



Cooking Through the Decades

District 12 4-11



Agent Packet

2024-2025



2025 DISTRICT 12 4-H FOOD SHOW

RESOURCE PACKET

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AGENDA

8:00 am – 8:30 am	Junior and Intermediate Registration
8:30 am- 9:00 am	Participant & Judge’s Orientation
9:00 am- 12:00 pm	Junior Participant Judging
11:30 am – 1:00 pm	District 12 4-H Council Meeting
1:00 pm- 1:30 pm	Senior Registration
1:30 pm- 4:00 pm	Senior Judging
5:30 pm	Awards Ceremony

AGE ELIGIBILITY & ENTRY CATEGORIES

The standardized Texas 4-H age categories are as follows:

JUNIOR	3 rd through 5 th grade
INTERMEDIATE	6 th through 8 th grade
SENIOR	9 th through 12 th grade

ENTRY CATEGORIES: Four entry categories allow for presentation of a variety of foods in the District 12 4-H Food Show. The categories also provide an opportunity for contestants to exhibit a variety of food preparation principles.

Sometimes a decision needs to be made concerning which category a specific recipe/dish is entered. It is suggested that the decision resides with the county Extension agent, 4-H'er and leader.

4-Hers are strongly encouraged to choose recipes that are relatively simple (i.e. less than 7 ingredients, 1-dish meals, etc.). Please remember that the goal of the food and nutrition project is to learn healthy eating skills and healthy recipe selection. A 75-minute oven baking time limit will be instituted for all recipes in all four categories.

Encourage participants to be familiar with basic cooking principles and the use of cooking utensils. They should also select recipes that follow sound dietary practices. These resources include, but not limited to:

NUTRITION RESOURCES

MyPlate

<http://www.choosemyplate.gov/>

Food Safety

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

Dietary Guidelines for Americans

<http://health.gov/DietaryGuidelines/>

Preparation Principles & Function of Ingredients

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

Know Your Nutrients

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

Nutrient Needs at a Glance

http://fcs.tamu.edu/food_and_nutrition/pdf/nutrient-needs-at-a-glance- E-589.pdf

2025 District 12 4-H Food Show

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/>

Refer to the 2024-25 Texas 4-H Food Show Resources & Texas 4-H Food & Nutrition Resources for a complete list.

- **Appetizers** – 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 Dishes** - 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

Ingredients: When choosing a dish, please remind Senior contestants to keep in mind what seasonal ingredients may or may not be available in College Station in June during the state contest. No alcohol or alcohol-containing ingredients can be used.

Skill Showcase: (*SENIORS ONLY*) 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 designated judging time for each contestant and not prior. The skill demonstration will include a time limit which will be announced during participant orientation.

Knowledge Showcase: (*SENIORS & INTERMEDIATS ONLY*) 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.

Substitutions or No Shows: All agents must advise the District Office of substitutions and/or no shows of contestants, judges, and/or superintendent’s assistants by noon on **Thursday, March 20.**

Senior Division: 4-H’ers who have won first place in any category, in any year, at the State 4-H Food Show **are eligible to participate** in any category at the State 4-H Food Show.

Recipe Submission: All age divisions are required to submit their Recipe Information as part of their registration on **4-H Online**. Information required includes: Category, Recipe Title/Name, Ingredients List, Preparation Instructions, Preparation Time (minutes), Cook Time (minutes), Cost, and the Source of the recipe by the deadline of **March 19th via 4-H Online.**

CONTEST PREPARATION INFORMATION

Preparing for the Contest

The scorecards (**Attachment E**) contain the information the judges will focus on during the interview and evaluation of each contestant.

After registration/check-in, participants will be directed to the “Waiting Area” until their interview. The 4-H members should have their dish prepared and all the necessary supplies to show and serve their dish during the interview.

ALTHOUGH THERE WILL BE NO TASTE TESTING, please practice good food safety; keep hot foods hot and cold foods cold. Also, contestants should demonstrate safe food handling procedures throughout their interview.

Preparing for the Interview

JUNIOR & INTERMEDIATE: NO PRESENTATION

JUNIOR and INTERMEDIATE- Introduction ONLY!! NO 5-minute presentation. No presentation at all.

