

LIMESTONE COUNTY 4-H FOOD CHALLENGE

Rules & Guidelines

The 4-H Food Challenge was developed by county Extension agents to address the need for a new, “highly charged” foods experience. This contest, modeled after such competitions as the Food Network’s “Iron Chef,” challenges teams of 4-H members to create a dish using only a predetermined number of ingredients. From these ingredients, team members must identify and prepare the dish, then make a presentation about it to the judges. The presentation will include information about the serving size, nutritional value, and cost of the dish. The 4-H Food Challenge allows 4-H members to demonstrate their culinary and food safety skills to judges and observers.

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
- Give 4-H members the opportunity to participate in a new, exciting, competitive event

RULES

1. **Participation.** Participants must be 4-H members currently enrolled in a Texas 4-H and Youth Development county program and actively participating in the Food and Nutrition project.

2. **Age Divisions.** Age divisions are determined by a participant’s age as of August 31, 2013 as follows:

Division	Ages	Birth date between:
Junior/Intermediate	8 years old and in 3rd grade or 9 - 13 years	Sept 1, 1999 – Aug 31, 2005
Senior	14 - 18 years of age	Sept 1, 1994 – Aug 31, 1999

Juniors/Intermediates will be eligible to participate in the Food Challenge only. Seniors may participate in both the Food Challenge and Food Show.

3. **Teams per county.** Each county may enter a maximum of two (2) Junior/Intermediate teams and a maximum of two (2) Senior teams to advance to district competition.

The first and second place teams in both age divisions should advance to the district contest. At the county contest, this will require that all teams within one age division be judged against each other and placed (not judged and placed according to food category).

Teams Advancing to Texas 4-H Roundup. Only Seniors may advance to state. Each district may enter one (1) team per food category. Teams advancing to state will not automatically be assigned to the same category as they were at district. The state Food Challenge is scheduled for Wednesday, June 11, 2014 in College Station.

4. **Members per team.** Each team will have at least three and no more than five members. Teams may not include members in different age divisions. See rule #2.

5. **Substitution of Team Members.** Substitution of team members should only be made 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 and nutrition project to be eligible.
6. **Food Categories.** In each age division, there will be four (4) Food Categories: Main Dish, Fruits & Vegetables, Bread & Cereal, and Nutritious Snacks. Teams will be randomly assigned to a category, but assignments will not be announced until check-in the day of the contest.
7. **Attire.** Each team will have the option of wearing coordinated clothing, aprons or hair coverings.
8. **Resource Materials provided at contest.** Resource materials will be provided for each team at the contest. This includes *MyPlate – 10 Tips to a Great Plate*, *FightBac*, *Nutrient Needs at a Glance*, *Altering Recipes for Good Health*, *Food Challenge Worksheet*, and copies of grocery receipts. No other resource materials will be allowed. Teams may not use their personal copies of the resources during the contest.
9. **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 can be checked by contest officials. Any extra equipment will be confiscated. See attached list.
10. **Awards:** The top five high scoring teams in each food category will be recognized with awards during the awards program.
11. **Participants with disabilities.** Any competitor who requires auxiliary aids or special accommodations must contact the County Extension Office before the competition. Contact Vanessa Casad or Wanda Powell at (254) 729-5314

LIMESTONE COUNTY 4-H FOOD CHALLENGE


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	Knives (2)
Bowls	Liquid measuring cup
Dip Size (1)	Measuring spoons
Mixing (2)	Non-stick cooking spray
Serving (1)	Note cards (no larger than 5 X 7)
Calculator	Paper towels
Can Opener	Pancake turner
Colander	Pencil
Cookie Sheet	Plastic box or trash bag for dirty equipment
Cutting Boards (2)	Pot with lid
Disposable tasting spoons	Potato masher
Dry measuring cups	Potato peeler
Electric Skillet	Rolling pin
Extension cord	Sanitizing wipes (for tables)
<i>(Teams should be certain the extension cord is compatible (2-prong/3-prong) with the plugs on their electrical supplies)</i>	Serving platter
First aid kit	Serving utensil
Food thermometer	Skillet with lid
Fork	Spatula
Gloves	Stirring spoon
Grater	Storage bags and/or containers
Hand sanitizer	Tongs
Hot pads	Two single-burner hot plates OR one double-burner plate (electric only!)
Kitchen shears	Whisk
Kitchen timer	

