



Food Show Parent Information

What to expect at the County Food Show Contest

Thursday, November 7, 2013

Limestone County Fairgrounds Exhibit Building
(this is where we hold the FCS Division at the County Fair)

- The Food Challenge contest begins at 6:00 pm. If you are NOT participating in the Food Challenge, you may arrive to check in at 7:45 pm.
- 4-Hers may participate in both the Food Challenge and the Food Show.
- Orientation for youth – rules will be presented.
- Parents may be more comfortable leaving and coming back for awards – about 9:00 pm. No parents allowed in cooking room or judging room and there is little seating in the hallway.
- The theme for the 2014 Food Show is **“Budget Wise Recipes.”** This gives you an opportunity to pick your favorite dish – and improve to make it more economical. Your recipe & dish need to fit this theme.
- Only Senior 4-Hers will advance to District and possibly to State. One Senior 4-Her may advance to District in each Food Show category. Juniors and intermediates are welcome to participate at the *County level ONLY*.
- You must arrive with your dish complete. However, don't bring the entire dish – only a single serving or a small dish of the recipe is required to reduce waste.
- No cooking, preparation, or storage facilities will be present at the site. If your dish needs refrigeration, bring it in a cooler or something similar. There is no refrigerator nor any ice on site.
- Remember to bring along a serving utensil and think about whether or not you need to wear gloves to serve the dish. Disposable plates will be provided for the judges and judges are not allowed to taste the food. They will judge on appearance, aroma, texture, and your presentation.
- 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.
- Bring a close-up, framed photograph of the participant with his or her dish. Maximum size is 4" x 6". Print name, county, and food category on the back of the photo.
- There are four food categories. See the complete rules on our website:
<http://counties.agrilife.org/limestone/?p=471>

Presentation specifics

- For Senior 4-H participants only: No note cards may be used during the presentation. The 2 minute presentation must be memorized.

- For Clover Kids, Juniors, and Intermediates: you may use note cards during presentation, but should not read from them – just use them as guidelines or prompts.
- Timeline – 2 minutes for the presentation; 5 minutes for judges' questions; 1 minute to serve the judges a portion of your recipe; and 7 minutes between presentations for judges to score and write comments.
- Judges may ask questions not directly related to the dish prepared. Some questions may address general knowledge gained through the 4-H members' food and nutrition project learning experiences. Judges will ask a set number of prepared questions.
- No talking or writing is allowed among team members *while waiting to give the presentation*.
- Judges are not allowed to taste the food.

Parts of the Presentation:

- **Knowledge of MyPlate** – general information about MyPlate; extra knowledge found online (www.myplate.gov). Find out the exact number of servings you need per day, etc. Do you know the food groups? Could you tell a judge what food group the major ingredients in your dish fall into? (ground beef- protein group, etc.)
- **Nutrient Knowledge** – what are the key nutrients in each food group? Why do you need each key nutrient? What could be a healthy substitution in your recipe? (For example, if your recipe calls for milk, be sure it is low fat – 2%, 1% or fat-free; pasta – use whole grain; sour cream – use non-fat or perhaps plain yogurt could be substituted, etc.)
- **Food Preparation and Safety** – be able to explain how you made your dish. Don't go into too much detail. Be brief. Be able to state what you did to observe food safety – did you wash your hands first? Cook meat to the appropriate temperature? Steps taken to avoid cross contamination?
- **Food Presentation and Quality** – your dish will be judged on the appearance and consistency of the food, texture, and garnishing.
- **4-H Food & Nutrition Project Activities** – community service, leadership, and workshops within your Food & Nutrition project. How did you make a difference with what you learned this year?
- **Presentation Skills** – did you speak loud enough for the judges to hear you? Remember to speak clear and slow. The team captain or someone should introduce the team to the judges at the very beginning. Shaking hands with the judges never hurts!

Remember you have to be brief – you only have 2 minutes for the total presentation. Studying ahead of time will be to your advantage!!!

Questions?

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