10 AGENTS

SUBJECT: 2019-2020 Livestock and Horse Quiz Bowls

DATE: Friday, December 6, 2019

LOCATION: Our Lady of the Hills High School
235 Peterson Farm Road
Kerrville, TX 78028

COMMITTEE: Travis Franke, HQB Co-Chair
Wayne Morse, HQB Co-Chair
Samantha Korzekwa
Stephen Zoeller
Jeff Hanselka, LQB Co-Chair
Dwight Sexton, LQB Co-Chair
Sam Womble

REGISTRATION: Registration on 4-H Connect as follows:

- Regular Registration: October 21 - November 6, 2019
- Late Registration: November 7-8, 2019 ONLY
-

COST: Regular Registration: \$10 per individual
LATE Registration: \$35.00 per individual

This is the regular registration cost plus a \$25 late fee

SCHEDULE:

8:30 am Registration Opens
9:00 am Orientation for Contestants
9:15 am Quiz Bowls Begin

Presentation of awards immediately following the completion of the contest

ENTRIES:



Counties may enter as many teams as they wish in each age division for the District Contest. **Teams must be declared in advance by the County agent on 4-H Connect.** **Senior Teams must consist of four (4) youth** and **Junior and Intermediate Teams may consist of 3-4 youth.** An exception to the age division is that juniors may move up to compete with an intermediate team but intermediates or seniors may not move up or down to a different age division. There are no individual entries in this contest

CONTEST RESOURCES:

General Quiz Bowl

- Texas 4-H Quiz Bowl Guide – <https://texas4-h.tamu.edu/wp-content/uploads/2018-Quiz-Bowl-Rules-8.30.18.pdf>
- Texas 4-H Quiz Bowl Score Sheet - *to be added when state rules are updated.*

Livestock Quiz Bowl

- Texas 4-H Livestock Quiz Bowl Supplement – this includes the list of resources that questions can be pulled from. <https://texas4-h.tamu.edu/events/roundup/>
- Livestock Quiz Bowl Sample Questions - *to be added when state rules are updated.*

Horse Quiz Bowl

- Texas 4-H Horse Quiz Bowl Supplement – this includes the list of resources that questions can be pulled from. <https://texas4-h.tamu.edu/events/roundup/>

ADDITIONAL CONTEST RULES:

1. Counties are encouraged to have a local/county contest so that 4-H members may practice before District. Senior 4-H members must participate in District to qualify for State.
2. All teams members must be from the same county. Counties may enter as many teams as they wish in the District contest in each division. **In State contests that allow three entries, the top three (3) teams will advance, of which one, two, or three entries could possibly come from the same county within the District. Mixing of individuals from various counties to create district “all star” team(s) is not allowed.**
3. PRIOR COMPETITION: 4-H members are **eligible** to enter a contest in which they have previously been part of a **first place entry** at State. However, if a team that placed first at State participated in the National Contest they are INELIGIBLE to compete again at State.



4. District 10 will not be calculating individual scores or distributing individual awards in any of the Quiz Bowl events at the District Level.

Items to be supplied by District Office:

- 4 Sets of Buzzers
- Dry Erase Boards and Markers
- Easels
- Extension Cords/Power Strips
- Score Sheets
- Awards
- Brackets

AGENT ASSIGNMENTS:

The following agents will be assisting with the contest as time keepers or score keepers. More information may be sent to you prior to the District Contest by Travis Franke and Jeff Hanselka, Contest Superintendents.

COMMITTEE:

Travis Franke, HQB Co-Chair
Wayne Morse, HQB Co-Chair

Jeff Hanselka, LQB Co-Chair
Dwight Sexton, LQB Co-Chair

ADDITIONAL HELPERS:

Samantha Korzekwa
Stephen Zoeller

Sam Womble

Agents may be assigned to different roles with the contest. We will notify you of your official roles after all entries have been accepted. If you have further questions about Livestock or Horse Quiz Bowl, please contact the District Office; Travis Franke or Jeff Hanselka, Contest Superintendents.



