



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.

<https://texas4-h.tamu.edu/projects/food-nutrition/>

The goal of the Texas 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 where they learn to prepare nutritious and safe meals and adopt behaviors that can help reduce their risk for chronic disease.

OBJECTIVES

- Develop healthy eating habits to reduce the risk of chronic disease.
- 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.

CONTEST FORMAT 2024-2025

The District 9 4-H Food Show will consist of the following components which are explained throughout this guide:

1. Food Show Dish Presentation/Interview
2. Skills Showcase
3. Knowledge Showcase

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DISTRICT 9 4-H FOOD SHOW PARTICIPANT RULES

The District 9 4-H Food Show is scheduled for **Friday, April 25, 2025**, during the Big Time in D9 Roundup weekend at the Long Star College – Montgomery Campus. A complete schedule, including the interview schedule, and awards ceremony will be distributed via email to all participants as well as posted to the District 9 4-H website.

Schedules may be adjusted by the food show committee at any time if necessary.

Paperwork. Contestants qualifying for the District 9 4-H Food Show must complete and submit the Texas 4-H Food Show Contest Information Form included in this packet and available online at: <https://texas4-h.tamu.edu/projects/food-nutrition>

District 9 4-H Food Show recipe submission will be processed ONLINE. Participants will upload their food show recipe at the same time they register through 4HOnline for the District 9 4-H Roundup. Failure to upload the recipe at the time of registration may result in disqualification. The only required paperwork is the Food Show Recipe. Recipes should be typed in the standard recipe format using the Recipe Submission Checklist as a guide. Recipe should include the total cost of ingredients. By submitting the recipe, the contestant releases the recipe for use by Texas 4-H Youth Development and Texas A&M AgriLife Extension.

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.

Age. Age divisions are determined by a participant's age/grade as of August 31 of the current 4-H year. See the Texas 4-H Rules and Guidelines for specific age requirements.

Junior Division:	Grades 3 thru 5
Intermediate Division:	Grades 6 thru 8
Senior Division:	Grades 9 thru 12

Entries per County. Unlimited entries per category and age division may be entered for the District 9 4-H Food Show.

Theme. This year's 4-H Food Show theme is *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. Keep in mind the 75 minute oven time when selecting your recipe.

The theme for the Texas 4-H Food Show will remain the same for two years. This gives counties an opportunity to provide education, workshops, etc. which targets the theme. The same recipe **cannot** be entered more than once to the State Food Show.

Food Show Components. Each food show participant will complete/compete in each of the following components. A brief description and/or rules are shown for each.

1. **FOOD SHOW DISH PRESENTATION/INTERVIEW:** Contestants should ensure they are choosing healthy recipes that follow the guidance in the Recipes for Good Health resource located at <https://texas4-h.tamu.edu/projects/food-nutrition/>

The selection and knowledge of the dish should highlight that the contestant has learned valuable skills and knowledge related to healthy eating and chronic disease prevention.

Recipes should be written in the standard recipe format using the included Recipe Submission Checklist as a guide. Nutritional analysis for the recipe is not required and will not be judged.

All four food categories may use ovens during food preparation. However, oven time is limited to 75 minutes in all categories.

No alcohol or ingredients containing alcohol may be used. Extract flavorings are acceptable.

When choosing a recipe, please keep in mind what ingredients will be available or in season for all levels of competition: county, district, and state. Additionally, please remember that the goal of the food and nutrition project is to learn healthy eating skills and healthy recipe selection.

Dish Categories. Texas 4-H Food Show dish categories are:

- **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.

Presentation Judging. The judging order will be assigned by the food show committee and provided to participants prior to the district contest. Interview times may be adjusted on the day of the contest to accommodate schedule.

- **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 their recipe, how the 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.

- **Question and Answer**

Judges will have the opportunity for a **3-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.

- **Serving**

At the end of the question and answer period, contestants will have **1 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.

The food should be presented in a serving dish with a serving utensil provided by the contestant. In addition, a napkin to lay serving utensils 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.