Junior and Intermediate contestants are limited to a brief introduction of themselves (e.g. name, county, name of recipe) and wait for judge’s direction. Please communicate this clearly to all participants; Juniors and Intermediates **will not** be allowed to use an opening presentation.

Example:

Hello, my name is _____ from _____ County.

The name of my recipe is _____. Thank you.

(Judge will now ask questions as part of the interview)

Questions that can be used during interview will be the same as those referenced in #3 & #4 in the “Senior” portion of Attachment C with consideration for the age/grade of this group of contestants. The expected length of the interview will be about **6-8 minutes**. Finally, at the direction of the judges, the contestants will have a maximum of **1 minute** to serve a single portion that the judges can observe.

SENIOR: 5-Minute Presentation

Senior participants will be required to conduct a **5-minute** (maximum) presentation at the start of the interview. This section will score knowledge of MyPlate, nutrition, food preparation, and food safety. The presentation will be followed by questions from the judges on their project activities and any other relevant questions.

1. The participants will go before a team of judges with their entry. The entry display may only consist of the serving dish and serving utensil.
2. To start the interview, each participant will introduce themselves to the judges with his or her name and the recipe name/title.
3. Following the introduction, each participant is allowed a maximum of five (5) minutes to present information on any combination of the following topics. It will be an oral presentation with no visuals.
 - Inspiration for this dish and how it relates to the **“Cooking Through the Decades”** theme
 - Knowledge of MyPlate
 - Nutrition Knowledge
 - Food Preparation - principles or critical steps in preparation of entry dish
 - Food Safety Concerns

Example presentation structure:

Good morning, I am _____ from _____ County. Today, I have prepared a _____. The key ingredients in my recipe are: (talk about the ingredients included and what food group). I was inspired to select and prepare this dish/recipe because (inspiration for recipe) _____. My recipe is rich in the following nutrients _____ (tell about the nutrients and why our body needs them and references to MyPlate). I prepared my dish by _____ (explain how you made your dish). Do you have any questions?

4. The judging team will have **3 minutes** (maximum) following the participant presentation 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 questions asked by the judges**.
 - Basic nutrition - key nutrients and their function in the diet
 - Food Safety - concerns during purchasing, preparing, serving, and storing of a recipe
 - Food preparation
 - Chronic diseases
 - Project Experiences - activities, learning, leadership, careers and how they affect you
 - Knowledge - knowledge and skills and how they affect you
 - Ingredients -importance and functions of ingredients in entry dish, including modifications
 - Dietary Guidelines MyPlate · basic concepts related to Dietary Guidelines and MyPlate
 - Calories & Serving Size - calorie needs and calorie contribution of common foods
 - Dietary/Lifestyle Changes · new foods experience, special food needs, special diet information, and why the entry dish was selected. Describe a complete meal menu containing their entry.
5. At the conclusion, and at the direction of the judges, the contestant will have a maximum of **1 minute** to serve a single portion.
6. After serving the dish, Seniors will have **2 minutes** to showcase the skill chosen by the Food Show Committee.

Check Sheet for Recipe and Example Recipe

(Also see Example Recipe on following page.)

If the contestant, agent or leader has any questions concerning correct recipe writing, please call the District Office before submitting.

		YES	NO
I.	Does your recipe have all these parts?	___	___
a.	Name of Recipe	___	___
b.	Complete List of Ingredients Size cans, packages, cans, etc. given <i>EX: 10 oz. box chopped frozen spinach NOT Spinach, box of spinach or frozen spinach.</i>	___	___
c.	Description for combining all ingredients.	___	___
II.	List of Ingredients		
a.	Ingredients are listed in order in which they are used	___	___
b.	Ingredients listed as they are measured <i>(i.e. the word describing is in the correct place)</i> <i>EX: 1/4 cup chopped onion, not X cup onion chopped</i> <i>EX: 1 green pepper, chopped, not 1 chopped green pepper</i>	___	___
c.	Measurements given in common fractions <i>(i.e. 1/4 cup, 2 tablespoons, 1 teaspoon)</i>	___	___
d.	All measurements are spelled out, not abbreviated. <i>EX: cup, teaspoon, tablespoon, size can, etc. (i.e. 4-ounce can)</i>	___	___
e.	Avoid/Exclude brand names. Include complete description of ingredients <i>(i.e. low-fat, packed in syrup, reduced fat, etc.)</i>	___	___
III.	Preparation Instructions / Directions		
a.	Used clear instructions for each step of combining and cooking ingredients	___	___
b.	Used short, clear sentences	___	___
c.	Used the correct word to describe combining and cooking processes	___	___
d.	Stated the size and type of pan	___	___
e.	Given the oven/cooking temperature and cooking time	___	___
f.	Included the number of servings or how much the recipe would make	___	___
g.	Includes cooking time (if applicable) and preparation time	___	___
IV.	Source		
a.	I have listed the source of my recipe (specifics) (Ex. Better Homes & Gardens, Nov 25, 2018, p45 or specific URL; <u>Do Not</u> list only the name of website. Give full credit to where you got the recipe)	___	___