Educational Presentations & Public Speaking Packet



MEMO TO: District 10 4-H

SUBJECT: 2019-2020 DISTRICT 10 4-H Public Speaking & Educational Presentation Contests

DATE: Friday, December 6, 2019

LOCATION: Our Lady of the Hills School, 235 Peterson Farm Road, Kerrville, TX 78028.

FROM: Michael Haynes
District Extension Administrator

Megan Logan
District 10 4-H Specialist

REGISTRATION: Entries Due: October 22-November 5, 2019
Late Entries: November 6-7, 2019

SCHEDULE FOR THE DAY:

12:30 pm	Agents Meeting & Set up contest rooms, registration, etc.
1:00-2:00 pm	Judges & Contestant Registration
2:00 pm	Judges & Contestant Orientation
2:30 pm	Contests Begin in assigned locations with Awards (Contestants will not be allowed into their judging rooms until the room superintendent and judges have set-up the room. Please wait outside until the room superintendent invites you in).

Good luck! Remember to do your best, learn from others and have fun.

Sincerely,

County Extension Agent

County Extension Agent

District Public Speaking & Educational Presentation Rules and Information

DISTRICT REGISTRATION:

Entries: October 22-November 5, 2019

Late Entries: November 6-7, 2019

The registration fee will be \$10.00 per event entered/per child. A \$25 Late Fee will be added to all those who register November 6-7, 2019 bringing registration to a total of \$35 if late.

DISTRICT ENTRIES:

4-Hers who will be participating in District 10 Educational Presentation will be allowed to enter a maximum of one (1) category from table below.

Youth are welcome to participate in both Educational Presentation and Public Speaking. However, they are only allowed one entry in each.

County Extension Agents, please double check your 4-Hers speech topic and category before you approve your entries on 4-H connect. There will be no changes made at the district contest this year.

<u>Category Choices</u>	<u>Category Description</u>
Agricultural Technology & Farm Safety	Any current or future subject that addresses topics such as: Biotechnology Biogenetics Bioengineering Mechanical engineering Farm safety Use of technology, research, laser, satellites or advancements made in agricultural practices through the use of technology, computer systems, or cutting-edge ideas.
Animal Science	Any current or future subject that addresses any aspects of the dairy, poultry, sheep, goat, swine, or specialty animal industries such as embryo transfer and invitro-fertilization. Beef related presentations should fall under the beef category.
Beef	Any current or future subject that addresses topics related to the beef industry such as: Reproductive technologies Nutritional management Health Breeding and genetic considerations Behavior Beef carcasses and end-products Production costs General management aspects Cattle marketing Presentations may target cow-calf, stocker, or feedlot industry sectors.
Health & Wellness	Presentations should focus on healthy lifestyles, prevention and wellness, not illness/treatment. It is suggested that project

	<p>experiences in this area include topics aimed at youth health, wellness and prevention.</p> <p>Suggested presentation topics:</p> <ul style="list-style-type: none"> Increasing physical activity Tobacco prevention Alcohol prevention Sun safety Preventing the spread of the cold and flu Sleep Reducing stress
Horse	<p>Presentation is to cover the theory and/or practical skills learned in the 4-H horse project and should be appropriate for presentation at a 4-H club meeting. After hearing the presentation, the audience should be able to put information into practice to improve their production, management, training, or horse use knowledge and/or skills.</p>
Open (General)	<p>Youth will relate to skills learned in a project in which the 4-H member has been involved.</p> <p>Make sure your presentation is not better suited for another category.</p>
Open Ag & Natural Resources	<p>Youth will relate information to knowledge or skills learned in the field of Agriculture and Natural Resources. Before entering this category, make sure the presentation does not fit any other related educational presentation category.</p> <p>Topics may include:</p> <ul style="list-style-type: none"> Agronomy/crop production Farm and ranch economics Horticulture Meat science Shooting sports related fields Other ANR field of study
Open Family Community Health	<p>Youth will relate information to knowledge or skills learned in the field of Family and Consumer Sciences. Before entering this category, make sure the presentation does not fit any other related educational presentation category.</p> <p>Topics may include:</p> <ul style="list-style-type: none"> Consumer life skills Financial management Fashion Clothing & Textiles Interior Design Food and nutrition Housing and home environment Other FCS field of study <p>*Health related topics, which could include such things as increasing physical activity, tobacco and alcohol prevention, sun safety, preventing spread of colds and flu, sleep, and reducing stress, should compete under health & wellness educational presentation.</p>
Promote 4-H	<p>The purpose of this contest is to:</p> <p>Encourage 4-H members to develop promotion and marketing skills as they market and interpret 4-H through various types of media and presentations.</p>

