

# 23-24 PARKER CO. 4-H FOOD SHOW RULES AND GUIDELINES

## COOKING THROUGH THE DECADES



THE MEMBERS OF TEXAS A&M AGRILIFE WILL PROVIDE EQUAL OPPORTUNITIES IN PROGRAMS AND ACTIVITIES, EDUCATION, AND EMPLOYMENT TO ALL PERSONS REGARDLESS OF RACE, COLOR, SEX, RELIGION, NATIONAL ORIGIN, AGE, DISABILITY, GENETIC INFORMATION, VETERAN STATUS, SEXUAL ORIENTATION OR GENDER IDENTITY AND WILL STRIVE TO ACHIEVE FULL AND EQUAL EMPLOYMENT OPPORTUNITY THROUGHOUT TEXAS A&M AGRILIFE.

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### Food Show Schedule

Parker County 4-H Food Show  
Registration Deadline, Date and  
Schedule of Events

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.

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### Rules and Guidelines

Theme: Cooking Through the Decades  
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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.

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### Special Opportunities

Review the special opportunities that are available for 4-H'ers to participate at the District Level for Food and Nutrition.



# Entry Requirements and General Information

Date: Saturday, November 4, 2023

Location: Parker County Extension Office

Time: 8AM Judging Begins (Doors open at 7AM)

Entries Due: Monday, October 23, 2023

Entry Fee: \$5

Entry Requirements: Clover Kids, Juniors, Intermediates and Seniors are required to submit the Parker Co. 4-H Food Show Entry Form which includes the recipe entered and a Recipe Release Form .

Food Show Schedule:

- Registration and Set-Up 7AM-7:45AM
- In-Person Judging 8AM
- Awards Program: Following Judging

## **Click to Enter the Parker County 4-H Food Show**

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.***

2023-2024 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.

## **2023-2024 THEME: COOKING THROUGH THE DECADES**

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.**



# Eligibility and Age Divisions

**Eligibility:** Contestants must be enrolled and actively participating as a 4-H member.

Age Divisions:

**Senior Division:** members must be in grades 9th through the 12th for the current school year.

**Intermediate Division:** Must be in grades 6th through the 8th for the current school year.

**Junior Division:** must be at least 8 years of age and in grades 3rd through 5th for the current school year.

**Clover Kids:** youth 5 years of age to 8 and not in the 3rd grade as of August 31st of the current school year. \*\*\* **Please note: Clover kids may participate in the Parker County 4-H Food Show but are not eligible to compete.**\*\*\*



## Categories

*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 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.*





# Rules and Guidelines

- (1) Food Preparation – Food must be prepared prior to the Parker County 4-H Food Show Contest. 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. There will be no preparation at the Parker County 4-H Food Show. Please be aware that participants will not have access to electrical outlets, microwaves, ovens, refrigerators, freezers, sinks, etc. at the Parker County 4-H Food Show.
- (2) Parker County 4-H Online Entry Form – All 4-Hers MUST complete the Parker County 4-H Food Show Online Entry Form.
- (3) Serving Food Show Dish – Participants will only display a single serving of their entry instead of the entire recipe. It should be displayed on an appropriate serving dish and may be garnished with an edible garnish. Total dish serving size MUST be included at the bottom of your written recipe. Food handler's gloves will be available in each of the categories if 4-H members need them. Please note at district...Beef Award: Beef award contestants will need to display two servings of their recipe. One to serve to Food Show contest judges and one to serve to Beef Award judges
- (4) Tasting – There will be NO tasting by judges, agents, 4-Hers or parents at the County, District, or State Food Shows for all age divisions and categories including beef judging. No one will be given the option or opportunity to taste before, during, or after the Food Show due to food safety and liability concerns.
- (5) Day of Contest Dish Display – A name card will mark each contestant's assigned space. A dish holding area with a width of approximately 24 inches will be provided. Contestants are encouraged to have an appealing "presentation" of their food for the judge, which should include: serving dish, one serving of the recipe, an edible garnish, and a serving utensil.
- (6) Serveware and Garnish – Participants may use their creativity to assemble the dish on a decorative serving dish and assemble garnishes. Remember: only the serving dish, single serving of the recipe, edible garnish and serving utensil will be allowed in judging area.

