

# District 3 4-H Food Challenge Guide

**New/Modified Guidelines in 2020 are indicated below and are denoted throughout the Food Challenge guidelines with an \*asterisk.**

- **SOCIAL DISTANCING GUIDELINES** will be in effect throughout the District 3 4-H Food Challenge Contest. Due to space constraints parents/4-H Leaders (unless assigned as group leaders) will not be allowed inside the building. Participants will be dropped off at designated times (Seniors- 9am; Intermediates-10:30am; Juniors-11:30am) on the south side of the building between the open-air barn and the show barn. Participants will be directed to wait in an assigned area of the building until food challenge begins. Participants will be dismissed at the completion of their judging time.
- **THREE HEAT SCHEDULE** is included. After determining number of teams per division, final schedule for each division will be emailed to CEAs prior to Food Challenge on November 18, 2020
- **REALIGNED FOOD CATEGORIES** for 2020-2021. There will be four food categories in each age division.
  - Appetizer
  - Main Dish
  - Side Dish
  - Healthy Dessert
- **PANTRY INGREDIENTS- Intermediate and Senior** teams may include in their equipment box the following “pantry” ingredients which they may use when preparing their dish if desired. There is no requirement to use these items, nor is it mandatory that teams include these in their supply box.
  - Salt
  - Pepper
  - Oil (16 oz)
  - 1 jar chicken bouillon
  - 1 medium onion
  - 1 (14 oz) cans vegetables and/or fruit- team choice
  - Rice (white or brown) or pasta (16 oz)- team choice
- **SUPPLY BOX REQUIREMENTS** have been modified for all age divisions. Also, Junior Division team’s supply box will not include “pantry items or items that are used in heating food. See general rule #10.
- **RULES OF PLAY-** Junior and Intermediate Division rules of Play are listed separately from Senior Division Rules of Play
- **SCORECARDS** have changed for all divisions.
- **VIRTUAL ANNOUNCEMENT-** Announcement of awards will be virtual.

# District 3 4-H Food Challenge Guide

District 3 4-H Food Challenge

November 18, 2020

Jack County Youth Fair Barn, Hwy 59 North: Jacksboro, Texas

The District 3 4-H Food Challenge is an opportunity for participants to participate and compete in an innovative food and nutrition competition. The 4-H Food Challenge brings fun, learning, application of knowledge and skills, and group competition together at one event.

**Deadline:** Food Challenge Entries will be entered on 4-H Connect:

- Each team will be charged a **\$10 entry fee per 4-H'er** to cover the cost of ingredients/supplies between **October 21-November 2, 2020. Late registration is November 3-6, 2020 on 4-H Connect Late entry fee is \$25 plus the original entry fee of \$10. Due to contest costs no refunds will be given.**

## **Three Heat Schedule**

- After determining number of teams per division, final schedule for each division will be emailed to CEAs prior to Food Challenge on November 18, 2020

## **Social Distancing Guidelines**

- **\*Social distancing guidelines will be in effect throughout the District 3 4-H Food Challenge Contest. Parents/4-H Leaders (unless assigned as group leaders) will not be allowed inside the building. Participants will be dropped off at designated times (Seniors- 9am; Intermediates-10:30am; Juniors-11:30am) on the south side of the building between the open-air barn and the show barn. Participants will be directed to wait in an assigned area of the building until food challenge begins Participants will be dismissed at the completion of their judging time.**

8:45 am..... Agents Arrive  
9:00 am.....Participants and Leaders Arrive  
Senior Team Registration & Box Check begins  
9:15 am..... Judges Orientation & Leader Orientation  
9:45 am..... Senior Food Challenge Teams Report to Orientation  
10:00am.....Senior Food Challenge Begins  
10:30am ..... Intermediate Registration and Box Check Begins  
10:45 am.....Intermediate Food Challenge Teams Report to Orientation  
11:00am.....Intermediate Food Challenge Begins  
11:30am ..... Junior Registration and Box Check Begins  
11:45 am.....Junior Food Challenge Teams Report to Orientation  
12:00am.....Junior Food Challenge Begins