	<ul style="list-style-type: none"> • Increase the promotion of 4-H to non-4-H audiences • Increase the number of people who join and support the 4-H program. <p>The 4-H promotion should convey a contemporary image of 4-H in a changing society. Promotional methods might include: radio, television, illustrated talks, method demonstrations, newspaper, posters, projected images, exhibits, photographs, slide/tape presentations, puppets, PSA's, speeches, drama, skits, videos, computer programs, etc. Contestants identify a non- 4-H audience and demonstrate a promotional method which communicates the ideas or ideals of the 4-H program. Before entering this category make sure your presentation does not fit any other related educational presentation category.</p>
Safety & Injury Prevention	<p>Topics may include accident prevention when operating motor vehicles, boats, home, yard machinery. Also included are safety topics on handling chemicals, animals and prevention of accidents relative to falls, fire, electricity, hunting and natural disasters.</p> <p>Suggested presentation topics:</p> <ul style="list-style-type: none"> Drinking and driving Distracted driving Personal safety ATV safety Natural disasters (flooding, tornadoes, hurricanes, drought, etc.) <p>Safety as it relates to agriculture would fall under the Agricultural Technology & Farm Safety category.</p>

VOLUNTEERS TO JUDGE ROUNDUP CONTESTS:

Each county with participants in the contest is asked to send at least two (2) judges for Educational Presentations and one (1) judge for Public Speaking. District Roundup Contests will need volunteers to serve as judges and assist with other contests. Agents will need to CONFIRM with these individuals prior to submitting their names.

PUBLIC SPEAKING RULES:

1. Public Speaking is an individual contest. No team entries.
2. No props, visual aids, or audio/video recordings are permitted.
3. Time limit for public speaking presentations is 5-7 minutes.
4. Topic should relate to current events related to youth.
5. Counties may enter as many Junior, Intermediate and Senior entries in public speaking as they wish.
6. No flash photography or video/recordings may be taken during contests.
7. The top 3 in the Senior Division will advance to Texas 4-H Round-Up.

Public Speaking Rules and Score Sheets can be found at: <http://texas4-h.tamu.edu/wp-content/uploads/Public-Speaking-Score-Sheet.pdf>

EDUCATIONAL PRESENTATION RULES:

1. ***Junior, Intermediate and Senior Entries*** – Counties may enter as many entries in each Educational Presentation Contest. For example, a county could have 2 presentations in Junior Beef and 3 in Junior Horse.
2. **County entries may involve 1 to 2 4-H members** only. All members will need to have a role in the presentation.
3. **Projectors, computers & will be provided for each contest room by the superintendent.**
4-H Members will need to bring their own easel and slide clickers.
4. The Time limit for Educational Presentations is 12 minutes for presentation and 9 minutes for set up/take down.
5. All awards will be presented in the contest room.
6. 2020 Roundup Guide is available on the Texas 4-H website.
Website link: <https://texas4-h.tamu.edu/events/roundup/>. Refer to it for specific rules for each Educational Presentation Contest.
8. Educational Presentation Scoresheets can be found at: <http://texas4-h.tamu.edu/wp-content/uploads/Educational-Presentations-Score-Sheet.pdf>
9. No flash photography or video/recordings may be taken during contests. Individuals will be asked to leave the room if caught.
10. The top 3 (in each category - Senior Division only) will advance to Texas 4-H Round-Up.
11. Parents and spectators ARE allowed in all presentations, however, you will not be allowed to enter or leave the room while a presentation is in progress. The superintendent will open the door when it is permitted to move around.