If needed to safely transport the dish, contestants should bring serving trays. Serving trays will not be provided. Fancy or elaborate placemats, linens, centerpieces, candles, etc., are not to be included with the dish as it is presented for judging interviews. Contestants should use only serving dishes and utensils appropriate and necessary to present and serve the dish to be judged. **Only edible garnishes are allowed with the food show entry.**

2. **SKILL SHOWCASE:** Food show contestants will showcase a skill learned in the food and nutrition project area when they bring their dish to be judged. Youth will demonstrate their knowledge of a skill assigned by judges. All materials to demonstrate this skill will be provided and judges will score the skill based on correct procedures, safety, and other pertinent information related to the skill assigned. The skill will be assigned during the designated judging time for each contestant and not prior. 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	
Skill	Purpose
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 demonstration or kitchen gadget demonstration.	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.

3. **KNOWLEDGE SHOWCASE:** 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. No study materials will be provided; however, contestants should refer to the Texas 4-H Food & Nutrition page (<https://texas4-h.tamu.edu/projects/food-nutrition/>) for potential resources.

DISTRICT 9 4-H FOOD SHOW RECIPE SUBMISSION CHECKLIST

Recipes for District 9 4-H Food Show should adhere to the guidelines below.

Please use this checklist to ensure recipes are correctly written.

DOES YOUR RECIPE HAVE ALL OF THESE PARTS	Yes	No
Name of recipe		
Complete list of ingredients		
Size cans, number of packages, cans, etc. given *EX: 10 oz box chopped frozen spinach NOT Spinach, a box of spinach or frozen spinach		
Description for combining all ingredients		
LIST OF INGREDIENTS		
Ingredients are listed in the order in which they are used in the directions		
Ingredients are 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.		
A complete description of the ingredients are included *EX: low-fat; packed in syrup; reduced fat; etc.		
DIRECTIONS		
Clear instructions are used for every step of combining and cooking the ingredients		
Short, clear sentences used		
Correct wording used to describe combining and cooking processes		
The size and type of pan stated		
Oven temperature and cooking times are given		
Number of servings or how much the recipe would make included		
Total Cost of Ingredients		

DISTRICT 9 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)
½ teaspoon vanilla	Low fat, Fat free, etc.
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)
2 cups chopped celery	Red, concord, green
½ cup chopped pecans	(not 2 cups celery chopped – you must chop the celery to measure it, so chopped must be written first)
8-ounce carton frozen low-fat whipped topping, thawed	(are you measuring the pecans before or after chopping? The way it is written here indicates chopping first)
3-ounce package lime gelatin	(indicate low-fat, fat-free, etc.)
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.)

DISTRICT 9 4-H FOOD SHOW RECIPE SUBMISSION PAPERWORK

CONTESTANT NAME:					COUNTY:		
CATEGORY <i>Please check one</i>	Appetizer	Main Dish	Side Dish	Healthy Dessert			
NAME OF RECIPE:							
PREP TIME:		COOK TIME:		COST:			

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

District 9 4-H Food Show Presentation Scorecard

Contestant Information Label will be placed on
Scorecard by Contest Official

	Comments	Maximum Points	Score
I. PRESENTATION			
Theme: • How does the theme fit with the dish?		(5)	
Knowledge of MyPlate: • Food group(s) represented in dish. • Serving amount needed from each group daily for age. • How did MyPlate guide choice of dish? • How does this dish reflect MyPlate?		(10)	
Nutrition Knowledge: • Key nutrients of dish & function of those nutrients		(10)	
Food Preparation: • Preparation key principles & function of key ingredients • Healthy substitutions		(10)	
Food Safety Concerns & Practices: • Knows food safety concerns in preparation & storage of dish • Follows FightBAC principles		(10)	
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) • Garnishing		(5)	
IV. EFFECTIVENESS OF COMMUNICATION			
• Voice, poise, personal appearance		(5)	
V. SKILL SHOWCASE SCORE			
• Proper demonstration of assigned skill.		(10)	
Additional Comments:		Total Points	Possible (90)
			Judge's Initials

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

Dietary Guidelines-Top 10 Things You Need to Know

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

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

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/>

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