



MEMO TO: County Extension Agents

FROM:

A handwritten signature in black ink that reads 'Seth Hall'.

Seth Hall
Extension Program Specialist 4-H

SUBJECT: **2024-2025 ROLLING PLAINS DISTRICT 3 4-H FOOD SHOW**

DATE OF CONTEST: November 13, 2024

REGISTRATION: September 1, 2024 – November 4, 2024
\$5 Registration Fee per Participant

LATE REGISTRATION: No Late Registration

LOCATION: J S Bridwell
Agricultural Center
111 N Burnett St.
Wichita Falls, TX
76306





ROLLING PLAINS DISTRICT 3 4-H FOOD SHOW

DISTRICT 3 4-H FOOD SHOW
SCHEDULE OF EVENTS

9:30 a.m. Special Exhibit Setup in J S Bridwell Agricultural Center

2:00 p.m. Judges Arrive; Orientation
Participant Check-In Opens

2:15 p.m. Judging Participant Interview and Presentations Begin
**Interview times will be assigned following registration*



BEEF JUDGING: 4-Hers who are competing for the Beef Awards will be directed to the “Beef Judging” tables at appropriate time.

After tabulation - Virtual Awards will immediately follow judging and tabulation completion.
**Judges will complete all judging and rank the top five places.*



DISTRICT 3 4-H FOOD SHOW RULES AND GUIDELINES

The District 3 4-H Food Show will be held Wednesday, **November 13, 2024** at the **J S Bridwell Agricultural Center**.

District 3 4-H will follow the Texas 4-H Food Show Guidelines, with some changes for the District 3 Food Show detailed below. The complete packet of State Food Show Guidelines can be found at the following link: <https://texas4-h.tamu.edu/projects/food-nutrition/>

2024-25 District 3 4-H Food Show information and forms will be posted to the District 3 4-H website: <https://d34-h.tamu.edu/d-3-4-h-programs/>

Food Show Theme: *The Texas 4-H Food Show theme will stay the same.*

Cooking Through the Decades... Take a trip back in time and explore different dishes that were popular in years past! Some of our most favorite recipes and dishes were made popular in a different decade than we live in today.

Take time to explore past decades dishes, flavors, or cooking techniques that you aren't familiar with. Whether it be grandma's famous meatloaf from the 50's or a homemade version of a Pop tart made popular in the 90s, your tastebuds will experience a throwback trip through the decades. Dishes can be inspired from any past decade and should be recreated to be healthier, safer, and more nutritious. Seniors, keep in mind the 75-minute oven time when selecting your recipe.

Remember to keep nutrition in mind and healthy preparation methods as you select your recipe.

Eligibility: Contestants must be enrolled and actively participating as a 4-H member.

The 4-H member must also be actively participating in a food and nutrition educational project.

Each county may only have one entry per category per age division for the District 3 4-H Food Show.

Age Divisions:
Seniors – 9th-12th grade for the 2024-2025 school year
Intermediates – 6th-8th grade for the 2024-2025 school year
Juniors – 3rd-5th grade for the 2024-2025 school year

Categories: *Appetizer* - Traditionally an appetizer is a small dish or food that is eaten prior to the main course. When selecting recipes for this category, contestants should consider foods that are lower in fat, sodium, and calories to not ruin one's appetite.

Main Dish - The main dish is usually the heaviest, heartiest, and most substantial dish in a meal. In a meal consisting of several courses, the main dish is served during the main course and is the featured dish of the meal. The key ingredient is usually meat or another protein food, but they may contain other foods.

Side Dishes – Side dishes are foods that are usually served along with a main dish or as accompaniments to the main course. Suggested dishes may include salads, cooked vegetables, cooked fruit, pasta or rice dishes, and/or combination vegetable dishes.

Healthy Desserts – Healthy can still mean delicious when it comes to desserts. Dishes in this category should be served at the end of the meal or for special occasions. Contestants should modify traditional recipes with healthy substitutions and consider MyPlate and Dietary Guidelines when selecting recipes for this category.

