

D1 4-H Junior & Intermediate Food Challenge Guidelines

OBJECTIVES

- Provide opportunities for participants to exhibit their knowledge and skill when preparing and presenting a dish
- Provide opportunities for participants to learn from other team members
- Promote teamwork
- Give participants opportunities for public speaking
- Provide leadership opportunities

Date: October 25, 2022

See daily schedule for times.

Location: Rex Baxter Building at Tri State Fair Grounds **Registration:**

\$10 contest fee DUE ON 4-H ONLINE BY OCTOBER 10

Resources: Food Challenge resources can be found here:

<https://texas4-h.tamu.edu/projects/food-nutrition/>



This symbol denotes a new or modified rule for 2022-2023. Read closely!

CATEGORIES FOR 2022-2023

Food Categories & Preparation. Teams will be randomly assigned to a category, which will not be announced until the day of the contest. There will be four food categories in each age division:

- *APPETIZER*
- *MAIN DISH*
- *SIDE DISH*
- *HEALTHY DESSERT*

PARTICIPANT RULES for DISTRICT 1 FOOD CHALLENGE CONTEST

1. **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.
 2. **Age.** Age divisions are determined by a participant's age/grade as of August 31 of the current 4-H year. See the Texas 4-H Rules and Guidelines for specific age requirements.
Intermediate Division: Grades 6-8
Junior Division: Grades 3-5
 3. **Teams per COUNTY.** Each county may bring **4 Junior Teams & 4 Intermediate Teams** to district contest
 4. **Members per team.** Each team will have at least three and a maximum of four members. Juniors may compete on intermediate teams, but intermediates can NOT compete on junior teams.
 5. **Substitution of team members.** Substitution of team members should be made only if necessary. Only the same number of 4-H members qualifying at the county level will be eligible to participate at the district level. No more than two team members may be substituted, up to the day of the Food Challenge. The substitute 4-H member must have participated in the county Food Challenge to be eligible, and 50% of the original team must still be intact.
7. **Food Categories & Preparation.** There will be four food categories in each age division: Appetizer, Main Dish, Side Dish, and Healthy Dessert. Teams will be randomly assigned to a category, which will not be announced until the day of the contest.

Preparation: Each team will create an entire dish/recipe (not a full meal) using the bag of ingredients given to you. Dishes/recipes created should include two or more servings. Teams should present the entire dish/recipe to the judges and communicate during their presentation what an individual serving size should be. Teams will be responsible for determining the number of servings their dish provides. Teams should not create side or multiple dishes with their ingredients/grocery store items
8. **Attire.** Each team will have the option of wearing coordinated clothing or aprons. Each team member is required to wear closed toe shoes and a hair restraint.
 9. **Resource materials provided at contest.** Resource materials will be provided for each team at the contest. These include MyPlate Mini-Poster, Fight Bac - Fight Food Borne Bacteria Brochure, Know Your Nutrients, and Food Safety Fact Sheet. No other resource materials will be allowed. Teams may not use their personal copies of the resources during the contest.

- 10. Supply box.** Each team must supply their own equipment for the challenge. Teams may bring only the supplies listed in the supply box section. Supply boxes may be checked by contest officials as teams check in for the contest using a standard or randomized process. Any extra equipment will be removed from the team's supply box.
- 11. Awards.** All participants will be recognized and receive a participation gift, the top 3 teams in each category will be receiving awards.
- 12. Participants with disabilities.** Any competitor who requires auxiliary aids or special accommodations must contact the County Office or District Extension Office at least two weeks before the competition.

SUPPLY BOX

Each team will bring an equipment box containing only one each of the following items, unless a different quantity is noted:

Beverage glass

Bowls (up to 4 - any size)

Can Opener

Colander

Cutting Boards (up to 4)

Disposable tasting spoons (no limit)

Dry measuring cups (1 set)

Electric Skillet

Extension cord (multiple outlet or strip style)

Teams should be certain the extension cord is compatible (2-prong/3-prong) with the plugs on their electrical supplies

First aid kit

Food thermometer

Fork

Gloves

Grater

Hand sanitizer

Hot pads (up to 5)

Kitchen shears (1 pair)

Kitchen timer

Knives (up to 6)

Liquid measuring cup

Manual pencil sharpener

Measuring spoons (1 set)

Non-stick cooking spray

Note cards (1 package - no larger than 5 X 7)

Paper towels (1 roll)

Pancake turner (up to 2)

Pencils (no limit)

Plastic box & trash bags for dirty equipment

Pot with lid (**intermediates only**)

Potato masher

Potato peeler

Sanitizing wipes (1 container)

Serving dishes/utensils

1 plate/platter

1 bowl

1 utensil

Skewers (1 set)

Skillet with lid (**intermediates only**)

Spatulas (up to 2)

Stirring spoon

Storage bags (1 box) Tongs (up to 2)

Toothpicks (no limit)

Two single-burner hot plates **or**

One double- burner plate (electric only!) (**intermediates only**)

Whisk

*Juniors are only allowed to bring an electric skillet, **NO hotplates for juniors.***

We highly encourage intermediates to bring both an electric skillet and hot plates. However, if only one is available we suggest intermediates bring the hotplates.

NEW: no calculators

D1 4-H FOOD CHALLENGE

RULES OF PLAY



1. General guidelines, resources and instructions will be provided prior to the start of the contest to assist teams.
2. No electronic devices or jewelry (except for medically required) is allowed in contest. This includes cell phones, smart watches, or other communication devices.
3. Each team will be directed to a cooking/preparation station. Contest categories will be revealed at the preparation station.
4. Each team will receive an information sheet with their contest category and a bag of ingredients for that category. A list of ingredient amounts will be included. Expect to receive 4-6 ingredients to help you make your dish.

