4–H Food Show and Challenge

If you want to be a star in the kitchen, try the food & nutrition project! You'll learn kitchen and cooking safety, how to prepare nutritious meals and snacks, and meal ideas to reduce your risk of disease. Learning experiences focus on nutrition, food purchasing, food preparation, food safety, and related careers.

FOOD CHALLENGE RESOURCES

The Texas 4-H Food Challenge contest is one of the most popular contests in the 4-H program. Changes have been made to the contest for several reasons:

♣ To reflect consistency with other state and national contests.
♣ To reflect comments and suggestions from agents, 4-H members, and coaches.
♣ To reflect easier to use resources for our youth.
♣ To reflect the need to continuously evaluate the success of our programs!

At the Food Challenge, teams of 3-4 students receive a list of ingredients and have 40 minutes to create a dish. The teams then present their dish to judges are scored on preparation, serving size, food safety concerns, nutritional value and cost. Students qualify at the country and district level to compete at the state contest. Review all the rules in the Food Challenge Manual.

Attached you will find the **updated Texas 4-H Food Challenge Guide** with changes reflected throughout, as well as contest resources. Please use this guide as you begin preparation for the new 4-H year.

Contest Resources:

- Food Challenge Rules and Guidelines
- Scorecards | Preparation | Presentation
- Worksheet
- FightBac – Food Safety Fact Sheet
- Know Your Nutrients

- MyPlate Mini Poster

Other Resources

- State 4-H Food & Nutrition Other Resources

Videos

- Cost Analysis Video
- Example presentation #1
- Example presentation #2
- Example presentation #3
- Food Challenge introduction
- Food product bag
- Organizing your team
- Pantry visit
- Preparing your dish

Quantities and sizes of a few items and a new "Gadget of the Year" may have may have added/changed. Please refer to the current list for these changes. This will change annually to give teams an opportunity to learn how to use various kitchen gadgets.

Presentation:

ALL team members must now participate and have a speaking role during the presentation to the judges.

The Texas 4-H Food and Nutrition Project continues to be one of the most popular project areas in the state. This project is the foundation for healthy eating and reduction of chronic disease risks. The Food Challenge Contest is just one avenue to teaching youth how to improve their health habits!

- For really cool videos on different parts of the Food Challenge competition go to the Youth Section of Foods and Nutrition
- Recipes For Good Health

FOOD SHOW

At the Food Show you choose a recipe from the contest categories and then prepare and present it to a panel of judges. During your interview with the judges, you will show how you prepared it, the nutrients and ingredients, personal dietary needs, healthy substitutions, and a cost analysis.

Food Show Guidelines

Food Show Study Resources:

- Food & Nutrition Texas 4H
- My Plate
- Food Safety
- Dietary Guidelines for Americans
- Preparation Principles & Function of Ingredients

Food Show Theme Resources

- Altering Recipes for Good Health
- Easy, Tasty, Healthy: Simple Ingredient Substitutions for Your Recipes
- Restaurant meals: How to make them healthier – Harvard Health

Food Show Recipe Resource

This Dinner Tonight website has GREAT videos on how to cook dishes and they prepare them right in front of YOU!! So watch and learn about chop size, food safety, food Handling and more! Then go make the dish for your family.. great fun with with the family.

- Dinner Tonight: Texas A&M AgriLife Extension

Resources

- Choose Health: Food, Fun, and Fitness Youth Curriculum
- Serving Up MyPlate: A Yummy Curriculum
- Food & Nutrition Resources