Rules and Guidelines:

- (1) **Food Preparation.** Food must be prepared prior to District 3 4-H Food Show Contest. All four food categories may use ovens during food preparation. However, oven time is limited to 60 minutes in all categories. No alcohol or ingredients containing alcohol may be used. Extract flavorings are acceptable. There will be no preparation at the District 3 4-H Food Show. Please be aware that participants will not have access to electrical outlets, microwaves, ovens, refrigerators, freezers, sinks, etc. at the District 3 4-H Food Show.
- (2) **Recipe.** 4-H contestants must enter the same recipe that they entered at the County level. Seniors: the same recipe cannot be entered more than once to the Texas 4-H Food Show.
- (3) **Participation Form.** All 4-Hers **MUST** complete the District 4-H Participation Form and upload to 4-H Connect to enter the District Food Show. **All food show participants must bring 2 copies of the participation form with their recipe included on the day of the District 3 4-H Food Show contest.**
- (4) **Serving Food Show Dish.** To limit food waste, participants will only **display a single serving** of their recipe, instead of the whole recipe. It should be displayed on an appropriate serving dish and may be garnished with an edible garnish. Total dish servings MUST be included at the bottom of your written recipe. Food handler's gloves will be available from agents in each of the categories if 4-H members need them.
Beef Award: Beef award contestants will need to display **two servings** of their recipe. One to serve to Food Show contest judges and one to serve to Beef Award judges.
- (5) **Tasting.** There will be **NO** tasting by judges, agents, 4-Hers or parents at the County, District, or State Food Shows for all age divisions and categories including beef judging. No one will be given the option or opportunity to taste **before, during, or after** the Food Show due to food safety and liability concerns.
- (6) **Day of Contest Dish Display.** A name card will mark each contestant's assigned space. A preparation area with a width of approximately 24 inches will be provided. All food must be fully prepared at the time of their interview. Contestants are encouraged to have an appealing "presentation" of their food for the judge, which should include serve ware, one serving of the recipe, an edible garnish, and a serving utensil.
Please note: If participants will be transferring their single serving for interview from a hot dish to their serving plate, they should bring an oven safe mitt, potholder, or trivet to place the hot dish on to prevent melting the plastic table cover.
Due to the "single serving" entry, there will not be food available for public viewing. Therefore, we will not have public viewing. This will also eliminate the need for participants to decorate their table area.
- (7) **Serve ware and Garnish.** Participants may use their creativity to assemble the dish on a decorative serving dish and assemble garnishes. Remember: only the serving dish, single serving of the recipe, edible garnish and serving utensil will be allowed in judging area. Intermediates and Seniors will also include the materials needed for their skill showcase.
- (8) **Tie Breakers.** A procedure will be used in the tally room. Therefore, 4-Hers will be dismissed immediately following their interview.
- (9) **Category Qualification.** The category qualification for a Food Show recipe entry will be at the discretion of the respective county extension agent for the 4-Hers County.

(10) Knowledge Showcase. (Senior Participants)

Food show contestants will test their knowledge on food preparation, food safety, kitchen safety, and general nutrition knowledge in the quiz section of the food show. Contestants will be given a 10-question quiz which will contain multiple choice and true/false questions. Contestants should refer to the Texas 4-H Food & Nutrition



(11) Skill Showcase. (Intermediate and Senior Participants)

Youth will be judged on an assigned kitchen/cooking type skill. Youth will complete this skill while at the judging table. All materials needed to demonstrate the skill will be provided for the contestant. No other materials may be used other than those provided. The interview judges will score their skill based on correct procedures, safety, and other pertinent information related to the skill assigned. The skill demonstration will include a time limit which will be announced during participant orientation. Examples of skills to be assigned include, but are not limited to:

EXAMPLES	
<i>Skill</i>	<i>Purpose</i>
Dry and Wet Measure Equivalents	Demonstrate how to properly measure various dry/wet ingredients and/or equivalencies.
Garnish	Liven up a plate with edible products to add color and flavor.
Themed Food	Create something from fruits and vegetables that illustrates the theme such as ants on a log for a nature theme.
Table/Flatware Setting	Demonstrate appropriate table setting
Knives	Select a knife based upon food to be cut. Demonstrate how to dice, mince, chop a vegetable
Cross Contamination Prevention	Explain food safety, cutting boards, knives, gloves, handwashing when using either raw or fresh foods.
Small Appliance Demo or Kitchen Gadget Demo	Demonstrate how to use a small kitchen appliance or gadget properly and safely.
Meal Planning	Plan a meal using MyPlate and/or grocery store ad.
Product Selection/Identification	Demonstrate how to properly select a food product based on quality, variety, or type.

(12) Five Minute 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. Participants may use notecards during interview, but it must be noted: participants who present from memorization and meet the judging criteria will be subject to a higher score in presentation skills.

(13) Three Minute Q & A. Judges will have an opportunity to ask questions applicable to the 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.

(14) JUDGING TIME LIMITS: These time limits will be followed during the judging process.



- 5 min presentation with introduction
- 3 min Q & A
- 1 min serve
- 2 min skill showcase
- 4 min judges' comments

(15) **Beef Award Contest.** *To be eligible for a Beef Award, the following guidelines will apply:*

Criteria: In the Main Dish category, a serving of the dish should contain 3-4 ounces of beef.