(7) Presentation of Dish During Interview – All participants are required to present a single serving at the time of their interview. Participants will place their dish in an assigned area and wait in an assigned area until he/she interviews. Please note: If participants will be transferring their single serving for interview from a hot dish to their serving plate, they should bring an oven safe mitt, pot holder, or trivet to place the hot dish on to prevent melting the plastic table cover.

(8) Category Qualification – The category qualification for a Food Show recipe entry will be at the discretion of the Parker County Extension Office.

(9) Knowledge Showcase (Seniors Only) – Senior 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. Contestants should refer to the Texas 4-H Food & Nutrition page (<https://texas4-h.tamu.edu/projects/food-nutrition/>) for potential resources.

(10) Skill Showcase – (Intermediate and Senior Participants) – Youth will be judged on an assigned kitchen/cooking type skill. Youth will complete this skill while at the judging table. All materials needed to demonstrate the skill will be provided for the contestant. No other materials may be used other than those provided. The interview judges will score their skill based on correct procedures, safety, and other pertinent information related to the skill assigned. 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	
<i>Skill</i>	<i>Purpose</i>
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 Demo or Kitchen Gadget Demo	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.

(11) Five Minute 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 your recipe, how 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. Participants may use notecards during the interview, but it must be noted: participants who present from memorization and meet the judging criteria will be subject to a higher score in presentation skills.

(12) Four Minute Interview – Judges will have the opportunity for a four-minute interview asking questions applicable to the 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.



(13) The First place winner in each class and age division will represent Parker County in the District 4-H Food Show on Wednesday, November 29, 2023 at the Jack County Fair Barn, 1072 State Hwy 59, Jacksboro, TX. Registration for the District 3 4-H Food Show is due on 4-H Online by Wednesday, November 8, 2023.

(14) Beef Award (District Food Show Only) – To be eligible for a Beef Award, the following guidelines will apply:

- Criteria: In the Main Dish category, a serving of the dish should contain 3–4 ounces of beef. NUMBER OF SERVINGS MUST BE INDICATED ON RECIPE. To calculate the number of ounces of beef in a serving, take the total amount of beef in the dish, change the amount to ounces (16 oz = 1 lb), and divide by the number of servings in the dish.
- Example: The recipe calls for 2 lbs. of beef and serves 8 people (32oz. divided by 8 servings = 4 oz. beef per serving.)
- Judging: There will be a separate judging for the beef awards. Members of the Wichita Falls Area Cattle Women's Organization will serve as judges. 4-H'ers entering the beef award will be judged twice — once in the Main Dish division and again for the beef award. During the beef award, judging questions will be centered around beef, its importance in the diet, cooking methods, ways to serve, etc.
- Serving Dish: Those participants eligible for the beef award will need to bring an additional single serving of their recipe for the Beef Award judging.
- Awards: The Beef Awards will be given by the Wichita Falls Area Cattle Women. Awards will be cash awards in the Main Dish Category Only (Junior, Intermediate, and Senior).

(15) 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-needknow>
- FightBac – [https://texas4-h.tamu.edu/wp-content/uploads/national\\_food\\_challenge\\_fight\\_back\\_brochure.pdf](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](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](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](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/>

# 4-H Food Show Recipe Selection

Four entry categories allow for presentation of a variety of foods in the Food Show. The categories also provide an opportunity for contestants to exhibit a variety of food presentation principles.

Many recipes can be entered in more than one category. Participants should consult with the website <http://www.choosemyplate.gov/> when selecting a recipe category. All four food categories may use ovens during food preparation. However, oven time is limited to 75 minutes in all categories.

