

Texas 4-H Recipe Rally



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 healthy main dish that tie to the theme “Bringing Texas to the Table.”

Please note: There are changes to the contest this year, so read the information carefully!

Guidelines - Video Submission

- The rally is open to any intermediate and senior 4-H members.
- Entries can be individual only.
- The theme for 2015 is “Bringing Texas to the Table.” Recipes selected for entry should be a main dish item and tied to this theme.
- All videos submitted will compete against each other for selection to be a part of Dinner Tonight with Texas 4-H Cooking School.
- Videos must be submitted by uploading to YouTube by the designated deadline. The direct link must be provided when the 4-H member completes the online entry form, available at:
http://texas4-h.tamu.edu/healthy_lifestyles
- Instructions on uploading a video to You Tube are available on the Texas 4-H Healthy Lifestyles webpage.
- 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.
- 4-H members may submit a video entry at any time throughout the 4-H year. However, the official deadline for all online entries will be **April 1, 2015**.
- Sample videos are available online at:
<http://healthyliving.tamu.edu> and
http://texas4-h.tamu.edu/healthy_lifestyles.

For more information, contact:

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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
- Substitutions made, or that could be made, to make recipe healthier
- Serving size and cost analysis

Upon review of the video entries, six finalists will be selected to be a part of the Dinner Tonight with Texas 4-H Cooking School at Texas 4-H Roundup!



Dinner Tonight with Texas 4-H Cooking School

The Dinner Tonight with Texas 4-H Cooking School will be held on **Tuesday, June 9th**, at the **2015 Texas 4-H Roundup**.

- Youths' recipes *may* be selected to be featured at the cooking school; however, their selection is not guaranteed.
- Recipes to be used at the cooking school will be assigned no later than May 1st.
- Participants will need to be available all day on Tuesday, June 9th at 4-H Roundup, to work with County Extension Agents in preparation for the afternoon program.
- Participants selected for Dinner Tonight are required to register for Texas 4-H Roundup and pay all associated registration fees.

Please note: This is a change from previous years. 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.