

P.O. Box 2150
Bryan, TX 77806-2150
PHONE# (979) 845-6800
FAX# (979) 845-6501

MEMORANDUM

TO: Southeast District 9 County Extension Agents 4-H, FCS, UYD and County 4-H Coordinators

FROM:

Dr. Dale A. Fritz
District Extension Administrator

Kevin D. Chilek
Extension Program Specialist 4-H

Misty Young
CEA-4-H/Harris County
District 9 4-H Food Show Co-Chair

Marilyn Simmons
CEA - FCS/Galveston County
District 9 4-H Food Show Co-Chair

SUBJECT: 2010 District 9 4-H Food Show

The District 9 4-H Food Show Planning Committee has completed plans for the 2010 4-H Food Show scheduled for Saturday, January 16, 2010 at Lynn Lucas Middle School in Willis, Texas. The address is 1304 N. Campbell Street. Entry deadline is December 20, 2009 at the District 9 4-H Office.

“Serve a Friend in 2010”
District 9 4-H Food Show
Saturday, January 16, 2010

TIME SCHEDULE

NOTE: There will be NO staggered judging. All contestants will remain in waiting area until it is their turn to be judged.

8:00 a.m.	Food Challenge Registration & Supply Box Check
8:30 a.m.	Food Challenge Participant Orientation
8:45 a.m.	Food Challenge Contest begins
9:30 a.m.	Food Challenge Presentations begin
11 a.m.-1 p.m.	District Council Meeting Adult Advisory Task Force Meeting
12:30 p.m.	Food Show Registration Food Show Judges' Orientation
1:00 p.m.	Food Challenge Awards Presentation
1:15 p.m.	Food Show Participant Orientation
1:30 p.m.	Food Show Judging begins
2:00 p.m.	Food Show Display Judging
5:30 p.m.	Food Show Awards Presentation

ENTRY DIVISIONS

Juniors	8 years old & in the 3 rd grade to 10 years old as of August 31, 2009
Intermediate	11 – 13 years old as of August 31, 2009
Seniors	14 – 19 years old as of August 31, 2009

ENTRY FEE

The entry fee is \$10.00 for each participant for each contest (Food Challenge & Food Show). The Display Contest is \$5.00 for each participant. This fee is payable to the Texas 4-H Foundation through the 4-H Connect system using the e-check or credit card option. If the County or 4-H Club is paying for participants, please send one check payable to: **Texas 4-H Foundation** along with the list of the participants this check will cover. The address is:

Texas 4-H Foundation - (EVENT NAME)
P.O. Box 11020
College Station, TX 77842

CATEGORIES

Food Show categories will model the State Food Show categories:

Main Dish
Fruit & Vegetable
Bread & Cereal
Nutritious Snacks

COUNTY ENTRY REQUIREMENTS

Due to the District Office **no later than Monday, December 20, 2009:**
P.O. Box 2150, Bryan, TX 77806-2150

(For each participant)

The original and 2 copies of the Texas 4-H Food Show Record Form
3 Copies of the District 9 Food Show Scorecard (with information typed in)
Registration fee- \$10.00 per participant per contest (Food Challenge & Food Show)
\$5.00 per participant for Display Contest

(Per county)

Disk that includes all recipes in correct format by example
County Contestant List/Electronic Summary
District Food Show Judges' Form/Electronic Summary

***ALL PARTICIPANTS MUST TURN IN THEIR DECLARATION OF
ELIGIBILITY FORM AT REGISTRATION ON JANUARY 16, 2010!!!
(NO EXCEPTIONS)***

OBJECTIVE:

The food and nutrition project helps participants learn to make healthy food choices, reduce disease and illness risks, and gain knowledge of nutrition. Major learning experiences are centered around nutrition, menu planning, food buying and preparation, food safety, careers, and cultural influences.

The Food Show is open to all 4-H members. The Food Show provides for educational and personal development and recognizes youth who excel in the 4-H Food and Nutrition program.

CATEGORIES DESCRIPTION

Please note the following Categories from the 2010 State Food Show Packet for all age divisions to follow. It is strongly urged that 4-Hers choose recipes that are relatively simple. A 1 hour and 15 minute time limit for cooking will be instituted for all recipes in the three categories of Main Dish, Bread and Cereal, and Fruit and Vegetable. NO oven baking time will be allowed for foods entered in the Nutritious Snacks category.