- *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.*

## Special Notes for State Qualifiers:

State qualifying food show contestants must enter the same recipe that they qualified with at the District level. The same recipe cannot be entered more than once to the State Food Show.

At state, contestants will be assigned specific preparation facility times and preparation time limits based on number of entries and recipes. Depending on the number of entries and recipes, contestants may be limited to 2 to 2.5 hours in the facility; this time limit will include final cooking and/or baking of their dish. Oven time is limited to 75 minutes.

Contestants should keep these items in mind when selecting recipes at county and district levels.

## WHEN SELECTING A RECIPE FOR COUNTY AND DISTRICT COMPETITION, PLEASE REMEMBER:

- Recipes should be written in the standard recipe format using the included Recipe Submission Checklist as a guide.
- When choosing a recipe, please keep in mind what ingredients will be available in College Station. (Seniors)
- No alcohol or alcohol-containing ingredients can be used







# Recipe Checklist

## Does your recipe have these parts

- ✓ Name of Recipe
- ✓ Complete list of ingredients Size cans, packages, etc. given EX: 10 ounce box chopped frozen spinach
- ✓ Description for combining ingredients

### ***List of ingredients***

- ✓ Ingredients are listed in order in which they are used
- ✓ Ingredients listed as they are measured, i.e. the word describing is in the correct place. EX: ¼ cup chopped onion
- ✓ Measurements given in common fractions. EX: ¼ cup, 2 tablespoons
- ✓ All measurements are spelled out, not abbreviated. EX: cup, teaspoon, tablespoon, and ounce.

### ***Directions***

- ✓ Use clear instructions for every step of combining and cooking the ingredients.
- ✓ Use short, clear sentences.
- ✓ Use the correct word to describe combining and cooking process.
- ✓ States the size of the cooking vessel.
- ✓ Gives temperature and cooking time.
- ✓ Includes the number of servings or how much the recipe would make.

## D3 4-H Food and Nutrition Special Opportunities

There will be three special opportunities offered in 2023 in conjunction **with the District 3 4-H Food Show**. 4-Hers will be able to participate in additional District-level opportunities related to the Food and Nutrition project and "Promote 4-H". The Special Opportunities include: Exhibit, News Writing and the new Beef Poster Contest.

**\*Note\*** Participants are not required to participate in the District 3 4-H Food Show to take part in these special opportunities. However, registration for the District 3 4-H Food Show within 4-H Connect is still required. Those participating in the Special Opportunities will select the Exhibit and/or News Writing option within their 4-H Connect contest registration to receive a certificate.

### **EXHIBIT**

Exhibits may be entered by an individual or a group (such as a 4-H Food & Nutrition Group).

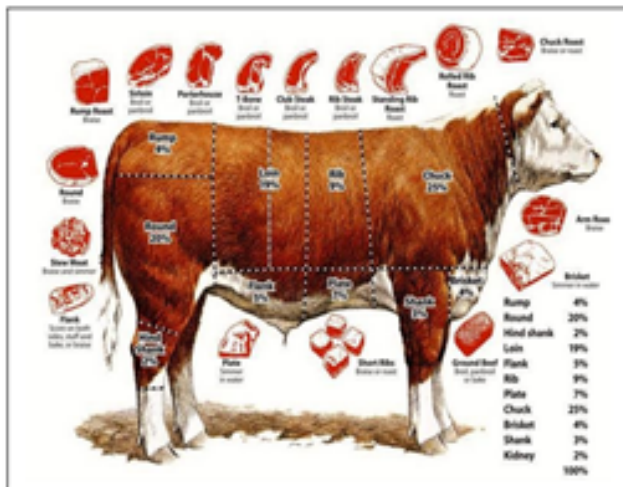
- (1) **Criteria.** Exhibits should be related to some area of the Food and Nutrition Project. The exhibits must be card table size. Each exhibit should include a sign that lists the county name and name(s) of 4-Hers who developed the exhibit.
- (2) **Setup.** Nothing can be attached to walls. An easel may be used behind the table to hold a sign, poster, etc. Contestants must provide their own easel. There will be 8' tables set up in activity center. There will be no access to electricity. 4-Hers should set their exhibit up in Community Activity Center by 9:30 a.m.
- (3) **Presentation.** The exhibits may or may not be manned by the participants.
- (4) **Awards.** All 4-H'ers setting up an exhibit will receive a certificate.
- (5) **Disassemble.** Exhibits should remain in place until after the food show judging is complete. 4-Hers with exhibits DO NOT have to attend the District 3 4-H Food Show, however, they must make arrangements to get their exhibits to and from the show.