Example Recipe

4-H Shamrock Salad

- 6-ounce package lime gelatin *(not just 1 pkg. lime gelatin)*
2 cups boiling water
1 cup lemon-lime soda
8-ounce package cream cheese, softened
- 1/2 teaspoon vanilla
1/2 teaspoon lime juice
6-ounce can mandarin oranges, drained
8-ounce can pineapple tidbits, drained
2 cups 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)*
- 1/2 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 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 Shamrock gelatin jigglers, dissolve the 3-ounce package lime gelatin in 1 ½ cups boiling water. Pour into shallow pan, 24 x 16 x 1 inches. Chill until set. Cookie cut the jiggles 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 tray for color variety. Yield: 8 servings. (*Note number of servings is listed.*)

Recipe source: Doe, Jane. Better Homes and Gardens, November 2020, p. 25.

Food Show Scorecard Supporting Resources

JUNIORS & INTERMEDIATES

The scorecards are identical for both age divisions. They include some important changes from previous years so please review this carefully.

MyPlate.gov provides very specific daily requirements based on age and gender. As a result, every 4-H member preparing for their interview needs to be knowledgeable of the requirement that apply to them specifically. This means that the answer to the questions in Knowledge of MyPlate within the scorecard will vary based on participant age and gender. The scorecard assumes "average" levels of activity and weight. It is advisable that 4-H members have a general knowledgeable of how changes in activity level and weight might impact daily nutritional requirements. (See tables below)

Knowledge of Food Safety includes a representative value towards their total score, specifically 15%. The intent is that 4-H members have a general knowledge of safe food handling, preparation, and storage practices appropriate to the age level. Their knowledge should focus specifically on their dish but expanding beyond that is good practice.

Project Activities accounts for 10% of the evaluative criteria. These 4-H members should be involved in food and nutrition activities and be able to communicate what they did and learned. Consideration will be extended to allow for age-appropriateness and number of years in the project.

It is important to review all evaluative criteria carefully and adjust educational efforts to prepare 4-H members accordingly.

GROUP	AGE	PROTEIN	FRUITS	VEGETABLES	GRAINS	DAIRY
CHILDREN	2-3 yrs. old	2 oz. equivalents**	1 cup**	1 cup**	1 3oz.	2 cups
	4-8 yrs. old	4 oz. equivalents**	1-1 ½ cups**	½ cups**	equivalents** 5oz. equivalents**	2 ½ cups
GIRLS	9-13 yrs. old	5 oz. equivalents**	1 ½ cups**	2 cups**	5oz	3 cups
	14-18 yrs. old	5 oz. equivalents**	1 ½ cups**	2 ½ cups**	equivalents** 6oz equivalents**	3 cups
BOYS	9-13 yrs. old	5 oz. equivalents**	1 ½ cups**	2 ½ cups**	6oz	3 cups
	14-18 yrs. old	6½ oz. equivalents**	2 cups**	3 cups**	equivalents** 8oz equivalents**	3 cups
WOMEN	19-30 yrs. old	5½ oz. equivalents**	2 cups**	2 ½ cups**	6oz	3 cups
	31-50 yrs. old	5 oz. equivalents**	1½ cups**	2 cups**	equivalents**	3 cups
	51+ yrs. old	5 oz. equivalents**	1½ cups**	2 cups**	6oz equivalents** 5oz equivalents**	3 cups
MEN	19-30 yrs. old	6½ oz. equivalents**	2 cups**	3 cups**	8oz	3 cups
	31-50 yrs. old	6 oz. equivalents**	2 cups**	3 cups**	equivalents**	3 cups
	51+ yrs. old	5½ oz. equivalents**	2 cups**	2 ½ cups**	7oz equivalents** 6oz equivalents**	3 cups