1. **Main Dish Category**

Foods classified as main dishes usually contain a meat or meat alternate such as cheese, eggs, dry beans or peas, or peanut butter. They may also contain other foods. Dishes to enter in this category may include: beef, veal, pork, variety meats, poultry, eggs, fish and shellfish, dry beans, casseroles, meat loaves, meat, fish pies, soufflés, omelets, meat salads, sandwiches, dry peas, soybeans, soups and chowders.

2. **Fruit and Vegetable Category**

Side dishes are foods that are usually served along with a main dish or as accompaniments to the main course. These are usually fruit or vegetable dishes. Suggested dishes to enter in this category may include: salads, cooked vegetables, cooked fruits, relish tray, vegetable casseroles, fruit platters and combination vegetable dishes.

3. **Bread and Cereal Category**

Suggested dishes to enter in this category may include: quick breads, yeast breads, hot roll or bread mixes, rice dishes and pastas.

4. **Nutritious Snacks Category (no baking time)**

Snacks are commonly eaten between meals by those having higher energy needs (such as teens and children). Snacks should provide energy and enhance diet quality. Suggested dishes to enter in this category may include: milk drinks and floats, fruit drinks, dips and dippers, fondues, custards, sandwiches, party foods and refreshments, appetizers, and nutritious no-bake cookies. **Remember, there is no baking time (oven or microwave) for this category.**

“CD” RECIPE BOOKS

Recipes for the District cookbook should be emailed to the District Office. Thank you for cooperating with the very crucial deadline of **December 20, 2009** for submission of recipes.

DISPLAY

The Display Contest is a special contest held the day of the District 4-H Food Show. It is a separate contest from the Food Show. 4-H'ers have the choice of entering the Display Contest – it is not mandatory. Extra points will not be given to the 4-H'ers on their Food Show scorecard if they decide to enter in the Display Contest.

In the Display Contest, 4-Hers are encouraged to use centerpieces, table decorations, place mats, etc., to decorate their 24 inch table space. The decoration should coordinate with the dish that is being served or with the theme of the Food Show “*Serve a Friend in 2010*”. A 24 inch square piece of fabric looks very nice and serves as a tablecloth. 4-H'ers must prepare a label or index card with the name of the recipe for display. **DO NOT** put the 4-H'ers name on the label or index card. The label or index card must be easily seen by the display contest judges.

The contest will be judged separately from the Food Show. For entry and scoring purposes, 4-H'ers need to enter the contest in their specific age division (junior, intermediate, or senior) and in their specific food entry category (Main Dish, Fruit & Vegetable, Bread & Cereal and Nutritious Snacks). There is not an interviewing process for this contest. This contest will be viewed by two judges and scored using a Display Contest Scorecard.

One award is given for the best display in each age division and food entry category. A total of 12 awards will be presented to the 4-H'ers during the Food Show Awards Program.

PREPARATION

Microwave ovens will be available to reheat foods in the exhibit area. You will not have time to cook your dish, only reheat. Please plan a way to keep cold foods cold. Participants will need to bring things such as hot pads, dishtowels, and whatever else they might need. Participants will also need to bring a serving utensil(s) to serve their dish to the judges. **Judges will not taste the dishes.**

JUDGING

ALL PARTICIPANTS:

Participants will be judged on an individual basis.

The same panel of judges will conduct the participant interview and also judge the Project Record Form. Numerical scores will not be used. Judges will use a ranking system to determine First through Fifth places.

There will not be a staggered judging schedule. All contestants should register and attend the participant orientation at the scheduled time.

Each 4-H member should enter the judging area with serving utensil(s), a napkin to place their serving utensil on prior to serving, and their food in containers appropriate and necessary to present and serve the dish to be judged. Fancy or elaborate placemats, linens, centerpieces, candles, serving trays, etc., are not to be included with the dish as it is presented for judging and interviews. The 4-Her may stand or sit behind the display while the judges sit facing the participant across the table. **Only** edible garnishes are allowed on your dish.