### **NEWS WRITING**

A 4-H'er in any age division may write a news article.

- (1) **Criteria.** News article should promote the food and nutrition project, the food show, food safety, health or any other subject matter area of the Food and Nutrition Project. The articles should contain the 4-H'ers name, county and age in the top right hand corner. They should be typed, double-spaced on standard 8½ x 11 inch white paper.
- (2) **Display.** These articles can be displayed at the event.





## 4-H BEEF POSTER CONTEST

Entry deadline is November 8, 2023.

Posters are due to your local Extension Office by November 13<sup>th</sup>. (or otherwise specified by your CEA)

This contest is designed to encourage 4-H members to learn more about the beef industry while encouraging beef product and nutrition promotion. Participants are expected to create original work using resources wisely. The 2023 Beef Poster Contest theme is **BEEF** and should have a health and nutrition focus.

**Beef Poster contestants are not required to enter the District 3, 4-H Food Show but must be an active, enrolled member of a county 4-H program. County Offices must register the entries on 4-H Connect during District 4-H Food Show registration dates.**

### Rules:

1. Poster must be on 22" x 28" poster board or foam board only.
2. The finished poster should be appropriate for use as an ad on a billboard.
3. Write your name, address, age, grade in school and County on the back of your poster in the upper right corner. Winning posters will be kept by the Cattlemen's Association. Please indicate if you would rather have your poster returned.
4. Poster should generate positive images and promotion of beef (not live cattle production) using the indicated theme, without projecting any negative messages towards other agricultural commodities (chicken, pork, etc.).
5. You can use magazines, parents, friends, nutrition bulletins and meat publications to develop your ideas but the end concept should be original and not copied material. Materials are also available from your butcher, local supermarket, The American Meat Institute or National Livestock and Meat Board. You must use citations for your sources. (Example: Source: The American Meat Institute, *Packaging and Shelf-Life Fact Sheet*.)
6. **Do not use copyrighted material.** Pictures, clipart and images (i.e. cartoon characters, advertisements, logos, etc.) that are copyrighted may not be used on the poster. Use of copyrighted images will disqualify the poster.
7. Computer generated clipart may be used on the poster **if it is not copyrighted material.**
8. Entries must be registered in 4-H Connect within the District 3 4-H Food Show registration dates.
9. There is no entry fee for this poster contest.

### Divisions:

Division I Grades 3-5

Division II Grades 6-8

Division III Grades 9-12

### Awards:

All participants will receive ribbons. First place winners will receive a rosette ribbon. Cash awards will be given to first and second place winners. 1st place - \$50, 2nd place - \$30 in each age division.

**Sponsor:** Wichita Falls Area Cattlemen (Winning posters will be kept by the association to be used at various events throughout the year. If you would like your poster returned, please indicate on the back of the poster.)



# Food Show Tips

## Tips On Serving Sizes

- Think about a serving size you would get at a restaurant (Not Supersized)
- Look at magazines to get ideas of a single serving
- As a guide, look at similar recipes that tell how many servings it will make
- The serving size exhibited should be consistent with the number of servings you indicate the entire recipe will serve

Participants will serve the judges the single serving of their recipe during their interview. Participants will be serving the judges from their serving dish to the judge's plate.

Participants are still encouraged to have an appealing "presentation" of their food for the judges which should include: the serving dish, one serving of the recipe, an edible garnish and a serving utensil.