**\*Announcement of awards will be virtual and will follow tabulation.**

# District 3 4-H Food Challenge Guide

## 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.

## General Rules- Food Challenge

1. **Participation:** A District 3 Food Challenge contestant must be enrolled in 4-H and have actively participated in a 4-H Food and Nutrition educational project.
2. **Age Division:** Age divisions will be the participant's grade level as of August 31, 2020 (current 4-H year):
  - Junior- Grades 3 thru 5**
  - Intermediate- Grades 6 thru 8**
  - Senior- Grades 9 thru 12**
3. **Teams per county.** Each county may enter a maximum of **two** Junior teams, a maximum of **two** Intermediate teams and a maximum of **two** Senior teams. The first and second place teams in each 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).
4. **Members per team.** Each team will have at least three and no more than four members. Up to two Juniors per county may move up to compete on an intermediate team. See rule #2.
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.
6. **Entry fee.** There is a \$10 entry fee per 4-H'er to cover the cost of ingredients/supplies and will be submitted on 4-H Connect. Submit the Food Challenge Entry Sheet between October 21 – November 2, 2020 to Jack County and the District Office. Late registration is November 3-6, 2020 on 4-H Connect. Late entry fee is \$25 plus the original entry fee of \$10.
7. **Food categories.** 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, but assignments will not be announced until check-in the morning of the contest.

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8. **Attire.** Each team will have the option of wearing coordinated clothing, aprons or hair coverings. Team member must wear closed toe shoes and hair restraints. 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. **Resource materials provided at contest.** Resource materials will be provided for each team at the contest. These include MyPlate Mini-Poster; Fight Bac - Fight Foodborne Bacteria Brochure: Know Your Nutrients; Food Safety Fact Sheet, and the Food Challenge Worksheet. Optional resources will include copies of grocery receipts/purchase prices for age groups calculating costs. 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. \* **The Junior Division team's supply box will not include the pantry ingredients listed** or items that are used in heating food. All age divisions may include the Gadget of the Year (refer to supply box list for details) Teams may bring only the supplies listed in the supply box section. Supply Boxes will be certified by County Agents before arriving at the contest. Random spot checks will be done the day of the contest. Any extra equipment will be removed from the team's supply box.
11. **Pantry Ingredients** - Each Senior and Intermediate team may include in their equipment box the following "pantry" ingredients which they may use when preparing their dish if desired. There is no requirement to use these items, nor is it mandatory that teams include these in their supply box.
  - Salt
  - Pepper
  - Oil (up to 17oz)
  - 1 jar chicken bouillon
  - 1 medium onion
  - 2 (up to 16 oz) cans vegetable and/or fruit (team choice)
  - Rice (white or brown) or pasta (16 oz) (team choice)
12. **Awards.** The top five high scoring food challenge teams in each food category will be recognized with "place ribbons" during the awards program. The top Senior Division team in each food category will advance to state competition but may not be automatically assigned to the same category as they were at district. Mystery awards may also be given based on sponsorships and committee decision.
13. **Participants with disabilities.** Any competitor who requires auxiliary aids or special accommodations must contact the District Extension Office at least 2 weeks before the competition.

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**14. Resources.** Suggested Resources that will assist 4-H leaders/agents in preparing 4-Hers for Food Challenge: Participants should not limit themselves to studying only the resources provided at the contest (see general rule #5).

Resources that may be helpful include (but are not limited to):

- MyPlate [www.myplate.gov](http://www.myplate.gov)
- Dietary Guidelines for Americans, 2015  
<https://health.gov/dietaryguidelines/2015/guidelines/>
- Fight Bac! [www.fightbac.org](http://www.fightbac.org)
- Nutritional Concepts
- Cooking Basics for Dummies, 3rd edition