SCORE SHEET FOR EDUCATIONAL PRESENTATIONS



Name: _____	County: _____	District: _____
Age Division: (Check one) <input type="checkbox"/> Junior <input type="checkbox"/> Intermediate <input type="checkbox"/> Senior		
Educational Presentation Category: _____		Order in Room: _____
Presentation Title: _____		
Time (Max 12 min)	Start Time: _____	End Time: _____ Elapsed Time: _____

Judges' Comments		
Subject Matter	(circle Quality Scale that applies)	45
<ul style="list-style-type: none"> • Selection of Subject Reason for Choice One Basic Theme Practical • Information Presented Accurate Up-to date Complete • Knowledge of Subject Principles Application Judges Questions 	<div style="display: flex; justify-content: space-between; font-size: small;"> 1-9 pts 10-18 pts 19-27 pts 28-36 pts 37-45 pts </div> <div style="display: flex; justify-content: space-between; font-weight: bold;"> Poor Fair Good Excellent Superior </div> <p>Provide constructive feedback:</p>	
Presentation	(circle Quality Scale that applies)	45
<ul style="list-style-type: none"> • Introduction • Method • Verbal Presentation • Teaching Aid • Organization • Summary 	<div style="display: flex; justify-content: space-between; font-size: small;"> 1-9 pts 10-18 pts 19-27 pts 28-36 pts 37-45 pts </div> <div style="display: flex; justify-content: space-between; font-weight: bold;"> Poor Fair Good Excellent Superior </div> <p>Provide constructive feedback:</p>	
Stage Presence	(circle Quality Scale that applies)	15
<ul style="list-style-type: none"> • Appearance • Voice • Poise • Grammar 	<div style="display: flex; justify-content: space-between; font-size: small;"> 1-3 pts 4-6 pts 7-9 pts 10-12 pts 13-15 pts </div> <div style="display: flex; justify-content: space-between; font-weight: bold;"> Poor Fair Good Excellent Superior </div> <p>Provide constructive feedback:</p>	
Total Score (Max 100 points)		
Overtime Penalty (2 points per 1 minute)		
FINAL SCORE		

Judge's Initials _____



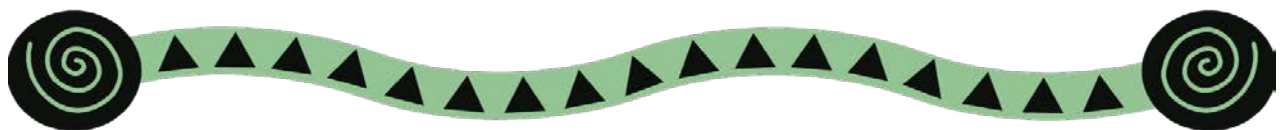
Name:				County:				District:			
Age Division: (Check one)	<input type="checkbox"/>	Junior	<input type="checkbox"/>	Intermediate	<input type="checkbox"/>	Senior					
Presentation Title:											
Time (5-7 minutes)	Start Time:				End Time:				Elapsed Time:		

		Judges' Comments					
Delivery & Expression	(circle Quality Scale that applies)						60
Delivery: (20 pts) Appearance <i>Grooming and dress</i> <i>Poise and posture</i> Voice clear and understood Appropriate vocal dynamics Correct use of grammar Expression: (30 pts) Eye contact with audience Appropriate use of <i>gestures/body language</i> Audience appeal Uniqueness of presentation Educational value (5 pts) Questions (10 pts) Accuracy of answers Poise and self-confidence	1-12 pts Poor	13-24 pts Fair	25-36 pts Good	37-48 pts Excellent	49-60 pts Superior	Provide constructive feedback:	
Composition & Organization	(circle Quality Scale that applies)						40
Introduction (15 pts) Attention of audience gained Importance of subject established Purpose clearly stated Body (20 pts) One central theme Information accurate-source given Information current Logical sequence Summary (5 pts) Major points emphasized	1-8 pts Poor	9-16 pts Fair	17-24 pts Good	25-32 pts Excellent	33-40 pts Superior	Provide constructive feedback:	
		Total Score (Max 100 points)					
		Overtime Penalty (2 points per 1/2 minute)					
		FINAL SCORE					

