



## Tri-State Fair/District 1 - 4-H Food Fight

Superintendent ..... Wendy Hazzard, 806-826-5243  
Co-Superintendent ..... Joan Gray-Soria, 806-669-8033  
Entries Accepted ..... Wednesday, Aug. 19, 2015 thru Friday, Sept. 11, 2015  
Entry Fees ..... \$10 per participant  
Location ..... Rex Baxter Building  
Contestant Check-In..... 5 p.m., Monday, Sept. 21, 2015  
Judging..... Approximately 5:15p.m.

PLEASE NOTE: All teams members must be a bona fide members of 4-H to participate. All Tri-State 4-H participants are encouraged to participate. New Mexico and Oklahoma 4-H members will need to follow registration directions on the District 1 4-H website: <http://d14-h.tamu.edu/events/nutrition-quiz-bowl/> Texas 4-H members can register for Food Fight via 4-H Connect <https://tx.4honline.com>.

### RULES OF PLAY

1. Teams will select a recipe in one of the four categories:

- Cupcake Wars
  - Each team will display the minimum of cupcakes equivalent to the number of team members. For example, if you have 3 team members you must display at least 3 cupcakes. If you have 5 members, the minimum number is 5 cupcakes.
  - Each team will bring "naked" cupcakes. The cupcakes should have no frosting and be in paper wrappers only.
  - Each team will bring the frosting mixed in *bowls*. The frosting should not be tinted prior to contest. Teams will tint and place in frosting bags, if needed, at the contest.
- Edible Fruit Arrangements
  - Only fruit in the arrangements! Vegetables should be used in the Veggie Head Sculpting.
- No Cook Snacks
  - "No Cook Snacks" means - the snack should not have heat applied to the product by the contestants at any time. For example, you cannot bake a pan of brownies prior to the contest and then bring the brownies to the contest and use in building ice cream sundaes.
- Veggie Head Sculpting
  - Only vegetables in the arrangements. Fruits should be used in the Edible Fruit Arrangements.

\*Note: Fruits and Vegetables will categorize according to MyPlate. An example is a tomato is vegetable according to MyPlate.

Receiving the category of your teams choice, will be on a first-come first-serve basis.

2. For Texas 4-H members' registration will be due via 4-H Connect by midnight on September 11th. County Extension Agents must confirm entries by September 14th. Entry categories will be confirmed on September 14th. 4-H members from Oklahoma and New Mexico will need to register via District 1 4-H website (<http://d14-h.tamu.edu>) by midnight on Sept. 11, 2015. If having trouble registering a team please contact the contest Superintendent.
3. Teams will provide their own food for preparation. Teams are encouraged to use the 4-H food challenge boxes; however, no electricity will be available, therefore no electrical appliances will be needed.
4. Teams of 3 to 5 will report to the Rex Baxter Building for check in.  
There will be two team divisions:
  - Juniors - Minimum age 8 and in 3<sup>rd</sup> grade as of August 31, 2015, through grade 8
  - Senior – Maximum age 18 as of August 31, 2015, grades 9, 10, 11 and 12
5. An orientation will be provided for all participants.
6. Each team will be directed to a preparation station.
7. All preparation work must be done on site; however fresh produce **must** be washed at home prior to arrival.
8. If requested at check-in copies of Nutrients Needs at a Glance, Fight Bac with Food Safety and Choose My Plate will be provided.
9. Each team will have 30 minutes to prepare the dish, plan a presentation and clean up the preparation area.
10. Electricity will not be available at the contest. Teams should select their recipe with this in mind.
11. Each team must provide their own equipment. Washing facilities will not be available for teams to wash and share equipment. *NO preparation dishes or serving dishes are to be cleaned on the Fairground premises*
12. Food safety: Teams should practice proper food safety and be prepared to discuss food safety practice used by their team in their presentation to the judges. Judges will observe preparation to assist in determining the score.
13. Presentation: When time is called, each team will present their dish and provide the following information:
  - Introduction
  - Creative Dish Name
  - 2 major nutrients
  - Food preparation principles
  - Food Safety
    - a. All team members must participate in the presentation; all team members must have a speaking role.
    - b. Judging time will include:

4 minutes for presentation (THERE WILL BE NO TASTING)

2 minutes for judges' questions

4 minutes between team presentations for judges to score and write comments.

- c. Judges may ask teams questions that are not directly related to the dish prepared. Instead, some questions may address the general knowledge of the recipe, ingredients, selection, taste etc.
- d. No talking and no writing are allowed any team members while waiting to give the team presentation.

14. Clean-up: Teams must clean up their preparation areas. Clean-up time is included in the 30-minute preparation allotment. Teams should plan to not have access to a kitchen facility; therefore, dirty dishes should be placed in a plastic container, bag or box to be cleaned at home. Left-over food should be disposed of properly.

15. Placing will be based on rankings of teams by judges. Judges' decisions are final. 1<sup>st</sup> and 2<sup>nd</sup> placing will receive ribbons.

16. An awards program will be held at the conclusion of the judging process. Each team should select a team member to introduce the team and their dish to the audience.

17. One adult per child will receive entrance into the Tri-State Fair. All other friends and family will be required to pay admission into the fair.

18. There is a fee of \$10 per participant that will help cover awards. There will be no on-site registration. There will be no refunds.

Please note the Food Fight is an invitational contest, and the rules differ from the 4-H Food Challenge Contest.