**4-Hers should identify where they are in this chart and be knowledgeable of their dietary requirements

Source: <https://www.choosemyplate.gov/eathealthy/WhatIsMyPlate> (Click the Food Group then the "+" next to "Daily **** Table" for each of the groups.) Revised: 10/2020

SENIORS

Please review the scorecard carefully. 4-H members will need to be prepared to communicate their project experiences in the Food & Nutrition project during the interview. 4-H members should have an advanced level of experience that are age-appropriate and include participation as well as leadership experiences. Project experience expectations have not been changed, only where and how that portion is evaluated. There will be 10 points (10%) of the evaluative criteria dedicated to this area.

Unlike JUNIOR & INTERMEDIATE scorecards, questions in the SENIOR interview are not limited to any specific set of questions. Senior 4-H members should have a more advanced level of knowledge and be able to communicate their knowledge of the topics identified in the scorecard.

STATE RULES & GUIDELINES

The state rules have been written primarily for SENIOR age divisions. The District event uses the state rules to extend the opportunity to younger 4-H members with some modifications. It is very important that you read state rules carefully, review the district letter and supporting materials carefully, and communicate with your county Extension agent if you have any questions or doubts.

District 12 4-H Food Show | JUNIOR Scorecard

Contestant Name: _____ County: _____

Age Division: _____ Entry Category: _____

Recipe Title: _____

I. INTERVIEW

Theme: <ul style="list-style-type: none"> How does the theme fit with the dish? 		(5)	
Knowledge of MyPlate: <ul style="list-style-type: none"> 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: <ul style="list-style-type: none"> Key nutrients of dish and function of those nutrients 		(10)	
Food Preparation: <ul style="list-style-type: none"> Preparation key principles and function of key ingredients Healthy substitutions 		(10)	
Food Safety Concerns & Practices: <ul style="list-style-type: none"> Knows food safety concerns in preparation and storage of dish Follows FightBAC principles 		(10)	
4-H Food & Nutrition Project Activities		(10)	
Additional Judge's Questions		(15)	

II. FOOD PRESENTATION/QUALITY

<ul style="list-style-type: none"> Appearance of food (texture, uniformity) Garnishing 		(5)	
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III. EFFECTIVENESS OF COMMUNICATION

<ul style="list-style-type: none"> Voice, poise, personal appearance 		(5)	
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TOTAL INTERVIEW SCORE

Additional Comments		Total Interview Points	Possible (80)
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IV. SHOWCASES

Skill Showcase: <ul style="list-style-type: none"> Proper demonstration of assigned skill. 	Not applicable for JUNIORS		(0)
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V. KNOWLEDGE SHOWCASE

Knowledge Showcase: <ul style="list-style-type: none"> Demonstration of knowledge. (written quiz) 	Not applicable for JUNIORS		(0)
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		Total of Interview & Skills Points	Possible (80)
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District 12 4-H Food Show | INTERMEDIATE Scorecard

Contestant Name: _____ County: _____

Age Division: _____ Entry Category: _____

Recipe Title: _____

I. INTERVIEW

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 and function of those nutrients		(10)	
Food Preparation: • Preparation key principles and function of key ingredients • Healthy substitutions		(10)	
Food Safety Concerns & Practices: • Knows food safety concerns in preparation and storage of dish • Follows FightBAC principles		(10)	
4-H Food & Nutrition Project Activities		(10)	
Additional Judge's Questions		(15)	

II. FOOD PRESENTATION/QUALITY

• Appearance of food (texture, uniformity) • Garnishing		(5)	
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III. EFFECTIVENESS OF COMMUNICATION

• Voice, poise, personal appearance		(5)	
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TOTAL INTERVIEW SCORE

Additional Comments		Total Interview Points	Possible (80)
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IV. SHOWCASES

Skill Showcase: • Proper demonstration of assigned skill.	Not applicable for INTERMEDIATES	(0)	
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V. KNOWLEDGE SHOWCASE

