2026-2027 Medina County 4-H Clover Kid Food Show

"Food Truck Favorites"

Here are some very important dates and information regarding the Food Show…

DATE: Tuesday, October 22, 2026

TIME: TBA: will be in the morning

LOCATION: TBA

Recipe Forms for the Food Show will be due in the Extension Office by **Friday, Oct. 9th** – The Extension office is open Monday through Friday 8:00 to 12:00 and 1:00 to 5:00. We also have a mail slot you can drop your registration in. Forms can be found on https://agrilifeextension.tamu.edu/counties/medina-county/ Scroll down to the Food & Nutrition Project Info section.

This contest is for Clover Kid members. Ages 5-7 or K-2nd grade. You must be a registered Clover Kid through 4-H Online to be eligible to participate.

Categories for Clover Kids will be:

Appetizers **Healthy Desserts**

Clover Kids will follow guidelines for 4-H members:

- They will bring their entire dish and will give the judges ONE SERVING

- They will give a presentation and answer interview questions.

Clover Kids will give a **5 min. (maximum) presentation** on their dish and will be asked **interview questions** after the presentation applicable to the scorecard and may ask additional questions related to general food and health, food systems, food safety, or food/health issues.

Contestants will select and prepare a dish at home and bring it to the contest. There will be no actual cooking preparation at the contest. Contestants will be provided with a prep area for dish assembly. No Knives, cutting boards or other materials to prepare or cook the dish will be allowed.

Parents can assist with the assembly. Contestants should ensure they are choosing healthy recipes that follow guidance in the Recipes for good Health resource located at https://texas4-h.tamu.edu/projects/food-nutrition/ The section and knowledge of the dish should highlight that the contestant has learned valuable skills and knowledge related to heathy eating and chronic disease prevention.

Recipe

● Recipes should be written in the standard recipe format using the included Recipe Submission Checklist as a guide.
● No alcohol or ingredients containing alcohol may be used.

Cooking & Preparation

- Contestants will select and prepare a dish at home and bring it to the contest.
- There will be no actual cooking preparation at the District Food Show. Contestants will NOT have access to electrical outlets, microwaves, ovens, refrigerators, freezers, sinks, etc. at the Extension Office
- Garnish & Assembly: A prep area for dish assembly will be provided at the food show. No knives, cutting boards, or other materials to prepare or cook the dish will be allowed. Parents are allowed to assist their member with assembly.

Dish Displays

- Contestants are encouraged to have an appealing "presentation," however, excessive décor, plating, etc. is not acceptable. Dishes may only be accompanied by the following: a serving utensil, an eating utensil (i.e. spoon, fork), napkin, edible garnish, serving utility tray, not decorated (for transportation purposes ONLY).

Contest Schedule

- A food how schedule will be determined based on the number of entries and sent prior to the contest.

Categories for Clover Kids are:

Appetizer & Healthy Desserts

- ***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 as to not ruin one's appetite.

- ***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 the category.

Scoresheet: https://d104-h.tamu.edu/files/2023/09/FS-Junior-Scorecard.pdf

- This is the scoresheet that will be used the day of the contest, the District 10 Food Show Junior Score Card. Clover Kid's will get positive and helpful feedback for the future.

2026-2027 Clover Kid Food Show

"Food Truck Favorites"

Take a trip back in time and explore different dishes that were popular in years pass!

Food Truck Favorites ... Get ready to fire up your creativity and cooking skills for the Texas 4-H Round-up Food Show, featuring the exciting theme **"Food Truck Favorites!"** From gourmet tacos to sizzling stir-fries and mouthwatering health inspired desserts, food trucks bring bold flavors and innovative dishes to the streets—now it's your turn to bring that energy to the kitchen!
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.

Remember to keep in mind good nutrition and healthy preparation methods as you select your recipe.

Good luck to each of you and enjoy this year's project!

Objectives

- Develop healthy eating habits to reduce the risk of chronic disease
- Develop food preparation, safety, and nutrition skills.
- Provide leadership and public speaking opportunities.
- Provide opportunities for participants to connect MyPlate and Dietary Guidelines to their daily lives.
- Learn about nutrients and the health benefits they provide to your body.

Eligibility Requirements

Participation

Participants must be 4-H members currently enrolled in a Texas 4-H Youth Development County program and actively participating in the Food and Nutrition project.

STUDY RESOURCES for Clover Kids

Participants are encouraged to use the following resources as a foundation to learn 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

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

Dietary Guidelines for Americans
food-challenge-dietary-guidelines-2025-2030-keypoints.pdf

Functions of Ingredients & Principles of Food Science Fact Sheet
2026-2026-FunctionsofIng_082726.pdf

Kitchen and Food Safety Fact Sheet
food-challenge-food_kitchen-safety-factsheet-2026-2027.pdf

Nutrition Concepts
https://texas4-h.tamu.edu/wp-content/uploads/Nutritional-Concepts.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

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/

RECIPE SUBMISSION CHECKLIST

Recipes for Texas 4-H Food Show should adhere to the guidelines below. Please use this checklist to ensure recipes are correctly written.

	YES	NO
DOES YOUR RECIPE HAVE ALL OF THESE PARTS?		
Name of recipe	_____	_____
Complete list of ingredients	_____	_____
Size cans, number of packages, cans, etc. given *EX: 10 oz box chopped frozen spinach NOT Spinach, box of spinach or frozen spinach	_____	_____
Description for combining all ingredients	_____	_____
LIST OF INGREDIENTS		
Ingredients are listed in order in which they are used in directions		
Ingredients listed as they are measured. *EX: ¼ cup chopped onion, not ¼ cup onion chopped. *EX: 1 green pepper, chopped, not 1 chopped green pepper	_____	_____
Measurements given in common fractions *Ex: 1/4 cup, 2 tablespoons, 1 teaspoon	_____	_____
All measurements are spelled out, not abbreviated. *Ex: cup, teaspoon, tablespoon, size can, etc. *Ex: 4-ounce can	_____	_____
No brand names are used.	_____	_____
Complete description of ingredients is included *EX: low-fat; packed in syrup; reduced fat; etc.	_____	_____
DIRECTIONS		
Clear instructions used for every step of combining and cooking the Ingredients	_____	_____
Short, clear sentences used	_____	_____
Correct wording used to describe combining and cooking processes	_____	_____
Size and type of pan stated	_____	_____
Oven temperature and cooking times given	_____	_____
Number of servings or how much the recipe would make included		

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 1package/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-ouce 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 jiggler 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)