Judge's Initials _____

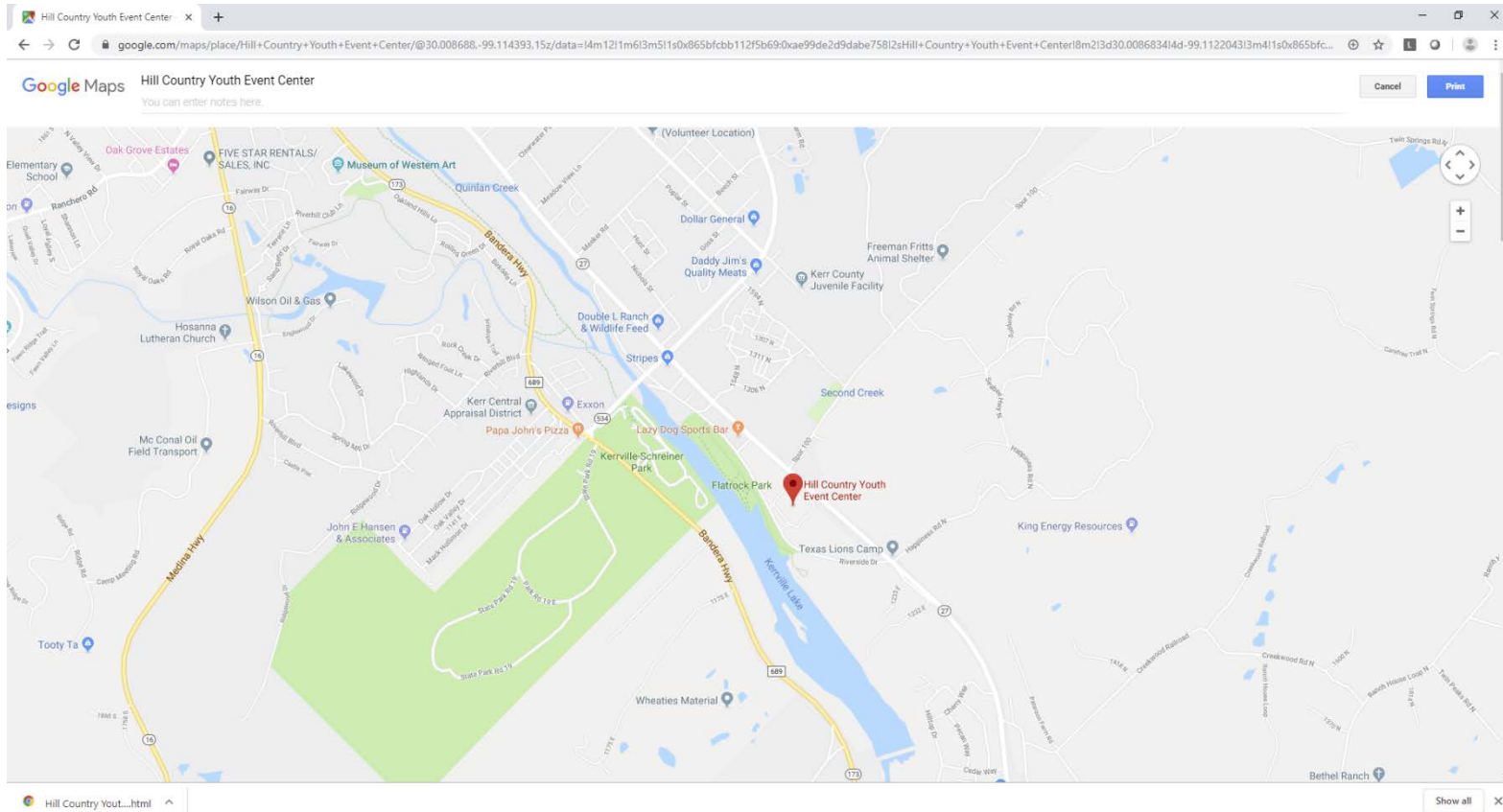


Maps