JUNIORS and INTERMEDIATES:

Juniors and Intermediates will have a 5-minute timed interview with the judges. During that time the judges will ask the participants questions. There is no defined set of questions, but participants should review the scorecard and be prepared to answer questions about their dish and their Food and Nutrition Project experiences according to the scoring sections on the scorecard. Junior and Intermediate (Juniors) may have a copy of their recipe to use as a reference.

Toward the end of the 5-minute session the judges will ask the participant to serve a small portion of their dish. After the participant has served the judges, the judges will thank them and the 4-Her will return their dish to the display area. Judges will be able to score and a review project record for an additional 5 minutes after the participant leaves the area. **Judges will not taste the food.**

SENIORS:

Seniors will use the District 9 Food Show Scorecards. The companion piece – Judging and Scoring the 4-H Food Show (found in your state food show guidelines), gives more explanation of categories on the scorecard and can be used to prepare participants for the interview.

Seniors will have a timed 11-minute presentation, tasting and interview session. The seniors should start with a **3-minute presentation** which will be followed by an 8-minute session of questions from the panel of judges.

To start the judging, the participant will introduce herself or himself to the judges with their name and the entry dish name. Following the introduction, each participant is allowed a maximum of two minutes to present information on any combination of the following topics. It will be an oral presentation with no handouts or visuals.

- Project activities from current year's project
- Special learning experiences from current year's project
- Leadership activities from current year's project
- Career options explored in current year's project
- Dietary lifestyle choices explored in current year's project

Examples:

- * New foods experienced
- * Special food needs
- * special diet information
- * why the entry dish was selected?

The judges will follow the 3-minute presentation with a 8-minute interview to address topics listed below as well as topics listed above that were not addressed by the participant. During the judges' questioning session, the participant should **only answer the question asked by the judges.**

- Preparation principle(s) or critical step(s) in preparation of entry dish
- Function of ingredient(s) in entry dish
- Substitutions for ingredient(s) in entry dish
- Nutrients and nutrient functions as they relate to the food groups and entry dish
- Relationship of the entry dish to Dietary Guidelines
- Approximate calorie content and cost for a serving of the entry dish
- Food safety concerns during the purchasing, preparing, serving and storing of the entry dish
- Menu ideas to complement the entry dish

Toward the end of the 8-minute session the judges will ask the participant to serve a portion of their dish. After the participant has served the judges, the judges will thank them and the 4-Her will return their dish to the display area. Judges will be able to score and judge project records for an additional 5 minutes after the participant leave the area.

Judges will have 10 minutes to rank contestants when a category has been completed.

AUTHORIZATION

For committee members, this letter will serve as authorization for you to travel to the Harris County Extension Office on January 7, 2010 for the Food Show Workday.

For all agents, this letter will serve as authorization to travel to the District 9 4-H Food Show on January 16, 2010 in Willis, Texas at the Lynn Lucas Middle School, charging expenses to your regular monthly travel allotment.

Links to Resources:

<http://fcs.tamu.edu> (State Rules and Guidelines)

<http://d94h.tamu.edu> (District Rules and Guidelines)

Results: (After Food Show)

Food Show Committee:

Misty Young-Co-Chair, Harris County
Marilyn Simmons-Co Chair, Galveston County
Kristy Corley, Waller County
Shelley Pappas, Fort Bend County
Bill Holcombe, Galveston County
Sharon Trower, Brazoria, County
Sandra Fry, Fort Bend County
Lynna Wright, Waller County

Food Challenge Committee:

Courtney Latour-Chair, Brazoria County
Amy Ressler, Burleson County
Tonya Poncik, Lee County
Flora Williams, Grimes County

2010 District 9 4-H Food Show Agent Responsibilities

Food Show Workday

Thursday, January 7, 2010, 9:30 a.m. at the Harris County Extension Office. Prepare judging packets, review entries, setup for awards presentation and finalize plans.