LIMESTONE COUNTY 4-H FOOD CHALLENGE

Rules of Play

1. **Check-in.** Teams will report to FCS Annex Building at the Limestone County Fairgrounds. Bring flashlights!
2. **Orientation.** An orientation will be provided for all participants.
3. **Stations.** Each team will be directed to a cooking/preparation station. There will be a set of ingredients at each station, but no recipe. The ingredients will represent a recipe from one of the following categories: Main Dish, Fruits and Vegetables, Bread and Cereal, and Nutritious Snacks.
4. **Resources and Instructions.** General guidelines, resources and instructions will be located at each station to assist the team.
5. **Time.** Each team will have 40 minutes to prepare the dish, plan a presentation, and clean up the preparation area.
6. **Participants only.** Only participants and contest officials will be allowed in food preparation areas.
7. **Equipment.** Teams that may experience any equipment malfunction(s) may not replace the equipment with supplies from another team, leaders, volunteers, county Extension agents, or contest officials. Instead, team members must work together and be creative in completing preparation without the malfunctioning equipment.
8. **Preparation.** Each team will be provided ingredients reflective of the assigned category, and will create a dish using them. The amounts of ingredients, based upon a recipe, and a clue will be at each station to assist the team.
 - a. The ingredients provided to each team are based upon a recipe; however, teams are challenged with being creative and developing their own recipe with the ingredients provided.
 - b. Teams must incorporate each ingredient into their dish. However, teams may determine the exact amount of each ingredient to use.
 -  c. The ingredients provided to each team may also be used to garnish the dish. Additional garnishing items will not be provided. **There will not be a pantry of items available.**
 - d. Note cards and the Food Challenge Worksheet may be used to write down the recipe that the team invents, along with notes related to nutrition, food safety, and cost analysis. Teams should be exact on ingredients used, preparation steps, cooking time, temperature, etc.
9. **Food Safety.** Each station will have food safety resources. Follow the steps listed to ensure proper food safety and be prepared to discuss food safety practices used in the team presentation to the judges.
10. **Nutrition.** Each station will have a variety of nutrition resources/references. Each team should name key nutrients in their dish and their functions.
11. **Cost Analysis (Seniors only).** Prices will be available for each ingredient provided to the teams. Teams will need to find the ingredients on the list and calculate the price of the dish along with the price per serving. Teams will also need to determine the number of servings per recipe.
12. **Menu Planning and Substitutions (Juniors/Intermediates only).** Identify additional menu items that could be served along with the dish to make a complete meal. Also provide suggestions for possible substitutions.

13. **Presentation.** When time is called, each team will present their dish, according to the criteria on the score card, to a panel of at least two judges.
 - a. All team members must participate in the presentation, with at least three of them having a speaking role.
 - b. Judging time will include:
 - 5 minutes for the presentation
 - 3 minutes for judges' questions
 - 4 minutes between team presentations for judges to score and write comments
 - c. Teams are allowed the use of note cards during the presentation, but should not read from them, as this minimizes the effectiveness of their communication.
 - d. Judges may ask teams questions that are not directly related to the dish prepared. Instead, some questions may address the general knowledge gained through the 4-H members' food and nutrition project learning experiences.
 - e. No talking and now writing is allowed among any team members while waiting to give the team presentation. Team members caught talking and/or writing will receive a warning. The second time, the team will be disqualified and asked to leave the contest facility. Team members should not have pens or pencils in their possession while waiting to give their presentation.
14. **Clean-up.** Teams must clean up their preparation areas. Clean-up time is included in the 40-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. **No tasting of food.** Judges are **not allowed to taste the foods prepared**. No left-over food should be shared with any participant or the audience.
16. **Rankings.** Placing will be based on the rankings of teams by judges. Judges' results are final.
17. **Awards Program.** An awards program will be held at the conclusion of the judging process.

LIMESTONE COUNTY 4-H FOOD CHALLENGE JUDGING QUESTIONS

Judges: Please ask each question as it is written to each participant within an age grouping. If you choose to add questions, write them out and use them with all youth in an age grouping.

Juniors/ Intermediates

1. What are the four food groups in MyPlate? (dairy, fruits & vegetables, protein, and grains)
2. What is considered a serving of your dish?
3. How to you prevent cross-contamination when cooking?
4. Please describe one community service activity you did in the last year within your Foods & Nutrition project.
5. What were your goals for your foods project and did you meet your goals this year?
6. Is there anything else you would like to tell us about your project?

Seniors

1. How do you balance your daily menu to ensure that you get proper amounts of food from the food groups?
2. What food safety practices did you use during preparation?
3. What is considered a serving of your dish?
4. If substitutions are possible, what are they?
5. Please describe one leadership activity you did in the last year within your Foods & Nutrition project.
6. Please think of a healthy substitution you could make in your recipe and tell me about it.
7. What change(s) have you made in your dietary habits as a result of your 4-H food project this year?



4-H FOOD CHALLENGE SCORECARD

Junior/Intermediate

TEAM NUMBER:

CATEGORY:

CATEGORY	COMMENTS	OUTSTANDING	GOOD	FAIR	POOR
Knowledge of My Plate: Guidelines for MyPlate Food group of individual ingredients Serving amounts needed from each group daily Food group that dish falls into Number of servings provided by an individual serving of the dish					
Nutrient Knowledge: Key Nutrients Function of key nutrients Ingredient providing nutrients Healthy substitutions					
Food Preparation and Safety: Steps in preparation Food safety concerns Food safety practices					
Menu Planning Identifies additional foods to be served with dish for complete meal Shows variety in color, texture, taste, temperature, etc.					
Food Appearance/Quality Appearance of food Garnishing Creativity					
Presentation Skills Voice Poise Number of members presenting Overall effectiveness of communication					



4-H FOOD CHALLENGE SCORECARD

Senior

TEAM NUMBER:

CATEGORY:

CATEGORY	COMMENTS	OUTSTANDING	GOOD	FAIR	POOR
Knowledge of My Plate: Guidelines for MyPlate Food group of individual ingredients Serving amounts needed from each group daily Food group that dish falls into Number of servings provided by dish					
Nutrient Knowledge: Key Nutrients Function of key nutrients Ingredient providing nutrients Healthy substitutions					
Food Preparation and Safety: Steps in preparation Food safety concerns Food safety practices					
Serving Size Information Number of servings in dish Size of serving Cost of entire dish Cost per serving					
Food Appearance/Quality Appearance of food Garnishing Creativity					
Presentation Skills Voice Poise Number of members presenting Overall effectiveness of communication					

D8 4-H FOOD CHALLENGE & FOOD SHOW

Map to Limestone County Fairgrounds

Limestone County Fairgrounds – FCS/Exhibit Building

922 N. Tyus St.

Groesbeck, TX 76642

(254) 747-5204 – Vanessa's cell for evening of contest

The FCS / Exhibit Building is the small building across from the Show Barn – bring a flashlight!

