

2025 Palo Pinto County 4-H Food Show Guidelines



Date: Thursday, October 23, 2025

Time: Individual Times to be Assigned for Arrival

Location: Palo Pinto County Extension Office

Entry Deadline: Wednesday, October 15, 2025

Required Entry

Forms & Paperwork: Use the link or QR Code to Register

<https://forms.office.com/r/NHVFhNqCb5>

If you would prefer to register by phone,
please call 940-659-1228



Participants will need to bring two copies of the Recipe
Submission Form with them to the food show.

Questions: Texas A&M AgriLife Extension Service
Palo Pinto County Office
Phone: 940-659-1228

If you need any type of accommodation to participate in this program or have questions about the physical access provided, please contact Lynette Babcock at 940-659-1228 at least 2 weeks prior to the event.

4-H Food Show Rules & Guidelines

The Palo Pinto County 4-H Food Show will follow the District 3 4-H Food Show Guidelines.

Eligibility: Contestants must be enrolled and actively participating as a 4-H member. The 4-H member must also be actively participating in a food and nutrition educational program.

Age Divisions:

- **Juniors** must be at least 8 & in the 3rd, 4th, or 5th grade for the current school year.
- **Intermediates** must be in the 6th, 7th or 8th grade for the current school year.
- **Seniors** must be in the 9th, 10th, 11th or 12th grade for the current school year.
- **Clover Kids** (K-2nd Graders) may participate at the Palo Pinto County 4-H Food Show. They will not be eligible to advance to District.

Theme: *FOOD TRUCK FAVORITES:* Participants will showcase their culinary talents by preparing dishes inspired by popular food truck fare. Whether it's a globally inspired street food dish, a classic American favorite with a twist, or a fusion creation all your own, this competition challenges 4-H members to explore diverse flavors, unique ingredients, and creative presentation.

Entry Categories and Recipe Selection:

When selecting recipes keep in mind:

- Oven time is limited to 60 minutes in all categories.
- No alcohol or alcohol-containing ingredients can be used.
- Seniors, keep in mind that at the state contest total preparation time may be limited to 2 hours including oven time.
- Remember to keep nutrition in mind and healthy preparation methods as you select your recipe.

Youth may only enter one category.

- **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.

Entry Forms:

All age groups will need to complete the online entry form by the October 15, 2025 deadline. Participants will also need to bring two copies of the Recipe Submission form which includes a space for their recipe. It is available in a typeable PDF.

Recipe

Recipes should be written in the standard recipe format using the included Recipe Submission Checklist and the example as a guide.

Recipe Submission Checklist: Tips for Success

I. Does your recipe have all of these parts?

- ✓ Name of recipe
- ✓ Complete list of ingredients, size of cans and packages.
Ex. 10 ounce box chopped frozen spinach
- ✓ Description for combining ingredients

II. List of ingredients

- ✓ Ingredients are listed in order in which they are used.
- ✓ Ingredients listed as they are measured, i.e. the description word is in the correct place.
Ex. $\frac{1}{4}$ cup chopped onion, NOT $\frac{1}{4}$ cup onion chopped
- ✓ Measurements given in common fractions.
- ✓ All measurements are spelled out, not abbreviated.
Ex. Teaspoon, Cup, ounce

III. Directions

I have...

- ✓ Used clear instructions for every step of combining and cooking the ingredients
- ✓ Used short, clear sentences
- ✓ Used the correct word to describe combining and cooking processes
- ✓ Stated the size of pan
- ✓ Give temperature and cooking time
- ✓ Included the number of servings or how much the recipe would make

RECIPE EXAMPLE

4-H Shamrock Salad

6 ounce package lime gelatin (not just 1 package lime gelatin)

2 cups boiling water

1 cup lemon-lime soda

8-ounce package cream cheese, softened (not just 1 package/what kind?
Low fat, Fat free, etc.)

½ teaspoon vanilla

½ teaspoon lime juice

6-ounce can mandarin oranges, drained (always include size)

8-ounce can pineapple tidbits, drained

2 cups green 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)

½ 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, vanilla, and lime juice 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, 24x16x1 inches. Chill until set. Cookie cut the jiggle 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 try for color variety. Yield 8 ½ cup servings. (Note number of servings is listed)

The Day of the Food Show

- **Food Preparation:** There will be no preparation at the Palo Pinto County 4-H Food Show. Please be aware that 4-H'ers will not have access to electrical outlets, microwaves, ovens, refrigerators, freezers, sinks, etc. This is in order to make the county food show as much like the district show as possible. Even though the food will not be prepared at the contest, recipes selected are limited to 60 minutes of oven time.
- **Judging:** Judging tables will be set up in assigned locations. When it is time for a 4-H'er to be judged they will take their dish that may be garnished with an edible garnish and serving utensil to the judging tables. Helpers will be available to assist if needed. Paper plates, forks and napkins will be provided for the judges to check food quality and texture of food products. **Due to a state and district guideline, there will be no tasting by the judges.**
- **Interview (Junior, Intermediate and Senior)**
 - **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 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.
 - **Three Minute Q & A.** Judges will have the opportunity to ask 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.
- **Knowledge Showcase (Senior 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 after judging 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.
- **Skill Showcase (Senior Only)**

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 judge 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 the examples in the chart on the next page.

<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.