District 9 4-H Food Show Committee:

**Misty Young-Co-Chair
Marilyn Simmons-Co-Chair
Shelley Pappas**

**Kristy Corley
Sandra Fry
Lynna Wright**

**Sharon Trower
Bill Holcombe**

District 9 4-H Food Show Committee:

**Courtney Latour-Chair
Amy Ressler**

**Tonya Poncik
Flora Williams**

Registration

Register guests, check off 4-H participants (making note of any no shows or additions and report those to superintendent chair and tabulation chair), collect Eligibility Forms, hand out programs, coordinate the collection of recipe book donations, and provide directions.

**Bill Holcombe, Council Advisor
Kristy Corley, Council Advisor
(4) 4-H Council Members**

Set-Up and Decorations

Set up will begin at ___ PM., January 15, 2010 at the _____ using the theme "Serve a Friend in 2010". Decorate judging and awards area, cover tables with paper table covering, mark spaces, place signs, place plates, utensils, etc. for judging.

**Misty Young -Co-Chair
Marilyn Simmons-Co-Chair
Shelley Pappas
Lynna Wright**

**Courtney Latour
Kristy Corley
Sandra Fry
Amy Ressler**

**Sharon Trower
Bill Holcombe
Tonya Poncik
Flora Williams**

Preparation Area Coordination

Assist participants in using the microwave to heat their dish.

Participants should bring all supplies necessary to complete food for judging and serving. Only work tables and a microwave oven will be provided.

Judging Division Superintendents

Attend participant orientation at 1:15 p.m. Direct 4-H'ers from waiting area to assigned judging area and assist as needed. Sit with participants during Awards Program, keeping them seated in order of judging.

Lynna Wright – Junior Sharon Trower – Intermediate Marilyn Simmons - Senior

Judges' Orientation

Make final judging assignments and conduct orientation process on site.

Sandra Fry

Kevin Chilek

Food Challenge

Courtney Latour

Amy Ressler

Tonya Poncik

Flora Williams

Display Contest

Bill Holcombe

Kristy Corley

Participant Orientation

Orientation will cover new procedures for judging and what to expect when entering the judging rooms.

Shelley Pappas

Misty Young

Kevin Chilek

Judging Assignments

The following agents will be responsible for judging on January 16, 2010. All judges will need to be at the judges' orientation at 12:30 p.m. Specific judging assignments will be made after entries and available volunteer judges have been assessed.

Alma Fonseca – Brazos

Meredith Henry – Walker

Alexis Cordova – Liberty

Starla Garlick - Jefferson

Sheryl Nolen - Harris

Tonya McKenzie - Harris

Flora Williams – Grimes

Linda Mock – Montgomery

Leticia Roland - Grimes

Elizabeth Trejo – Harris

Paula Tacker – Orange

Leslie Gall – Brazos

Sonja Stuert-Davis-Harris

County Packet Preparation and Awards Distribution

Prepare packet for County Extension Agent which includes the 4-H'ers certificate and county food show application.

Vince Mannino

Allen Malone

Dale Fritz

Judges' Gifts

Select and purchase gifts for volunteer judges at a nominal cost.

Marilyn Simmons

Judge's Lunch

Caroline Cruz

Room Monitors

Room monitors will assist participants in finding the correct judging room. They will also assist the judges by keeping them on time and answering any questions that may arise.

Timothy Sandles

Ricky Mahaley

Jernard McCray

Awards Program

Plan for presentation of awards and prepare program contents. Collect results from contest add to award program script. Prepare 4-H Council members to emcee the awards program.

Bill Holcombe – District Council Advisor

Kristy Corley – District Council Advisor

Kevin Chilek

Dale Fritz

4-H Council Officers

Awards and Recognition

Sponsors, awards, and recognition will be coordinated through the District Office.

Kevin Chilek & Dale Fritz

District Office

Invite special guests

Cookbooks on CD

Winners Recipes on District 9 Webpage

Print awards program

Order program covers

Provide contestant ribbons, award and certificates

Provide 4-H Flags

Clean Up

Remain following the event to assist with clean up, evaluations and packing up Food Show materials.