NUMBER OF SERVINGS MUST BE INDICATED ON RECIPE.

To calculate the number of ounces of beef in a serving, take the total amount of beef in the dish, change the amount to ounces (16 oz = 1 lb), and divide by the number of servings in the dish.

Example: The recipe calls for 2 lbs. of beef and serves 8 people (32oz. divided by 8 servings = 4 oz. beef per serving.)

Judging: There will be a separate judging for the beef awards. Members of the Wichita Falls Area Cattle Women's Organization will serve as judges. 4-Hers entering the beef award will be judged twice — once in the Main Dish division and again for the beef award. During the beef award, judging questions will be centered around beef, its importance in the diet, cooking methods, ways to serve, etc.

Serving Dish: Those participants eligible for the beef award will need to bring an additional single serving of their recipe for the Beef Award judging.

Awards: The Beef Awards will be given by the Wichita Falls Area Cattle Women. Awards will be cash awards for first and second place in the Main Dish Category Only (Junior, Intermediate, and Senior).

(16) **Additional Day of Contest Information.**

Judging: Leaders, parents and family members may assist contestants to carry all necessary items to the door of the appropriate judging room. **Leaders, parents, and family members will not be allowed inside the judging areas.** Assistance will be provided for 4-Hers. Parents and leaders are encouraged to wait for their child in the designated waiting area until their child has been interviewed.

Contestants may leave the premises with their prepared dish accompanied by the appropriate adult after they have been judged.

No electronic devices or jewelry (except for medically required) is allowed in the contest. This includes cell phones, smart watches, or other communication devices. Contestants may bring in an electronic kitchen timer for time management purposes.

Personal appearance along with poise and voice is part of the score. Clothes do not have to fit a theme or be special for the show, however, contestants will want to look nice, clean, and neat.

Awards: Awards will be announced virtually immediately following judging and tabulation completion. Ribbons will be awarded to the first five places in each category of each age division and banners will be awarded to first place in each category of each age division.

(17) **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:

Dietary Guidelines-Top 10 Things You Need to Know

<https://www.dietaryguidelines.gov/2020-2025-dietary-guidelines-online-materials/top-10-things-you-needknow>

FightBac

https://texas4-h.tamu.edu/wp-content/uploads/national_food_challenge_fight_back_brochure.pdf

Food Safety Fact Sheet

https://texas4-h.tamu.edu/wp-content/uploads/food_kitchen_safety_fact_sheet.pdf

Know Your Nutrients

https://texas4-h.tamu.edu/wp-content/uploads/Know-Your-Nutrients_FINAL.pdf

MyPlate Mini Poster

<https://texas4-h.tamu.edu/wp-content/uploads/MyPlate-Mini-Poster.pdf>

Preparation Principles & Function of Ingredients

<https://texas4-h.tamu.edu/wp-content/uploads/Preparation-Principles-and-Function-of-Ingredients.pdf>

Quick Ingredient Substitutions

https://texas4-h.tamu.edu/wp-content/uploads/project_food_nutrition_quick_ingredient_subs-1.pdf

ROLLING PLAINS DISTRICT 3 4-H FOOD SHOW



TEXAS A&M
AGRI LIFE
EXTENSION

Theme Resources:

20th Century Food Timeline

<https://www.foodtimeline.org/fooddecades.html>

All Recipes - Convert Vintage Recipes for Modern Kitchens

<https://www.allrecipes.com/article/how-to-convert-vintage-recipes-for-modern-kitchens/>

Taste of Home

<https://www.tasteofhome.com/collection/vintage-recipes-from-every-decade/>



DISTRICT 3 4-H
FOOD AND NUTRITION SPECIAL OPPORTUNITIES

There will be two special opportunities offered in 2024-20245 in conjunction with the District 3 4-H Food Show. 4-Hers will be able to participate in additional District-level opportunities related to the Food and Nutrition project and “Promote 4- H”. The Special Opportunities include **Exhibit** and **News Writing**.

Note **Participants are not required to participate in the District 3 4-H Food Show** to take part in these special opportunities. However, registration for the District 3 4-H Food Show within 4-H Connect is still required. Those participating in the Special Opportunities will select the **Exhibit, News Writing** and/or **Beef Poster** option within their 4-H Connect contest registration to receive a certificate.

EXHIBIT

Exhibits may be entered by an individual or a group (such as a 4-H Food & Nutrition Group).

