

Buc Days Food Show

2025 Rules & Guidelines

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General Information

May 9th, 2025 - Food Show Schedule

Schedule will be released closer to the event!

This year's 4-H Food Show is Cooking Through the Decades... Take a trip back in time and explore different dishes that were popular in years past! Some of our most favorite recipes and dishes were made popular in a different decade than we live in today.

Take time to explore past decades dishes, flavors, or cooking techniques that you aren't familiar with. Whether it be grandma's famous meatloaf from the 50's, or a homemade version of a Pop tart made popular in the 90s, your tastebuds will experience a throwback trip through the decades. Dishes can be inspired from any past decade and should be recreated to be healthier, safer, and more nutritious. Keep in mind the 75-minute oven time when selecting your recipe.

The theme for the Texas 4-H Food Show will remain the same for two years. This gives counties an opportunity to provide education, workshops, etc. which targets the theme. The same recipe cannot be entered more than once to the State Food Show.

Buc Days Food Show Rules of Play

1. **Participation:** The contest will be divided into three age divisions.
 - a. Junior Division (3rd, 4th, 5th graders only)
 - i. 8 years of age (in addition to being in the 3rd grade) and not over 10 years of age as of August 15th, 2024.
 - b. Intermediate Division (6th, 7th, and 8th graders only)
 - i. 10 years of age (in addition to being in the 6th grade) and not over 14 years of age as of August 15th, 2024.
 - c. Senior Division (9th, 10th, 11th, and 12th graders only)
 - i. 14 years of age (in addition to being in the 9th grade) and not over 18 years of age as of August 15th, 2024.

2. **Eligibility:** Participation in the Buc Days Food Show is limited to TX resident students, who are enrolled in a Texas Youth Development program and are actively participating in the Food and Nutrition project. Exhibitors must be United States citizens and possess a valid social security number to be eligible for participation in the event. Exhibitors must be enrolled in, and attending, public or private elementary or secondary schools in TX. Students must be between the ages of 8 (in addition to being in the 3rd grade) and 18 on or before August 15th, 2024. Each 4-H, FFA, and FCLA member must be in good standing with its state and National affiliates. Involvement in international or national events does NOT disqualify otherwise eligible participants.

3. **Ineligible Exhibitors:** Participants are eligible by the Buccaneer Commission for participation in the event at the time that entries are received. Any CEA (County Extension Agent) who has a member who becomes ineligible to participate, for any reason, must provide written and signed notification to the appropriate Superintendent at least 24 hours prior to the commencement of any activity in which the ineligible exhibitor was to participate. If an exhibitor is determined ineligible, then the entry is ineligible.
 - a. Foreign Exchange Students: Non-United States citizens and Foreign Exchange students are ineligible to compete in the Buc Days Food Challenge. All contestants must be United States citizens and possess a valid social security number to be eligible for participation in the event.

4. **Registration:** Registration will be completed through our website at '<https://bucdays.com/buc-days-food-show/>'. Regular registration will be open in September 1, 2024. Registration will close when the event has reached capacity of 75 participants. Each participant must pay a \$25 registration fee to participate.

5. **Exhibitor Code of Ethics:** The Buc Days Food Show is a family-friendly event. As such, an individuals' conduct as an exhibitor or patron should be exemplary, and violators are subject to disqualification or removal from Buc Days grounds. For more information on the Buc Days festival/ American Bank Center Exhibit Hall rules and regulations, please go to 'www.americanbankcenter.com/visitors-guide/' or '<https://bucdays.com/festival-grounds/>'.

6. **Photographs:** All photographs taken by the official photographer become property of the Buccaneer Commission. Unofficial (i.e. – personal) photographs may not be published without the written approval of Management. Contestants wishing to purchase photographs must contact the official photographer.
 - a. Commercial photography and filming are often conducted at the Buccaneer Commission. You may be depicted in photographs or video recordings or video recordings of any Buccaneer Commission

event, and by entering the grounds/ American Bank Center and/ or competitive events associated with the Buccaneer Commission, you consent to the use of any depictions in connection with advertising, news reporting, public relations, webcasts or other broadcasts, or any other activities relating to the Buccaneer Commission, and you further release and waive all claims for compensation and any rights of review and approval, copyright, and right of publicity with respect to thereto.

7. **Electronic Devices:** No electronic devices or jewelry (except medically required) are allowed in contest. This includes cell phones, smart watches, or other communication devices.

Buc Days Food Show Format

1. **Contest Format:** Each food show participant will complete/compete in each of the following components. A brief description and/or rules are shown for each.
 - a. **KNOWLEDGE SHOWCASE:** 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 which will contain multiple choice and true/false questions. No study materials will be provided; however, contestants should refer to the resource provided in the official Texas 4-H Food Show guide.
 - b. **FOOD SHOW DISH PRESENTATION/ INTERVIEW:** Food show contestants will prepare a dish off-site and bring it prepared on competition day. Contestants should ensure they are choosing healthy recipes that follow guidelines in the *Recipes for Good Health* resource located at '<https://texas4-h.tamu.edu/projects/food-nutrition/>'. The selection and knowledge of the dish should highlight that the contestant has learned valuable skills and knowledge relate to healthy eating and chronic disease prevention.
 - c. **SKILL SHOWCASE:** Food show contestants will 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.