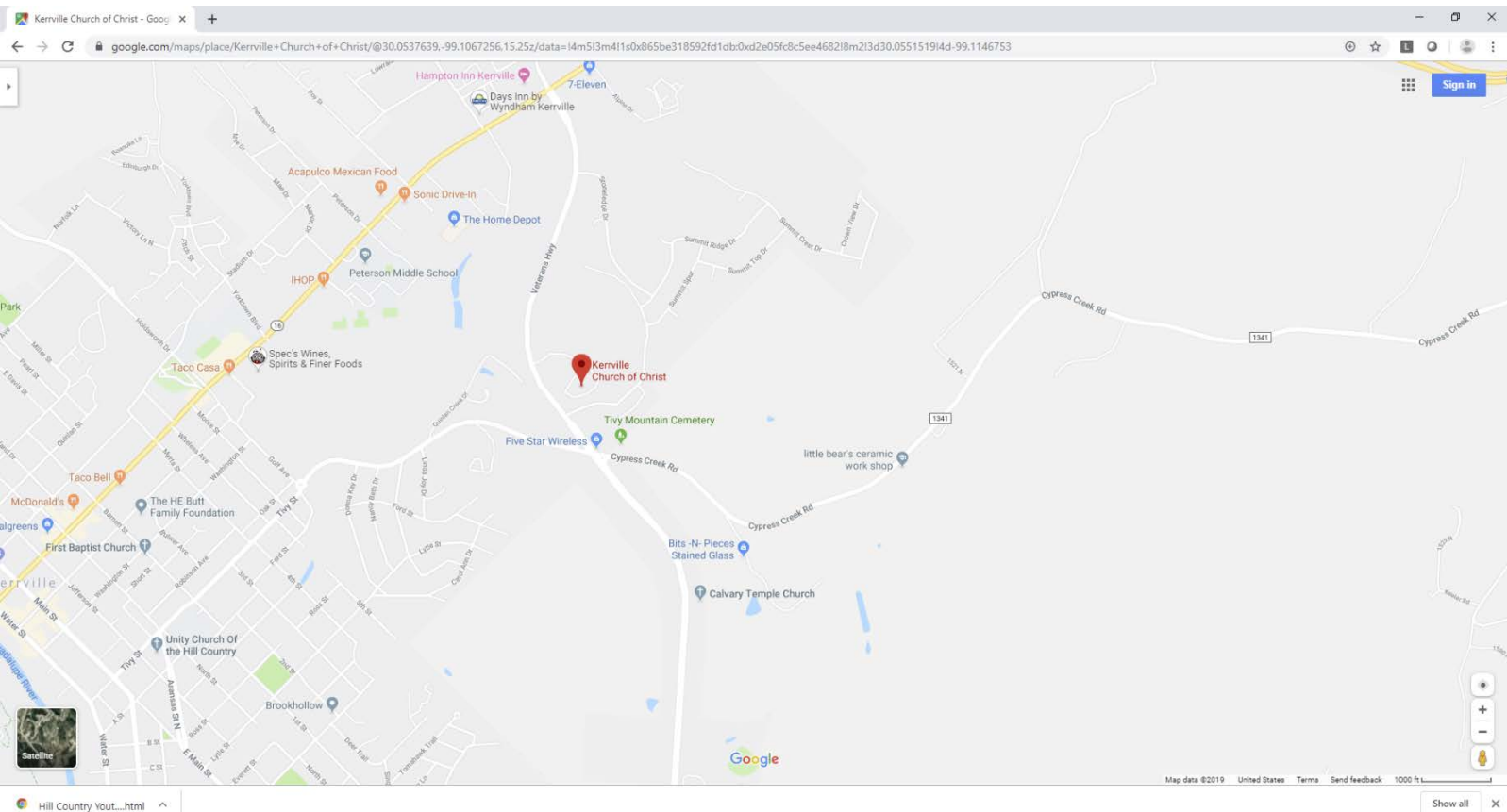
Food Show, Food Challenge and Nutrition Quiz Bowl:

Kerr County Hill Country
Youth Event Center 3785
Highway 27
Kerrville, TX 78028



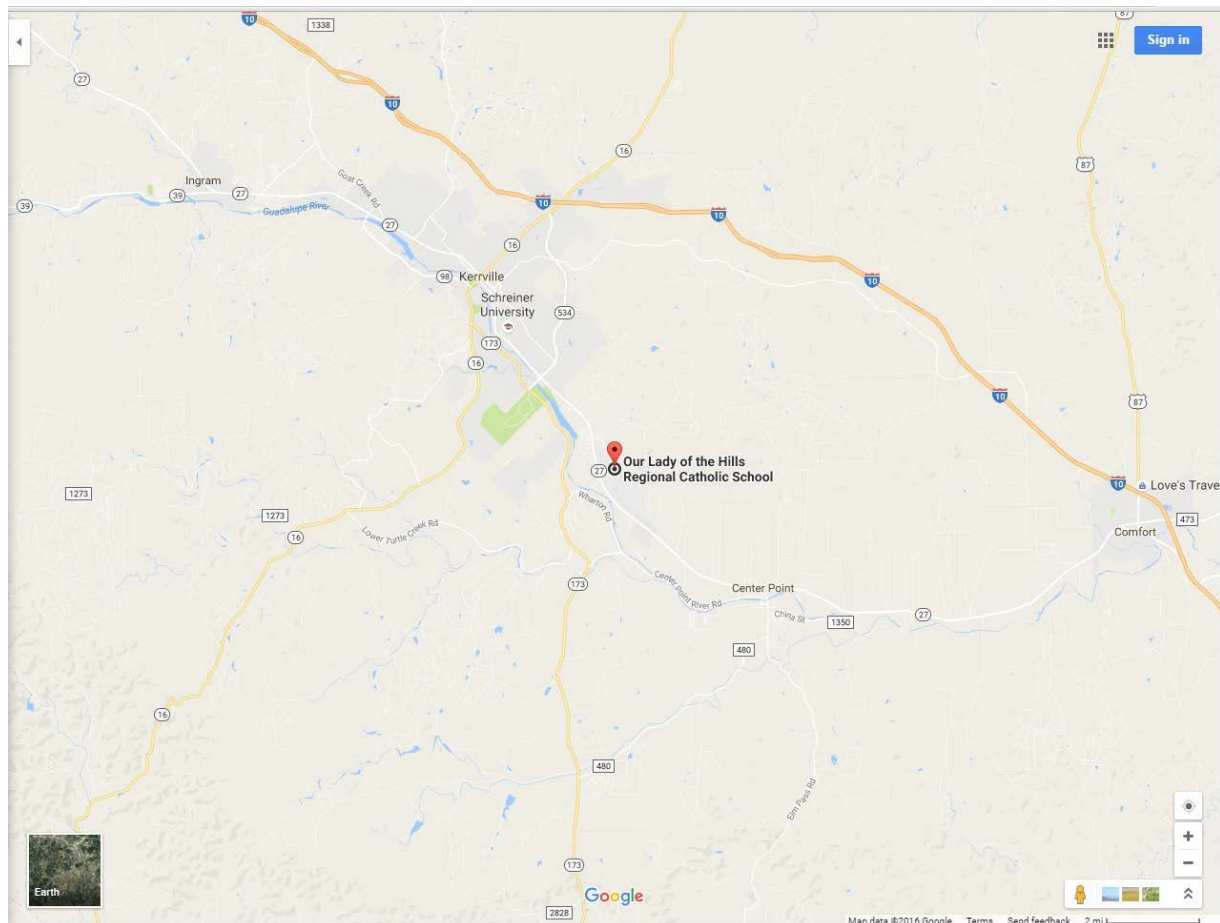
Entomology:

Kerrville Church of Christ
1900 TX 535 Loop
Kerrville, TX 78028



Beef Quiz Bowl, Horse Quiz Bowl, Public Speaking, and Educational Presentations:

Our Lady of the Hills High School
235 Peterson Farm Road
Kerrville, TX 78028





4-H Motto and Pledge

**In support of the 4-H Club Motto:
To Make the Best Better**

**I pledge: My Head to clearer
thinking, My Heart to greater
loyalty, My Hands to larger service,
and My Health to better living, for
my club, my community, my
country, and my world**