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## 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- Dip Size (1) Mixing (2) Serving (1)  
Calculator  
Can Opener  
Colander  
Cookie Sheet  
Cutting Boards (3)  
Disposable tasting spoons (no limit)  
Dry measuring cups  
First aid kit  
Fork  
Gloves  
Grater  
Hand sanitizer  
Kitchen shears  
Kitchen timer  
Knives (4)  
Liquid measuring cup (2 cup size)  
Measuring spoons (1 set)  
Non-stick cooking spray  
Note cards (no larger than 5 X 7)  
Paper towels (1 roll)  
Pancake turner  
Pencils (no limit)  
Plastic box or trash bag for dirty equipment  
Potato masher  
Potato peeler  
Sanitizing wipes (1 container or bleach solution spray, recipes available)  
Serving platter or plate  
Serving utensil

Skewers (1 set)  
Spatulas (2)  
Stirring spoon  
Storage bags (1 box)  
Tongs  
Whisk

### Int & Sr Division Only

- Electric Skillet
- Extension cord (Teams should be certain the extension cord is compatible (2-prong/3-prong) with the plugs on their electrical supplies)
- Food thermometer
- Hot pads
- Hot plate (two single burner or one double burner, electric only)
- Pot with lid
- Skillet with lid

### Pantry Items

- Salt
- Pepper
- Oil (up to 17 oz)
- 1 jar chicken bouillon
- 1 medium onion
- 2 (up to 16 oz) cans vegetables and/or fruit (team choice)
- Rice (white or brown) or pasta (16 oz) (team choice)

**Gadget of the Year: 2020-21 Contest Year.**  
***Spiralizer (manual only)***

# District 3 4-H Food Challenge Guide

## DAY OF EVENT RULES OF PLAY

### \*JUNIOR AND INTERMEDIATE DIVISION

1. Teams will report to the designated location for check-in.
2. An orientation will be provided for all participants.
3. No electronic devices or jewelry (except for medically required) is allowed in the contest. This includes cell phones, smart watches, or other communication devices.
4. 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: Appetizer, Main Dish, Side Dish, Healthy Dessert.**
5. General guidelines, resources and instructions will be located at each station to assist the team.
6. Each team will have 40 minutes to prepare the dish, plan a presentation, and clean up the preparation area.
7. Only participants and contest officials will be allowed in food preparation areas.
8. 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.
9. Preparation of food and presentation:

#### Preparation

Each team will be provided with a set of ingredients reflective of the assigned category and will create an entire dish using them. The AMOUNTS of ingredients based upon a recipe 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 (**\*Intermediate teams may use the “pantry items” in their supply box**). Each team will create an entire dish/recipe using the provided ingredients. Dishes/recipes created should include two or more servings.
- b. Teams must incorporate each ingredient into the dish. However, teams may determine the exact amount of ingredient to use.
- c. The ingredients provided to each team may also be used to garnish the dish. (**\*Intermediate teams may use the “pantry items” in their supply box**). Additional garnishing items will not be provided.
- 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.

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- e. Teams will be judged during the preparation phase of the contest. This judging is based upon observation only! Refer to the Preparation Scorecard for detail.

10. **Food and Equipment Safety**: Each station will have food safety resources.

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, proper hand sanitizing techniques will be required and expected throughout the contest. If the participants decide to wear 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. Hand sanitizer should be used during the preparation phase of the contest to further 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.

11. **Nutrition**: Each station will have a variety of nutrition resources/references. Each team should name key nutrients in their dish and their functions. Refer to the nutritional information provided at each station.
12. **Cost analysis**: Prices will be available for each ingredient. 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.
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. Teams must be able to communicate with the judges effectively.
  - a. **All team members should have a speaking role in the presentation,**
  - 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 general knowledge gained through the 4-H members' food and nutrition project learning experiences.



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- e. No talking and no writing are 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 may 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 or box to be cleaned at home. Left- over food should be disposed of properly.
- 15. Judges are not allowed to taste the foods prepared. No left-over food should be shared with any participant or the audience.
- 16. Placing will be based on rankings of teams by judges. Judges' results are final.
- 17. A virtual awards program will be held at the conclusion of the judging process.