2. **Entry Categories- All Age Groups:** Four entry categories allow for presentation of a variety of foods in the Food Show. The categories also provide an opportunity for contestants to exhibit a variety of food preparation principles. Many recipes can be entered in more than one category. Participants should consult with the website <http://www.choosemyplate.gov/> when selecting a recipe category. Examples are broccoli cheese casserole, vegetable soup, macaroni and cheese. Participants need to be prepared to explain their recipe category if asked by a judge. Participants should consult with their County Extension Agent and project leader when selecting a recipe category. Remember to keep in mind good nutrition and healthy preparation methods as you select your recipe.
 - a. **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 and that do not ruin one's appetite.
 - b. **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.
 - c. **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.
 - d. **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

3. **Preparation:** All food displayed must be prepared prior to the Food Show. Participants may only add garnishes or stir dishes upon arrival, however, there will not be a preparation area or time designated for preparation. Contestants are expected to prepare their own dish; last minute preparation/assistance on-site of the Buc Days Food Show may only come from other 4-H members - NO ADULTS! All garnishes must be edible.
4. **Presenting the Dish to be Judged:** The contestant's dish will be presented in a serving dish, or if appropriate, the dish in which the food was cooked or baked. In some instances, it is not necessary to present the entire recipe. For example, if a recipe makes a 9" x 13" casserole, the dish could be divided and baked in an 8" x 8" dish. Senior contestants are to bring the entire dish being entered. Juniors and Intermediates have the option of bringing one serving of the entry dish, instead of the entire dish. For example, a participant may bring one serving (glass) of a fruit smoothie, rather than bringing an entire pitcher of fruit smoothie. Fancy or elaborate placemats, linens, centerpieces, candles, etc., are not to be included with the dish as it is presented for judging interviews. Contestants should use only serving dishes and utensils appropriate and necessary to present and serve.
5. **Judging Process:** Juniors and Intermediates will be interviewed for a maximum of 9 minutes and the Seniors for 10 minutes. Each contestant will come to the team of judges with the entry display and may stand or sit while the judges sit facing the participant across the table. Entry display may only consist of the entry serving dish, serving utensil and napkin for serving utensil. To start the interview, each participant will introduce him/herself to the judges with his/her name and the entry dish name. Following the introduction, each participant is allowed a maximum of five minutes to present information on any combination of the following topics. It will be an oral presentation with no handouts or visuals.
 - a. Theme
 - b. Knowledge of MyPlate
 - c. Nutrition Knowledge
 - d. Food Preparation
 - e. Food Safety Concerns & Practices
 - i. NOTE: This five-minute oral presentation is required for all senior participants. However, it is optional but encouraged for junior and intermediate participants to give this presentation.

The judging team will have four minutes following the participant presentation to address topics listed below, as well as topics listed above that were not addressed by the participant. All participants are encouraged to review the scoresheet to be prepared for topics of questions. Some topics might include:

- a. Preparation principle(s) or critical step(s) in preparation of dish
- b. Function of ingredient(s) in entry dish
- c. Substitutions made (or that could be made) for ingredient(s) in entry dish
- d. Nutrients and nutrient functions as they relate to the food groups and entry dish
- e. Relationship of the entry dish to Dietary Guidelines as explained in the consumer brochure, Dietary Guidelines for Americans, 2020
- f. Approximate calorie content and cost for a serving of the entry dish
- g. Food safety concerns during the purchasing, preparing, serving, and storing of the entry dish
- h. Menu ideas to complement the entry dish
 - i. Seniors Only: Serving of the entry dish will also occur during the judging time. Seniors will have an additional (1) minute for serving. Participants should serve judges only a single serving portion of the dish. Juniors and Intermediates will NOT serve the judges.

Upon completion of the interview, the contestant will be asked to showcase a skill. They will then leave the judging station and take their food to the Display table in the holding area.

6. **Skills Showcase – All Divisions:** Upon completion of the interview process, the contestants will be asked to showcase a skill learned in the food and nutrition project. 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 demonstration will include a time limit which will be announced during participant orientation.

Examples of skills include, but are not limited to:

- a. Knife skills – any skill ranging from safe handling to cutting demonstration.
- b. Zesting produce
- c. Table Place Setting
- d. Dry & Wet Measurements
- e. Food Safety Demonstration

7. **Knowledge Showcase – All Divisions:** 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.

8. **Tie Breaker:** If ties should occur, the ties shall be broken using scores of various categories on the scorecard. The order followed will be: Interview and Contestant Presentation, Skills Showcase, Communication Skills, Food, and Recipe.

9. **Awards:** Junior, Intermediate, and Senior Division placings (1st- 3rd) will be determined by rank. The judges will collectively decide upon the rankings, and the superintendent at the judging station will turn the placing sheet and entry folders into tabulation. Once announced, all placings are final! Contestants must be present to receive their awards. Any remaining awards will not be mailed following the competition. Once announced, all contest results are final. A total of \$5,000 in prize money will be awarded throughout the event.

- a. A total of \$1,250 will be awarded to the top three (3) contestants in the Junior Division (3rd, 4th, and 5th graders).
 - i. Grand Champion- \$600 prize money
 - ii. Reserve Grand Champion- \$400 prize money
 - iii. 3rd place- \$250 prize money
- b. A total of \$1,250 will be awarded to the top three (3) contestants in the Intermediate Division (6th, 7th, and 8th graders).
 - i. Grand Champion- \$600 prize money
 - ii. Reserve Grand Champion- \$400 prize money
 - iii. 3rd place- \$250 prize money
- c. A total of \$2,500 will be awarded to the top three (3) contestants in the Senior Division (9th, 10th, 11th, and 12th graders).
 - i. Grand Champion- \$1,000 prize money
 - ii. Reserve Grand Champion- \$850 prize money
 - iii. 3rd place- \$650 prize money