



Food Challenge Parent Information

What to expect at the County 4-H Food Challenge Contest

Thursday, November 7, 2013

**Limestone County Fairgrounds Exhibit Building
(where we hold the FCS Division at the County Fair)**

- Arrive between 5:00 and 5:45 pm to sign in, wash up, and set up your station. Orientation is at 5:50 pm and we will start the contest promptly at 6:00 pm!
- Parents may be more comfortable leaving and coming back for awards – approximately 9:00 pm. No parents allowed in cooking room or judging room and there is little seating in the hallway.
- Top two Junior/Intermediate teams and top two Senior teams will advance to District Contest. District 8 contest is on December 11, 2013, in Belton. Be sure you will be available on that date!
- Teams need to come prepared with their kit and aprons. Teams can have coordinated outfits, including aprons, but it is not necessary. A neat, clean appearance is needed.
- Only three supply kits are available for check-out at the County Extension office and must be reserved and picked up in advance of the contest date. Call to see if there is a kit available! There are supplies your team must provide even if you check out a County Extension office supply kit.
- Hands need to be washed upon arrival at the contest.
- Contestants will have 40 minutes to cook, clean up, and work on presentation. Judging begins shortly thereafter.
- Resource materials will be provided at the contest: *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.
- There are four possible food categories: main dish, fruits & vegetables, bread & cereal, and nutritious snacks. Teams will be randomly assigned to a category. Assignment is made at check-in.
- See the complete rules on our website: <http://counties.agrilife.org/limestone/?p=471>
- If a competitor requires auxiliary aids or special accommodation needs to contact the County Extension Office prior to the competition. Talk to Vanessa Casad at (254) 729-5314.

Team Presentation specifics

- At least 3 of the 5 team members must have a speaking role; we recommend all speak.
- Timeline – up to 5 minutes for the presentation; 3 minutes for judges' questions; and 4 minutes between team presentation for judges to score and write comments.

- Teams may use note cards during presentation, but should not read from them – just use them as guidelines or prompts. *Seniors should try to get by without any note cards.*
- Judges may ask questions not directly related to the dish prepared. Some questions may address general knowledge gained through the 4-H members' food and nutrition project learning experiences.
- No talking or writing is allowed among team members *while waiting to give the team presentation.*
- Judges are not allowed to taste the food.

Parts of the Presentation:

- **Knowledge of MyPlate** – general information about MyPlate; extra knowledge found online (www.myplate.gov). Find out the exact number of servings you need per day, etc. Do you know the food groups? Could you tell a judge what food group the major ingredients in your dish fall into? (ground beef- protein group, etc.)
- **Nutrient Knowledge** – what are the key nutrients in each food group? Why do you need each key nutrient? What could be a healthy substitution in your recipe? (For example, if your recipe calls for milk, be sure it is low fat – 2%, 1% or fat-free; pasta – use whole grain; sour cream – use non-fat or perhaps plain yogurt could be substituted, etc.)
- **Food Preparation and Safety** – be able to explain how you made your dish. Don't go into too much detail. Be brief. Be able to state what you did to observe food safety – did you wash your hands first? Cook meat to the appropriate temperature? Steps taken to avoid cross contamination?
- **Menu Planning** – what foods would you serve with your dish? Remember to think variety in color, texture, taste, temperature, etc.
- **Food Appearance** – did you garnish your dish and make it look attractive?
- **Presentation Skills** – did you speak loud enough for the judges to hear you? Remember to speak clear and slow. The team captain or someone should introduce the team to the judges at the very beginning. Shaking hands with the judges never hurts!

Remember you have to be brief – you only have 5 minutes for the total presentation.

Studying ahead of time will be to your advantage!!!

Questions? Vanessa Casad – vanessa.casad@ag.tamu.edu, 254-729-5314

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