In the Recipe Rally, 4-H members are challenged with selecting, creating and/or altering a recipe and submitting a video of them demonstrating the preparation of the recipe. Recipes should be a dish that tie to the theme “Picnic Perfect.”

**Guidelines - Video Submission**

- The rally is open to any intermediate and senior 4-H member.
- Entries can be individual or in a team of two.
- The theme for 2016 is “Picnic Perfect.” Recipes selected for entry should be a dish that ties to this theme.
- There are no limitations on the type of recipe submitted. They can be for a main dish, side, snack, dessert, etc. – as long as it ties to the theme.
- All videos submitted will compete against each other for selection to be a part of cooking demonstrations at Texas 4-H Roundup.
- Videos must be submitted by uploading to YouTube by the designated deadline. The direct link to the video must be provided when the 4-H member completes the online entry form.
- Instructions on uploading a video to YouTube are available on the 4-H Roundup page of the Texas 4-H website.
- Videos should be no longer than eight (8) minutes.
- Due to the time limit of the video submission, some food items may be prepared ahead of time (for example, chop onions ahead of time and have them ready for video demonstration).
- 4-H members may only enter a video one time. Multiple video submissions will not be accepted.
- The deadline for all online entries is April 1, 2016.
- Youth will be notified of their selection by May 1, 2016.

**Judging Criteria**
During the video demonstration, 4-H members should display their public speaking abilities and ability to present and provide a demonstration in front of an audience/camera. Youth may also want to highlight:
- Key steps in preparation of the recipe
- Key nutrients found in dish and their functions
- Food safety practices (*This is especially important with a “picnic perfect” theme.*)
- Substitutions made, or that could be made, to make recipe healthier
- Serving size and cost analysis

Upon review of the video entries, **four finalists** will be selected to be a part of the cooking demonstrations at Texas 4-H Roundup!

**Texas 4-H Roundup – Cooking Demonstrations**
- If selected to provide a demonstration at the trade show of Texas 4-H Roundup, youth will conduct a live demonstration of the recipe they prepared in the video submission.
- The cooking demonstration at Texas 4-H Roundup will be held at 5:30 pm on Thursday, June 9, 2016 at the trade show (on the concourse of Reed Arena). Please note that there may be slight changes in the schedule due to 4-H Roundup scheduling and facility needs.
- Participants will need to be available by 3:00 pm on Thursday, June 9th at 4-H Roundup, to work on preparation of the afternoon program.
- Participants may be asked to bring some cooking supplies for the demonstration; however, all ingredients will be provided.
- Participants selected for the cooking demonstrations are required to register for Texas 4-H Roundup and pay all associated registration fees.

**Please note:** Youth selected to come to 4-H Roundup will **not** be competing for placing and awards. Instead, they are being given the opportunity to be a part of a statewide leadership and educational program by providing a cooking demonstration to Roundup participants as they experience the trade show.

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For details and access to the online entry form, visit: [texas4-h.tamu.edu/events/roundup](http://texas4-h.tamu.edu/events/roundup)