# Food Show Tips

## **Presenting the Dish To Be Judged**

The contestant's dish will be presented in a serving dish, containing a single serving. Serving of the entry dishes will occur during the contestant's interview time. Serving trays will be provided by the Preparation Center Supervisor if needed.

Contestants are encouraged to practice proper food handling techniques when presenting to the judges.

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. Agents and leaders are encouraged to use discretion regarding this manner when counseling 4-H'ers for the state show.

Dishes that are displayed during the public viewing and the Awards Ceremony can be more elaborately presented. However, large table cloths, silver trays, etc., are not appropriate, since each contestant will be allowed a space that is only about 24 inches wide and 18 inches deep.

## **Judging Criteria**

Contestants will be judged according to the criteria listed on the revised 2023-2024 4-H Food Show Scorecard. Judges will use the contestant's recipe (as originally submitted) as a reference during the interview.

## **Interview & Contestant Participation**

The participant will come to the team of judges with the food entry. The 4-H member may stand behind the display while the judges sit facing the participant. Entry display may only consist of the entry serving dish, serving utensil & napkin for serving utensil. Only edible garnishes are allowed.

## **Senior Interviews**

**Presentation:** To start the interview, each participant will introduce themselves to the judges with their name and the entry dish name. Each participant is allowed a maximum of five minutes to present information on any combination of the following topics. It will be an oral presentation with no handouts or visuals.

- Preparation principle(s) or critical step(s) in preparation of entry dish.
- Function of ingredient(s) in entry dish.
- Substitution 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 the 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.

# Food Show Tips

The judging team will be given a time frame for judge's questions (4 minutes) 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 question asked by the judges.

**Serving:** At the conclusion of the question and answer period you will have one-minute to serve the judges. This will allow the judges to visually evaluate the dish you have prepared.

Contestants are encouraged to practice proper food handling techniques when presenting food to judges. The judges WILL NOT taste the food. They will be judging the texture and the appearance of the entry.



## **Senior Question Examples:**

- Project activities from the current year's project.
- Special learning experiences from the current year's project.
- Leadership activities from the current year's project.
- Career options explored in current year's project.
- Dietary lifestyle choices explored in current year's project.
- Why did you choose this recipe?
- How did you make this dish?
- What new methods of food preparation did you learn in your project this year?
- Tell us about your recipe.
- What are the purposes of the major ingredients?
- Can you make substitutions for any of your ingredients?
- List the following according to MyPlate: 1. The food groups, 2. the recommended number of servings required for each day, and 3. the main nutrients supplied by each group.
- What are the main nutrients in your recipe/dish? How do these main nutrients function in the body?
- What is the number of servings in your recipe?
- What is the cost per serving?

## **Intermediate & Junior Interviews**

4-H members will present their dish just like seniors and will have a maximum of 5 minutes for their presentations and 4 minute question and answer.

### **Presentation:**

To start the interview, each participant will introduce themselves to the judges with their name and the entry dish name. Each participant is allowed a maximum of five minutes to present information on any combination of the following topics. It will be an oral presentation with no handouts or visuals.

- Preparation principle(s) or critical step(s) in preparation of entry dish.
- Function of ingredient(s) in entry dish.
- Substitution 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.
- Food Safety concerns during the purchasing, preparing, serving and storing of the entry dish.
- Menu ideas to complete the entry dish.



# Food Show Tips

## ***Question Examples for Junior and Intermediates***

- Why did you choose this recipe?
- How did you make this dish?
- What new methods of food preparation did you learn in your project this year?
- Tell us about your recipe.
- What are the purposes of the major ingredients?
- Can you make substitutions for any of your ingredients?
- List the following according to MyPlate: 1. The food groups, 2. the recommended number of servings required for each day, and 3. the main nutrients supplied by each group.
- What are the main nutrients in your recipe/dish?
- How do these main nutrients function in the body?
- What is the number of servings in your recipe?
- What is the cost per serving?





