2026-2027 Medina County 4-H Food Show

"Food Truck Favorites"

Paperwork for the County Food Show will be due in the Extension Office by Friday, October 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.

YOUR RECIPE MUST BE TYPED. NO COPYRIGHTED RECIPES SHOULD BE USED.

Important Dates:

County Food Show Contest: October 22, 2026 in the morning

District Registration: October 1-27, 2026, $20 per contestant

District Contest: December 2, 2026

Age divisions for the Food Show are:

3rd to 5th grade- Junior **6th to 8th grade- Intermediate** **9th to 12th grade- Senior**

Categories for the Food Show are:

Appetizers **Main Dish** **Side Dish** **Healthy Desserts**

Each year a theme is selected which will guide recipe selection. Therefore, recipes should fit into the current theme, which is **"Food Truck Favorites"** for 2025-2027.

***All age divisions will bring their entire dish and serve one serving portion to judges during presentation. Judges may not prompt you to serve so be sure to serve before or after your presentation.**

Notecards may be used for Junior ages. Other age categories can use them but should not read off or rely on them.

Juniors 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. See attached Sample Questions. - **3 minute (maximum) for questions**.

Intermediate 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. See attached Sample Questions. - **3 minute (maximum)** for questions. A **maximum of 2 minutes** will be allowed for the **Skill Showcase**. Contestants will showcase a skill learned in the food project. Judges will choose a skill for contestants to demonstrate. See Attached Sample Questions.

Seniors you will have a three-part contest.

1. Food Show Dish Presentation/Interview

2. Skill Showcase

3. Knowledge Showcase

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. **NEW!!** 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.

PART 1: As in the past, Senior contestants will start with a maximum **5-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 the 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. Judges will have the opportunity for a **3-minute INTERVIEW** asking questions applicable to the scorecard and lastly have **1-minute to serve** the judges a portion of their dish, allowing judges to visually evaluate the dish prepared.

PART 2: is the **SKILL SHOWCASE** where contestants will have a maximum of **2-minutes** to showcase a skill learned in the food and nutrition project area when they bring their dish to be judged. Youth will demonstrate their knowledge of a skill assigned by judges. All materials to demonstrate this skill will be provided and judges will score the skill based on correct procedures, safety, and other pertinent information related to the skill assigned. The skill will be assigned during designated judging time for each contestant and not prior. The skill demonstration will include a time limit which will be announced during participant orientation. Ex. Select and demonstrate using the proper knife to cut bread, what is this kitchen gadget used for?

PART 3: is the **KNOWLEDGE SHOWCASE** where 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** which will contain multiple choice and true/false questions. No study materials will be provided. However, contestants should refer to the Texas 4-H Food & Nutrition page (https://texas4-h.tamu.edu/projects/food-nutrition/) for potential resources.

If you qualify for the District Food Show contestants must enter the same recipe entry that they qualified with at the County level.

2024-2025 4-H Food Show

"Food Truck Favorites"

Bring Big Bold flavors and innovative dishes to the streets!

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.

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. Participants must pass eligibility from the school and be marked excused.

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.
● Keep in mind what ingredients will be available or in season for all levels of competition: county, district, and state. Additionally, please consider if ingredients will be available in local grocery stores where contests are held.

Categories for the 2024-2025 Food Show are:

Appetizer, Main Dish, Side Dish, and 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.

- ***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 Dish*** – 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 the category.

STUDY RESOURCES

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

- Altering Recipes for Good Health
- Functions of Ingredients and Principles of Food Science Fact Sheet
- Know Your Nutrients Guide
- Dietary Guidelines for Americans
- Fight BAC! Food Safety Brochure
- Kitchen and Food Safety Fact Sheet

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)

Junior & Intermediate Sample Questions

*NOTE: Juniors and Intermediates should attempt to cover the assigned MyPlate, Nutrition Knowledge, Food Preparation, Food Safety Concerns & Practices, and theme information in their Presentation. However, judges will be permitted to ask follow-up questions during the interview in each of those judging categories. High rank/placing will be awarded to 4-H members with a more holistic and informative presentation.

1. What are the key nutrients you would get from your recipe? Why do you need these nutrients?
2. What are the preparation steps in your recipe and why are they important?
3. What did you learn about food safety in your foods & nutrition project?
4. Tell me about one of the ingredients in your dish and why it is important in your recipe?
5. (Function of Ingredients)
6. What have you learned in your foods project about healthy eating?
7. Give one example of a food from each My Plate section.
8. Other than My Plate, what should you consider when planning a meal?
9. What did you learn in your foods and nutrition project that you thought was most important in Community Services, Leadership and Workshops?
10. Could you substitute anything in your recipe to make it healthier or modify the taste?
11. What is the cost of your dish?
12. Give one example of how you incorporated the theme into your dish/dish selection
13. Is there anything you would like to add concerning your food and nutrition project?