



Texas 4-H Recipe Rally

2011-2012 Overview & Guidelines

Theme: Summer Snacks

In the Recipe Rally, 4-H members are challenged with selecting, creating and/or altering a recipe and submitting a video of them demonstrating the preparation of the recipe. Healthy recipes are recommended, or a 4-H member may choose to alter the recipe to increase its nutritional value.

Guidelines - Video Submission

- The rally is open to any intermediate and senior 4-H members.
- There will be two age divisions in this contest: Intermediate and Senior.
- All entries are individual; no team entries accepted.
- The theme for 2012 is "Summer Snacks." Recipes selected for entry should be tied to this theme.
- All videos submitted will compete against each other in their respective age division.
- Videos must be submitted by uploading to YouTube by the designated deadline. The direct link to the YouTube video must be sent via e-mail to Courtney Dodd (cfdodd@ag.tamu.edu) by the entry deadline. The e-mail should also include the 4-H member's:
 - Name
 - Mailing Address
 - County
 - Parent/Guardian Name
 - Age Division
 - Name of Recipe
- Instructions on uploading a video to YouTube are available on the Texas 4-H Website.
- Videos should be no longer than eight (8) minutes.
- Due to the time limit of the video submission, some food items may be prepared ahead of time.
- 4-H members may only enter a video one time. Multiple video submissions will not be accepted.
- 4-H members may submit a video entry at any time throughout the 4-H year. However, the official deadline for all video entries to be posted on YouTube with required information sent to Courtney Dodd is Midnight on Wednesday, February 1, 2012.
- Sample videos are available online at: <http://healthyliving.tamu.edu>.

Judging Criteria

During the video demonstration, 4-H members should highlight key steps in preparation of the recipe, including but not limited to:

- Nutrients found in dish and their functions
 - Food safety practices
 - Serving size and cost analysis
 - Inspiration for selection and/or creation of recipe
- 4-H members' presentation skills will also be taken into consideration during the judging process.

Three finalists will be selected from each age division based upon a popular vote (25%) and judging (75%) according to scoresheet.

Recipe Rally @ 4-H Roundup

Within each age division, three 4-H members will be invited to compete in the 4-H Recipe Rally on **Tuesday, June 12th**, at the **2012 Texas 4-H Roundup**.

- The three finalists in each age division will provide a demonstration (open to the public) using the same recipe and judging criteria to a panel of judges.
- The same recipe submitted in the video contest must be used in the live demonstration.
- A total of 12 minutes will be allowed for the live demonstration.
- Following the demonstration, judges will be allowed to ask questions.
- Finalists are responsible for providing all ingredients and supplies needed for the demonstration with the exception of a six-foot table, which will be supplied.
- Finalists are required to register for Texas 4-H Roundup and pay all associated registration fees.
- A preparation kitchen will be made available to participants prior to the contest. Only the contest participant will be allowed to make the preparations.
- A detailed contest schedule will be made available in the 4-H Roundup Registration Packet.