- (1) **Criteria.** Exhibits should be related to some area of the Food and Nutrition Project. The exhibits must be card table size. Each exhibit should include a sign that lists the county name and name(s) of 4-Hers who developed the exhibit.
- (2) **Setup.** Nothing can be attached to the walls. An easel may be used behind the table to hold a sign, poster, etc. Contestants must provide their own easel. There will be 8' tables set up in activity center. There will be no access to electricity. 4-Hers should set their exhibit up in the designated area at Food Challenge Contest by 9:30 a.m.
- (3) **Presentation.** The exhibits may or may not be manned by the participants.
- (4) **Awards.** All 4-Hers setting up an exhibit will receive a certificate.
- (5) **Disassemble.** Exhibits should remain in place until after the Awards Program. 4-Hers with exhibits DO NOT have to attend the District 3 4-H Food Show, however, they must make arrangements to get their exhibits to and from the show.

NEWS WRITING

A 4-Her in any age division may write a news article.

- (1) **Criteria.** News article should promote the food and nutrition project, the food show, food safety, health or any other subject matter area of the Food and Nutrition Project. The articles should contain the 4-Hers name, county and age in the top right-hand corner. They should be typed, double- spaced on standard 8½ x 11 inch white paper.
- (2) **Display.** These articles can be displayed at the event.

BEEF POSTER CONTEST

A 4-Her in any age may create a poster.

1. Create your own original poster highlighting the health benefits of Beef. Entries will be Judged by members of the Wichita Area Cattlewomen’s Association. Cash prizes will be awarded.

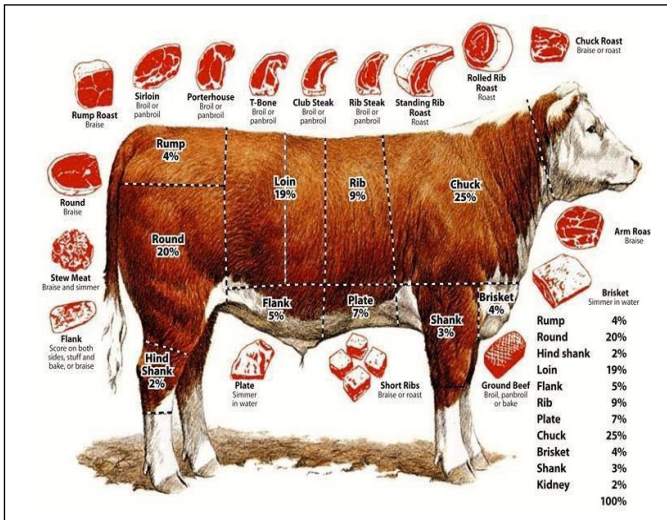
Additional contest details are included on the attached Beef Poster Contest Flyer.

4-H BEEF POSTER CONTEST

Entry deadline is November 4, 2024.

Posters are due to your local Extension Office by November 8th. (or otherwise specified by your CEA)

This contest is designed to encourage 4-H members to learn more about the beef industry while encouraging beef product and nutrition promotion. Participants are expected to create original work using resources wisely. The 2024 Beef Poster Contest theme is **BEEF** and should have a health and nutrition focus.



Beef Poster contestants are not required to enter the District 3, 4-H Food Show but must be an active, enrolled member of a county 4-H program. County Offices must register the entries on 4-H Connect during District 4-H Food Show registration dates.

Rules:

1. Poster must be on **22" x 28" poster board or foam board only.**
2. The finished poster should be appropriate for use as an ad on a billboard.
3. Write your name, address, age, grade in school and County on the back of your poster in the upper right corner. Winning posters will be kept by the Cattlewomen's Association. Please indicate if you would rather have your poster returned.
4. Poster should generate positive images and promotion of beef (not live cattle production) using the indicated theme, without projecting any negative messages towards other agricultural commodities (chicken, pork, etc.).
5. You can use magazines, parents, friends, nutrition bulletins and meat publications to develop your ideas but the end concept should be original and not copied material. Materials are also available from your butcher, local supermarket, The American Meat Institute or National Livestock and Meat Board. You must use citations for your sources. (Example: Source: The American Meat Institute, *Packaging and Shelf-Life Fact Sheet*.)
6. **Do not use copyrighted material.** Pictures, clipart and images (i.e. cartoon characters, advertisements, logos, etc.) that are copyrighted may not be used on the poster. Use of copyrighted images will disqualify the poster.
7. Computer generated clipart may be used on the poster **if it is not copyrighted material.**
8. Entries must be registered in 4-H Connect within the District 3 4-H Food Show registration dates.
9. There is no entry fee for this poster contest.