EVERYONE (All agents)

GUIDELINES FOR RECIPES FOR
DISTRICT 9 4-H FOOD SHOW

- * Type recipes using Times New Roman font, single spaced, 12 point and 1" margins on your computer. Type in plain formatting--no italics, bold, underline, etcetera...
- * Do not use column mode when typing ingredients.
- * If diskette is being sent from the county office, please label your floppy disk with your county name. You can also send your files via e-mail to Kevin Chilek at the District 9 Office.
- * Please use spell check.
- * Do not use fraction key in ingredients.
- * Do not abbreviate measurements; must be spelled out (EX: tablespoon, teaspoon, cup, ounce, can, etc.)
- * When typing recipes, follow format of example attached.
- * Type all recipes in one file in this order:

Junior

Main Dish
Fruits & Vegetables
Breads & Cereals
Nutritious Snacks

Intermediate

Main Dish
Fruits & Vegetables
Breads & Cereals
Nutritious Snacks

Senior

Main Dish
Fruits & Vegetables
Breads & Cereals
Nutritious Snacks

CHECK SHEET FOR RECIPE WRITTEN IN STANDARD FORM (Also see example recipe following.)

If the contestant, agent or leader has any questions concerning correct recipe writing, please have them call Sharon Robinson at 979-845-6379 before submitting.

	Yes	No
I. Does Your Recipe Have All of These Parts?		
a. Name of Recipe	_____	_____
b. Complete list of ingredients Size cans, packages, cans, etc. given EX: 10 oz box chopped frozen spinach NOT spinach, box of spinach or frozen spinach.	_____	_____
c. Description for combining <u>all</u> 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: 1/4 cup chopped onion, not 1/4 cup onion chopped. EX: 1 green pepper, chopped, not 1 chopped green pepper	_____	_____
c. Measurements given in common fractions i.e. 1/4 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)	_____	_____
e. Avoid brand names. Include complete description of ingredients, i.e. low-fat, packed in syrup, reduced fat, etc	_____	_____
III. Directions		
I have.		
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. Given the temperature and cooking time	_____	_____
f. Included the number of servings or how much the recipe would make	_____	_____

Example of Recipe

4-H Shamrock Salad

6-ounce package lime gelatin	(not just 1 package/ what amount of the package)
2 cups boiling water	
1 cup lemon-lime soda	
8-ounce package low-fat cream cheese, softened	(not just 1 package/ what kind? – low fat, fat free, 2% fat, etc.)
½ teaspoon vanilla	
11-ounce can mandarin oranges, drained	(not just 1 can - always include size)
8-ounce can pineapple tidbits, drained	
2 cups red 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 whipped topping, thawed in refrigerator	
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 and vanilla 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.

To make the 4-H Clover gelatin jigglers, dissolve the 3-ounce package lime gelatin in the 1 ½ cups boiling water. Pour into shallow pan, 24x16x1 inches. Chill until set. Cookie cut the jiggler gelatin into 4-H Clover shapes. Serve salad squares on lettuce-lined plate. Top with 4-H Clovers. Garnish with remaining whipped topping. Chill until serving time. May add other garnishes to serving tray for color variety. Yield: 8 servings. **(Note number of servings is listed)**

Texas 4-H Food Show

Personal Information Page and Certification Form

Participant Name: _____

Category: Main Dish Fruit and Vegetable
 Bread and Cereal Nutritious Snacks

County: _____ District: _____

Address: _____

City: _____ Zip Code: _____

Meets the eligibility requirements to enter the 2010 State Food Show as the top-scoring individual in one of the four entry categories in the Senior Division of the District 4-H Food Show. I also certify that the 4-H'er has not previously won a category at State Food Show.

Signature of District Extension Director: _____ Date: _____

Statement by 4-H Member

I personally have prepared this report and certify that it accurately reflects my work. I also give permission to have my recipe and name released by the State Food and Nutrition and/or State 4-H office.

Date _____, _____ Signature of 4-H member _____

Approval of this Report

We have reviewed this report and believe it is correct:

Date _____, _____ Signed: _____
(Parent or Guardian)

Date _____, _____ Signed: _____
(4-H Club Manager or Leader)

Date _____, _____ Signed: _____
(County Extension Faculty)

In the space provided below, please type or print the name of the leader/agent/or person you wish further correspondence to be forwarded. Please be specific. At the conclusion of 4-H Food Show, ranking, judges' comments and other correspondence will be forwarded to the person indicated.

