

District 10 Food Show

Senior Score Card

Contestant Name: _____ County: _____

Entry Category: _____ Appetizer _____ Main Dish _____ Side Dish _____ Healthy Dessert

	Comments	Points	Score
I. PRESENTATION			
Theme:		(5)	
Is theme represented in this entry?			
Knowledge of MyPlate:		(10)	
Food group of individual ingredients			
Serving amount needed from each group daily			
Food group that dish falls into			
Know ledge of personal healthy lifestyles choices based on dietary guidelines			
Nutrition Knowledge:		(10)	
Contestant understands what this dish contributes to the diet			
Food Preparation:		(10)	
Knows the key steps in preparation of food and function of ingredients			
Food Safety Concerns & Practices:		(10)	
Knows food safety concerns in preparation and storage of dish			
II. INTERVIEW <i>(category specific)</i>			
Judge's Questions		(15)	
4-H Food & Nutrition Project Activities		(10)	
III. FOOD PRESENTATION/QUALITY			
Appearance of food (texture, uniformity)		(5)	
Garnishing			
IV. EFFECTIVENESS OF COMMUNICATION			
Voice, poise, personal appearance		(5)	
V. SKILL SHOWCASE			
Proper demonstration of assigned skill		(10)	
VI. Knowledge Showcase			
		(10)	
Additional Comments:		Total Points (100)	
Judges Initials:			
Revised August 2020			

Intermediate Judging Rules & Guidelines

Intermediate Judging will consist of two components as listed below.

1. Interview
 - a. Five-minute interview
 - i. Intermediate contestants will NOT give a prepared presentation. If the contestant begins to present the judges will ask the contestant to stop and remind them that this is an interview only.
 - b. Judges will ask questions applicable to the attached scorecard
 - i. This 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.
 - c. Judges may ask additional questions related to general food and health, food systems, food safety, or food/health issues.
 - d. [See page 22](#) for possible questions
2. Skill Showcase
 - a. A maximum of three minutes will be allowed for the Skill Showcase.
 - b. Contestants will showcase a skill learned in the food and nutrition project area when they bring their dish to be judged as assigned by the judges.
 - c. All materials to demonstrate this skill will be provided
 - d. Judges will score the skill based on correct procedures, safety, and other pertinent information related to the skill assigned.
 - e. The skill will be assigned during designated judging time for each contestant and

not prior. Serving Size/ Dish Display

1. Intermediate participants will only bring, display, and present to the judges a single serving of the dish instead of the entire dish.
2. Intermediates will not “serve the judges” as the dish they present will only be a single serving and therefore does not need to be “served.”
3. Judges will not taste the food.

District 10 Food Show

Intermediate Score Card

Contestant Name: _____ County: _____

Entry Category: _____ Appetizer _____ Main Dish _____ Side Dish _____ Healthy Dessert

	Comments
I. INTERVIEW	
Theme:	
Is theme represented in this entry?	
Knowledge of MyPlate:	
Food group of individual ingredients	
Serving amount needed from each group daily	
Food group that dish falls into	
Know ledge of personal healthy lifestyles choices based on dietary guidelines	
Nutrition Knowledge:	
Contestant understands what this dish contributes to the diet	
Food Preparation:	
Knows the key steps in preparation of food and function of ingredients	
Food Safety Concerns & Practices:	
Knows food safety concerns in preparation and storage of dish	
Judge's Questions	
4-H Food & Nutrition Project Activities	
II. FOOD PRESENTATION/QUALITY	
Appearance of food (texture, uniformity)	
Garnishing	
III. EFFECTIVENESS OF COMMUNICATION	
Voice, poise, personal appearance	
IV. SKILL SHOWCASE	
Proper demonstration of assigned skill	
Additional Comments:	
Judges Initials	
Revised August 2020	

Junior Judging Rules & Guidelines

Junior Judging will consist of one component as listed below.

1. Interview
 - a. Five-minute interview
 - i. Junior contestants will NOT give a prepared presentation. If the contestant begins to present the judges will ask the contestant to stop and remind them that this an interview only.
 - b. Judges will ask questions applicable to the attached scorecard
 - i. This 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.
 - c. Judges may ask additional questions related to general food and health, food systems, food safety, or food/health issues.
 - d. [See page 22](#) for possible questions

Serving Size/ Dish Display

1. Junior participants will only bring, display, and present to the judges a single serving of the dish instead of the entire dish.
2. Juniors will not “serve the judges” as the dish they present will only be a single serving and therefore does not need to be “served.”
3. Judges will not taste the food.

District 10 Food Show

Junior Score Card

Contestant Name: _____ County: _____

Entry Category: _____ Appetizer _____ Main Dish _____ Side Dish _____ Healthy Dessert

Comments

I. INTERVIEW

Theme:

Is theme represented in this entry?

Knowledge of MyPlate:

Food group of individual ingredients

Serving amount needed from each group daily

Food group that dish falls into

Know ledge of personal healthy lifestyles choices based on dietary guidelines

Nutrition Knowledge:

Contestant understands what this dish contributes to the diet

Food Preparation:

Know s the key steps in preparation of food and function of ingredients

Food Safety Concerns & Practices:

Knows food safety concerns in preparation and storage of dish

Judge's Questions

4-H Food & Nutrition Project Activities

II. FOOD EVALUATION

Food Presentation/Quality:

Appearance of food (texture, uniformity)

Garnishing

III. EFFECTIVENESS OF COMMUNICATION

Voice, poise, personal appearance

Additional Comments:

Judges Initials

Revised August 2020

Junior & Intermediate Sample Questions

1. What are the key nutrients you would get from your recipe? Why do you need these nutrients?
2. What are the preparation steps in your recipe and why are they important?
3. What did you learn about food safety in your foods & nutrition project?
4. Tell me about one of the ingredients in your dish and why it is important in your recipe?
5. (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

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

- 10 Tips: Save More at the Grocery Store
 - <https://www.choosemyplate.gov/ten-tips-save-more-at-the-grocery-store>
- 20 Money Saving Grocery Shopping Tips
 - <https://www.eatright.org/food/planning-and-prep/eat-right-on-a-budget/20-money-saving-grocery-shoppingtips>
- 10 Tips for Healthy Grocery Shopping
 - <https://www.webmd.com/food-recipes/features/10-tips-for-healthy-grocery-shopping#1>
- Eating Better on a Budget
 - <https://choosemyplate-prod.azureedge.net/sites/default/files/tentips/DGTipsheet16EatingBetterOnABudget.pdf>
- Smart Shopping for Veggies and Fruits
 - <https://choosemyplate-prod.azureedge.net/sites/default/files/tentips/DGTipsheet9SmartShopping.pdf>
- Stretch Your Food Dollars at the Grocery Store

RECIPE 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 include	_____	_____

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 etc.)	(not just 1 package/what kind) Low fat, Fat free,
½ teaspoon vanilla	
½ teaspoon lime juice	
6-ounce can mandarin oranges, drained	(always include size)
8-ounce can pineapple tidbits, drained	
1 cups green grapes, halved, seeded green)	(not just grapes also color/kind) Red, concord,
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 chopping?	(are you measuring the pecans before or after 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.)



TEXAS 4-H FOOD SHOW RECIPE SUBMISSION PAPERWORK

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

Name of Recipe:		
Prep Time:	Cook Time:	Cost:

Type Recipe Here:

By submitting the recipe, the contestant releases the recipe for use by Texas 4-H Youth Development and Texas A&M AgriLife Extension.
Revised July 2020