Divisions:

Division I Grades 3-5

Division II Grades 6-8

Division III Grades 9-12

Awards:

All participants will receive ribbons. First place winners will receive a rosette ribbon. Cash awards will be given to first and second place winners. 1st place - \$50, 2nd place - \$30 in each age division.

Sponsor: Wichita Falls Area Cattlewomen (Winning posters will be kept by the association to be used at various events throughout the year. If you would like your poster returned, please indicate on the back of the poster.)

Scorecard:

- Maximum 20 points - Attracts attention and holds interest

•	•	•	•	•	•	•	•	•	•
•	•	•	•	•	•	•	•	•	•

- Maximum 20 points - Originality of poster

•	•	•	•	•	•	•	•	•	•
•	•	•	•	•	•	•	•	•	•

- Maximum 20 points - Conveys theme clearly

•	•	•	•	•	•	•	•	•	•
•	•	•	•	•	•	•	•	•	•

- Maximum 20 points - Accurate information and factual

•	•	•	•	•	•	•	•	•	•
•	•	•	•	•	•	•	•	•	•

- Maximum 5 points - Planned flow and good design

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- Maximum 5 points - Easily read

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- Maximum 5 points - Neat and well-constructed

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- Maximum 5 points - Name, age, and phone # written on back upper right corner of poster

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- Maximum 100 points - Total score : _____



DISTRICT 3 4-H FOOD SHOW
RECIPE SELECTION

Four entry categories allow for presentation of a variety of foods in the Food Show. The categories also provide an opportunity for contestants to exhibit a variety of food presentation principles.

Many recipes can be entered in more than one category. Participants should consult with the website <http://www.choosemyplate.gov/> when selecting a recipe category. All four food categories may use ovens during food preparation. However, oven time is limited to 75 minutes in all categories.

- Appetizer – Traditionally an appetizer is a small dish or food that is eaten prior to the main course. When selecting recipes for this category, contestants should consider foods that are lower in fat, sodium, and calories so as to not ruin one's appetite.
- Main Dish – The main dish is usually the heaviest, heartiest, and most substantial dish in a meal. In a meal consisting of several courses, the main dish is served during the main course and is the featured dish of the meal. The key ingredient is usually meat or another protein food, but they may contain other foods.
- Side Dishes – Side dishes are foods that are usually served along with a main dish or as accompaniments to the main course. Suggested dishes may include salads, cooked vegetables, cooked fruit, pasta or rice dishes, and/or combination vegetable dishes.
- Healthy Desserts – Healthy can still mean delicious when it comes to desserts. Dishes in this category should be served at the end of the meal or for special occasions. Contestants should modify traditional recipes with healthy substitutions and consider MyPlate and Dietary Guidelines when selecting recipes for this category.

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.
- **SENIORS** When choosing a recipe, please keep in mind what ingredients will be available in College Station.
- No alcohol or alcohol-containing ingredients can be used. Extract flavorings are acceptable.

Special Notes for State Qualifiers:

State qualifying food show contestants must enter the same recipe that they qualified with at the District level. The same recipe cannot be entered more than once to the State Food Show.

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.

Contestants should keep these items in mind when selecting recipes at county and district levels.



RECIPE SUBMISSION CHECKLIST

TIPS FOR SUCCESS

	Yes	No
I. Does Your Recipe Have All of These Parts?		
a. Name of Recipe	_____	_____
b. Complete list of ingredients Size cans, packages, etc. given EX: 10 oz. box chopped frozen spinach NOT Spinach, box of spinach or frozen spinach	_____	_____
c. Description for combining ingredients	_____	_____
II. List of Ingredients		
a. Ingredients are listed in order in which they are used	_____	_____
b. Ingredients listed as they are measured, i.e. the word describing is in the correct place. EX: ¼ cup chopped onion, not ¼ cup onion chopped EX: 1 green pepper, chopped, not 1 chopped green pepper	_____	_____
c. Measurements given in common fractions i.e. ¼ cup, 2 tablespoons, 1 teaspoon	_____	_____
d. All measurements are spelled out, not abbreviated. EX: cup, teaspoon, tablespoon, size can, etc. (i.e. 4-ounce can)	_____	_____
III. Directions		
a. Used clear instructions for every step of combining and cooking the ingredients.	_____	_____
b. Used short, clear sentences	_____	_____
c. Used the correct word to describe combining and cooking processes	_____	_____
d. Stated the size of pan	_____	_____
e. Give temperature and cooking time	_____	_____
f. Included the number of servings or how much the recipe would make	_____	_____



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 creamcheese, softened (not just 1package/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 jiggler 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)