Name _____ Title _____

County _____ District _____

Address _____ City/Zip _____

Telephone No. (____) _____

District 9 4-H Food Show Record Form
SENIOR JUNIOR INTERMEDIATE

Name: _____ Age (as of Aug 31st, 2009)

Address:

County: _____

District:

Birthdate: _____

Years in 4-H:

Food Category: _____

Years in project:

Project Goals:

(Attach separate sheet if necessary)

RECIPE

Leadership:

Community Service:

Knowledge & Skills Learned:

Project Activities:

Project Summary:

I certify the above information to be true and correct, and completed during the current project year.

Contestant Signature: _____ Date:

I certify that the 4-H member named above has provided accurate and correct information.

Agent Signature: _____ Date:

Contestant Name: _____ County:
(Please Print)

Age Division: **SENIOR** **INTERMEDIATE** **JUNIOR**
(Circle One)

FORM GUIDELINES, INSTRUCTIONS, AND EXAMPLES

Texas 4-H Food Show Record Form Guidelines

The following guidelines are designed to help 4-H'ers better understand and utilize the State Food Show Record Form. Please read and consider each one carefully as 5 points will be deducted from total score for incorrect submissions.

1. Type size and font must be legible and easily read.
2. No additional lines or pages may be added.
3. No menu is required.
4. The project form is worth 25% of your overall score.
5. Do not leave any blanks; this information is necessary for participation.
6. Age of a 2010 Food Show participant is determined by age as of August 31, 2009.
7. For "years in 4-H" and "years in project", include the current year.
8. The state foods & nutrition project year for the State Food Show runs from State Food Show to State Food Show.
9. **Project Goals** may be listed or in paragraph form, but must fit within the allotted space. Goals are things that you had hoped to learn or accomplish at the beginning of the project year. A goal may also be ongoing for one or more years. **There is no set number of goals required.**
10. **Recipe:** include the complete recipe for your dish, including any substitutions or variations, as well as preparation procedures and the number of servings. Please refer to the sample recipe and check sheet for detailed instructions on how to submit recipes.
11. **Leadership** is worth 5 points of your total score. List volunteer, elected/appointed, and promotional leadership experiences in Foods & Nutrition in the current project year.
12. **Community Service** is worth 5 points of your total score. List your community service experience in Foods & Nutrition for the current project year. ***Note:** this section should not contain activities already listed under leadership.
13. **Knowledge and Skills Learned** is worth 5 points of your total score. Summarize what you have learned in Foods & Nutrition in the current project year. Points for overall look of the project record, including recipe, will be accounted for in this category.
14. **Project Activities** is worth 5 points of your total score. List Foods and Nutrition activities for the current project year, such as contests, workshops, project meetings, etc. Do **not** include activities already reported under community service or leadership.
15. **Project Summary** is worth 5 points of your total score. Compose a brief and concise summary of your Foods & Nutrition project within the current year. Numbers may be helpful, and you might want to include how you met your goals. This summary is limited to the space provided.
16. Sign and date your form. This is a contract and your signature certifies that the information shown is true, and completed in the current project year.

Southeast District 9 4-H Food Show Scorecard

Junior

Intermediate

Senior

Name _____

County _____ District 9

Category: Main Dish Fruit and Vegetable
 Bread and Cereal Nutritious Snacks

Category	Comments	Percent Value
1. Interview and Contestant Presentation of Food and Nutrition Project		
a. Project Learning Experiences		10%
b. Knowledge and skills gained		10%
c. Leadership		5%
d. Community Service		5%
f. Goals and Summary		5%
g. Preparation principles		5%
h. Function of ingredients and substitutions		5%
i. Nutrients and functions		10%
j. Dietary guidelines and relationship with dish		10%
k. Calorie content (nutrient density)		5%
l. Food safety concerns		10%
m. Interview skills		5%
2. Recipe		5%
3. Food		
a. Appearance/appeal		5%
b. Quality		5%

Educational programs conducted by the Texas Agricultural Extension Service serve people of all ages regardless of socioeconomic level, race, color, sex, religion, disability or national origin.

The Texas A&M University System, U.S. Department of Agriculture, and the County Commissioners Courts of Texas Cooperating