



Travis County Youth Show 2014 Food Challenge

The Texas 4-H Food Challenge Guidelines, including the official supply box list, can be accessed at: http://texas4-h.tamu.edu/files/2013/08/healthy_food_challenge_manual.pdf
If not updated, email Cory Talley at cmtalley@ag.tamu.edu for more information.

1. Entry: An entry fee of \$25 made payable to TCYS is required. Entries must be submitted on an official Travis County Youth Show entry form and must be complete. Participation is by team entry only of 3 to 5 members

2. Eligibility: Contestants must meet all Junior Show Rule Requirements. This contest is open to eligible 4-H and FFA youth in the junior and Senior age divisions – All ages are as of August 31, 2013. (*Jr.: 9 (8 in the third grade) - 13 year olds and Sr.: 14- 18 year olds*)

3. Contest Format: One category will be randomly selected for all teams. (see categories below).

4. Rules of Play: The following is a summary of the contest procedure and rules:

A) **Preparation:** Each team will be provided a set of ingredients, reflective of the assigned category, and will create a dish using them. The amounts of ingredients, based upon a recipe, and a clue will be at each preparation station. Contestants are challenged with creating their own recipe with the ingredients provided. Each ingredient provided must be incorporated into the dish; however, the exact amount of each ingredient to use may be determined by the contestant.

B) **Presentation:** After the preparation time, each team must present their dish and give an oral presentation to a judging panel.

5. Time: Each team will have 40 minutes for the preparation portion of the contest (prepare a dish, plan a presentation and clean up their assigned preparation area). Five (5) minutes are allowed for the oral presentation, followed by three (3) minutes for judges' questions.

6. Question/Answer Period: At the conclusion of each team's presentation, judges will have three (3) minutes to ask questions of the contestants related to the dish prepared.

7. Supplies: Each team must supply their own equipment for the Food Challenge. Contestants may only bring the supplies listed in the official supply box list (4-H Food Challenge Guidelines for 2013-2014, see link above). Supply boxes will be checked by contest officials. Contestants should plan to not have access to a kitchen facility and, therefore, should plan to clean supplies upon returning home from the contest.

8. Dress Attire: Contestants should dress appropriately for food preparation and presentation to the judging panel.

9. Categories:

Main Dish: Food classified as main dishes usually contain a meat or meat alternate such as cheese, eggs, dry beans or peas, or peanut butter. They may also contain other foods. Dishes in this category may include: beef, veal, pork, variety meats, poultry, eggs, fish and shellfish, dry beans, etc.

Fruit & Vegetable: These are side dishes or foods that are usually served along with a main dish or as accompaniments to the main course.

Bread & Cereal: Examples of dishes in this category are quick breads, rice dishes and pastas.

Nutritious Snacks: Snacks are commonly eaten between meals by those with higher energy needs. Snacks should provide energy and enhance diet quality. Suggested dishes for this category are milk drinks and floats, fruit drinks, dips and dippers, fondues, custards, sandwiches, party foods and refreshments, appetizers, pizzas, and nutritious no-bake cookies.

****** Must Complete and submit entry form******