- Serving**
 Participants will be asked to serve a small portion to the judge(s) and should bring the appropriate serving utensil. 4-H'ers may also choose to use gloves to further help touching the food with bare hands. only the serving dish, entire dish of the recipe, edible garnish and serving utensil & gloves will be allowed in judging area. Judges will have paper plates and bowls available.
- Judging Criteria:** Contestants will be judged according to the criteria listed on the scorecard. Judges will use the contestant's recipe (as originally submitted) as a reference during the interview.
- Awards:** All participants will be recognized. 1st place winners in each category will be eligible to advance to the District 3 4-H Food Show which will be held on November 12th in Wichita Falls following Food Challenge. Clover Kids are not eligible to advance beyond county.

Study Resources

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

Functions of Ingredients Fact Sheet

https://texas4-h.tamu.edu/wp-content/uploads/food_nutrition_fact_sheet_functions_of_ingredients.pdf

FightBac

https://texas4-h.tamu.edu/wp-content/uploads/food_nutrition_food_challenge_fight_back_brochure.pdf

Safety Fact Sheet

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

MyPlate Mini Poster

<https://texas4-h.tamu.edu/wp-content/uploads/MyPlate-Mini-Poster.pdf>

Quick Ingredient Substitutions

https://texas4-h.tamu.edu/wp-content/uploads/project_food_nutrition_quick_ingredient_subs-1.pdf

Theme Resources

Texas Department of State Health Services

Mobile Food Units: How to Mobilize Your Food Operation Under DSHS

<https://www.dshs.texas.gov/sites/default/files/foodestablishments/pdf/GuidanceDocs/23-15129-Guidelinesfor-MFU--w-Citations-04152019.pdf>

Special Opportunities For 4-H'ers At District Food Show

There will be some special opportunities offered in 2025 in conjunction with the District 3 4-H Food Show. ***If you plan to participate in the Beef Poster Contest, the exhibit or newswriting at the District Food Show, please let us know when you enter the Palo Pinto County 4-H Food Show.***

Beef Award Contest

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. THE 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-Hers 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.

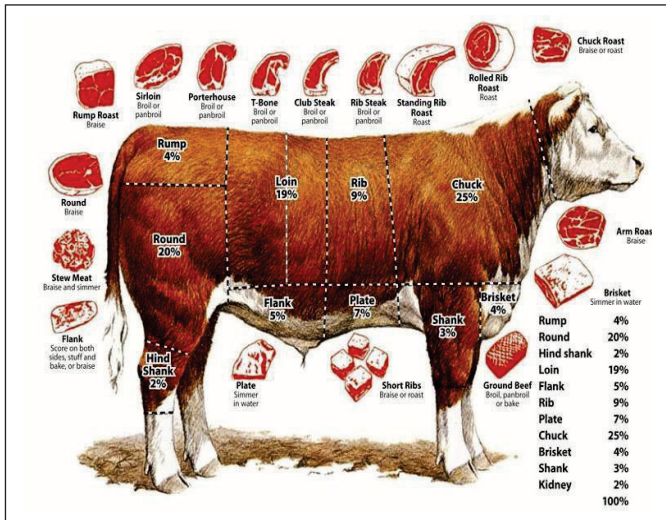
- **Awards**

The Beef Awards will be given by the Wichita Falls Area Cattle Women. Awards will be cash awards for first and second place in the Main Dish Category Only (Junior, Intermediate, and Senior). Members of the Wichita Area Cattlewomen will be in attendance to present awards.

Beef Poster Contest

A 4-Her in any age may create a poster.

- Create your own original poster highlighting the health benefits of Beef. Entries will be Judged by members of the Wichita Area Cattlewomen's Association. Cash prizes will be awarded.
- Additional contest details are included on the attached Beef Poster Contest Flyer.



4-H BEEF POSTER CONTEST

Entry deadline is OCTOBER 27th, 2025.

Posters are due to your local Extension Office by November 7th. (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 2024 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 Cattlewomen'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 Cattlewomen (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.)

Special Opportunities For 4-H'ers At District Food Show

News Writing

A 4-Her in any age division may write a news article.

- **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-Hers name, county and age in the top right hand corner. They should be typed, double-spaced on standard 8½ x 11 inch white paper.

- **Display**

These articles can be displayed at the event.

Exhibit

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

- **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.

- **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 in the designated area at the food challenge by 9:30 a.m.

- **Presentation**

The exhibits may or may not be manned by the participants.

- **Awards**

All 4-Hers setting up an exhibit will receive a certificate.

- **Disassemble**

Exhibits should remain in place until after the Awards Program. 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.

DISTRICT 3 4-H FOOD SHOW RECIPE SUBMISSION PAPERWORK

CONTESTANT NAME:			
CATEGORY <small>Please check one</small>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Appetizer	Main Dish	Side Dishes
COUNTY			
AGE DIVISION			

Name of Recipe:			
Prep Time:	Cook Time:	Oven Temperature:	Cost:

Type Recipe Here:

Dishes prepared should utilize only ONE recipe and not multiple to create versions or options of the recipe. (Example: an appetizer recipe should only feature one version and not multiple)

By submitting the recipe, the contestant releases the recipe for use by Texas 4-H Youth Development and Texas A&M AgriLife Extension.

Texas 4-H Food Show | Presentation Scorecard

Contestant Name: _____ District: _____ County: _____

Entry Category: ___ Appetizer ___ Main Dish ___ Side Dish ___ Healthy Dessert

	Comments	Points	Score
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 <i>(category specific)</i>			
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 SCORE			
<ul style="list-style-type: none"> Proper demonstration of assigned skill. 		(10)	
Additional Comments:		Total Points	Possible (90)