Knowledge Showcase: • Demonstration of knowledge. (written quiz)		(10)	
		Total of Interview & Skills Points	Possible (90)

District 12 4-H Food Show | SENIOR Scorecard

Contestant Name: _____ County: _____

Age Division: _____ Entry Category: _____

Recipe Title: _____

I. PRESENTATION			
Theme: <ul style="list-style-type: none"> How does the theme fit with the dish? 		(5)	
Knowledge of MyPlate: <ul style="list-style-type: none"> 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: <ul style="list-style-type: none"> Key nutrients of dish and function of those nutrients 		(10)	
Food Preparation: <ul style="list-style-type: none"> Preparation key principles and function of key ingredients Healthy substitutions 		(10)	
Food Safety Concerns & Practices: <ul style="list-style-type: none"> Knows food safety concerns in preparation and storage of dish Follows FightBAC principles 		(10)	
II. INTERVIEW			
Additional Judge's Questions		(15)	
4-H Food & Nutrition Project Activities		(10)	
III. FOOD PRESENTATION/QUALITY			
<ul style="list-style-type: none"> Appearance of food (texture, uniformity) Garnishing 		(5)	
IV. EFFECTIVENESS OF COMMUNICATION			
<ul style="list-style-type: none"> Voice, poise, personal appearance 		(5)	
V. SKILL SHOWCASE			
Skill Showcase: <ul style="list-style-type: none"> Proper demonstration of assigned skill. 		(10)	
VI. KNOWLEDGE SHOWCASE			
Knowledge Showcase: <ul style="list-style-type: none"> Demonstration of knowledge. (written quiz) 		(10)	
Additional Comments:			
		Total Points	Possible (100)

AGENT ASSIGNMENTS

EVENT COMMITTEE: Neida Martinez/Ashlie Slayton (Chair) and agents on the planning committee will be available throughout the event to answer questions.

ROOM TEAMS: Each team will facilitate each of the judging rooms and will include all four food categories for the respective age division. The team will ensure that within each age division room that every interview follow specific time limits for the Presentation (Seniors only), Questions, Portion serving, Knowledge Quiz and the Skills Showcase.

Room A: Juniors:

- Judge 1: Analisa Sanchez
- Judge 2: Jennifer Herrera

Room B: Juniors and/or Intermediates:

- Judge 1: Angie Sifuentes
- Judge 2: Brianna Gutierrez

Room C: Seniors:

- Judge 1: Hector Soto
- Judge 2: Julieta Leija De Leon

Room D: Knowledge Quiz:

- Judge 1: Alyssa Cruz

Room Runners/Timekeepers:

- Judge 1: Leslie Dominguez
- District Officers will assist were needed.

NOTE: Any agent listed as a **Support Committee** member or **Planning Committee** member that is not referenced above will be assigned some duties either prior to or during the event.

VOLUNTEER FORM

Use this form to organize your volunteer list. All information should be entered online (D12 4-H website) *under the 4-H Events> 4-H Food Show link*. This information must be posted online **by March 20**.

VOLUNTEER · JUDGE #1

Name: _____

Email: _____

Address: _____ City: _____ Zip: _____

Phone: _____

Has this person judged at county food show? _____ Yes _____ No

Has this person judged at district food show? _____ Yes _____ No

Is this person knowledgeable about this contest? _____ Yes _____ No

Is this person knowledgeable of food and nutrition, MyPlate, and dietary guidelines? _____ Yes _____ No

Have you provided this person training on foods and nutrition? _____ Yes _____ No

Specify any judging conflicts: _____

VOLUNTEER - JUDGE #2

Name: _____

Email: _____

Address: _____ City: _____ Zip: _____

Phone: _____

Has this person judged at county food show? _____ Yes _____ No

Has this person judged at district food show? _____ Yes _____ No

Is this person knowledgeable about this contest? _____ Yes _____ No

Is this person knowledgeable of food and nutrition, MyPlate, and dietary guidelines? _____ Yes _____ No

Have you provided this person training on foods and nutrition? _____ Yes _____ No

Specify any judging conflicts: _____

DO NOT TURN IN THIS FORM...ALL INFORMATION MUST BE POSTED ONLINE AS DESCRIBED ABOVE