Teams will have access to a "pantry" of additional ingredients. Each team can "purchase" 2 items to combine with your bag of ingredients to create an original recipe/dish during the contest. The "pantry" will include items commonly found in grocery stores such as produce, canned goods, crackers, dairy products, etc.
5. Each team will have 40 minutes to prepare the dish, plan a presentation, and clean up the preparation area.
6. Electrical: Intermediate Teams should be prepared to choose to either use their electric skillet or their hot plates. **You may not use both or alternate back & forth. At the district contests there may be some categories that will not be allowed to use heat. Juniors are only allowed to have an electric skillet in their box (no hot plates).**
7. Preparation:

Each team will create an entire dish/recipe (not a full meal) using the provided ingredients and pantry items. Dishes/recipes created should include two or more servings. Teams should present the entire dish/recipe to the judges and communicate during their presentation what an individual serving size should be. Teams will be responsible for determining the number of servings their dish provides. Teams should not create side or multiple dishes with their ingredients/grocery store items.

 - a. Teams are challenged to be creative and develop an original recipe with the ingredients provided.
 - b. Teams will determine the exact amount of each ingredient used based on their original recipe. **You do not have to use all of everything given to you, but you must use at least a little of every ingredient given to you.**
 - c. The ingredients and/or pantry items selected can be used to garnish the dish.

d. Note cards may be used to write down the recipe that the team creates, along with notes related to nutrition, food safety, and cost analysis. Teams should be exact on ingredients used, preparation steps, cooking time, temperature, etc.

NEW

8. Food and Equipment Safety: A safe and sanitary working environment must be maintained during the contest. Each station will have food and kitchen safety resources. Teams should follow the steps listed to ensure proper food and equipment safety is followed. Judges will be scoring teams on food and equipment safety during the preparation phase of the contest. Teams should also discuss safety steps used during the presentation phase of the contest.

Gloves: Gloves do not have to be worn throughout the contest; however, there should always be a barrier between your hand and any food touched. A barrier includes gloves and/or cooking utensil. When wearing gloves, they must be changed between handling raw meats/seafood; handling cooked items; and ready to eat items or raw vegetables to prevent cross contamination.

Hair Restraint: Each team member must wear a hat, hair net and/or other type of hair restraint during the food preparation part of the competition. Examples of acceptable hair restraints include hairnets, bandana with hair completely pulled back, Chef hat with hair restrained inside, or cap with hair completely tucked inside.

9. Nutrition: Each team should highlight key nutrients in their dish and their functions during their presentation.
10. Presentation: Following the preparation phase of the contest, each team will give a 5-minute presentation to a panel of judges. A majority of team members should participate in the presentation.
To earn maximum points, teams must use the 5 minute presentation to address the following areas of the presentation scorecard: Knowledge of MyPlate, Nutrition Knowledge, Food Preparation, Safety Concerns, and Serving Size.
At the end of 5 minutes, time will be called – additional time will not be allowed. **Judges will NOT ask any questions.**
Please note: Once the 40 minutes of preparation time expires, team members may no longer communicate with each other. Team members may study their notes individually.
11. Clean-up: Teams must clean up their preparation areas. Clean-up time is included in the 40-minute preparation allotment.
12. Finished Dishes: Finished dishes MAY NOT leave the preparation/judging areas. Dishes must be discarded after teams complete the judging process to ensure teams in following heats do not see what ingredients are available to gain an advantage.

4-H FOOD CHALLENGE SCORECARD - PRESENTATION

Team Name: _____

Team #: _____

Entry Category: ___ Appetizer ___ Main Dish ___ Side Dish ___ Healthy Dessert

Team Presentation	Comments	Points	Score
Knowledge of MyPlate:			
Serving sizes and examples of each group in MyPlate		4	
Told how MyPlate represented in dish prepared		3	

Nutrition Knowledge:			
Knows key nutrition in prepared dish		6	
Function of nutrients		5	
Healthy substitutions		4	
Food Preparation:			
Explained key steps in how dish was prepared		4	
Explained function of ingredients in dish		4	
Safety Concerns and Practices:			
Explained food safety according to Fight BAC		5	
Serving Size Information:			
Demonstrated knowledge of serving size for prepared dish		4	

Food Appearance/Quality:			
Food is appealing and appetizing		3	
Appeared to be cooked properly		2	
Attractive and appropriate garnish		3	
Creativity:			
Used ingredients in a creative way		5	
Incorporated pantry items into dish or garnish		3	
Effectiveness of Communication:			
Displayed effective communication skills		6	
Poise and personal appearance		4	

Additional Comments:		Total Points (60)	

4-H FOOD CHALLENGE SCORECARD - PREPARATION

Team Name: _____

Team #: _____

Entry Category: ___ Appetizer ___ Main Dish ___ Side Dish ___ Healthy Dessert

Team Observation	Comments	Points	Score
Teamwork:			
Effective use of communication among team members		2	
Each team member played a key role in the preparation phase, whether cooking or preparing presentation		3	
Safety concerns and practices:			
Exhibited knowledge of how to use equipment safely (heat, utensils, sharps, etc.)		3	
Handled ingredients appropriately to avoid cross contamination		3	
Personal Hygiene (hair, nails, jewelry, etc.)		3	
Preparation:			
Practiced correct cooking procedures based upon ingredients provided		3	
Completed tasks efficiently and in a logical order		2	
Management:			
Used workspace efficiently		2	
Effective use of time		2	
Preparation table was clean at the conclusion of the preparation period		2	
Additional Comments: (based on observation)		Total Points (25)	