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## DAY OF EVENT RULES OF PLAY SENIOR DIVISION

1. Teams will report to the designated location for check-in.
2. An orientation will be provided for all participants. Each team will be directed to a cooking/preparation station. Contest categories will be revealed at the preparation station.
3. No electronic devices or jewelry (except for medically required) is allowed in the contest. This includes cell phones, smart watches, or other communication devices.
4. \*Each team will receive an information sheet with their contest category and “key” ingredient for that category (no ingredient amounts, recipe, or instructions will be provided at the station). **The “key” ingredient will be representative of one of the following categories: Appetizer, Main Dish, Side Dish, Healthy Dessert.**

Teams will have access to a “grocery store” of additional ingredients which can be “purchased” and combined with the team’s “key” ingredient to create an original recipe/dish during the contest. The “grocery store” will include items commonly found in grocery stores such as produce, canned goods, crackers, dairy products, etc.

Teams must “purchase” at least two additional items from the “grocery store”. Teams will receive a pricing sheet for “grocery store” items at their station. “Grocery Store” items will be “purchased” using a pricing system and “contest currency.” This will enable teams to analyze the cost of their entire dish and individual serving. The currency system will be explained prior to the contest. Teams may not exceed the provided “contest currency” or trade “currency” or grocery store items with other teams. Teams will be provided a set dollar amount to “spend” at the store; each item in the store will be priced and teams must calculate cost according to total spent.

5. Each team will have 40 minutes to prepare the dish, plan a presentation, and clean up the preparation area.
6. **Electrical**: Teams should be prepared to only plug in one piece of equipment at a time to reduce the risk of electrical malfunction. Contest officials will announce if this is necessary during participant orientation.
7. **Preparation**: Each team will create an entire dish/recipe (not a full meal) using the provided key ingredient, pantry items, and grocery store 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.

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- c. The key ingredient, pantry items, and grocery store items selected should 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.
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, proper hand sanitizing techniques will be required and expected throughout the contest. If the participants decide to wear 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. Hand sanitizer should be used during the preparation phase of the contest to further 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 station will have a variety of nutrition resources/references. Each team should highlight key nutrients in their dish and their functions during their presentation.
10. **Cost analysis:** Price(s) of the key ingredient and grocery store items will be provided to teams. Teams will calculate the price of the dish based on the amount of ingredients used. Teams should calculate the cost of the total recipe, as well as the price per serving. Teams will determine the number of servings for their recipe.
11. **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.
12. **Clean-up:** Teams must clean up their preparation areas. Clean-up time is included in the 40-minute preparation allotment.

# District 3 4-H Food Challenge Guide

## PARTICIPANT ORIENTATION Junior and Intermediate Division

1. Welcome to the Food Challenge!
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. You will have 40 minutes to prepare your dish, plan a presentation, and clean up the preparation area. No talking will be allowed after those 40 minutes. You will receive a 20 minute warning, 10 minute warning, 5 minute warning, and 1 minute warning. We suggest that you start working on your presentation at the 10 minute warning. Remember, NO talking is allowed after the 40 minutes is up.
4. Each team will be provided with a set of ingredients reflective of the assigned category: Appetizer, Main Dish, Side Dish, Healthy Dessert and will create a dish using them.
  - 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 the 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.
5. 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.
6. If electricity goes out during the preparation phase of the contest, teams are asked to turn away from the table immediately. Contest officials will stop the clock so that no preparation time is lost.
7. Ingredients have been divided among teams to minimize the cost and reduce wastefulness. If teams need to see an original food package and/or the nutrition facts label, you may view it at the ingredient table set up in the preparation room. Teams may not take the food package from the table or incorporate any additional ingredients into their recipe.
8. All fresh produce (fruits and vegetables) have been washed prior to the contest; if not water stations will be supplied for participants to wash produce.
9. After your time is up, your area **MUST** be clean and all the supplies and extra food items must be in your supply box. If you have a hot plate cooling, it may be the only thing out on the table other than the food you are presenting to the judges.
10. After time is called for the 40-minute preparation period, no talking and no writing is allowed among any team members. Team members caught talking and/or writing will

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receive a warning. The second time, the team may be disqualified and asked to leave the contest facility. Please remain seated once time is up and do not leave the room. If you need to use the restroom, please let your group leader know.

- 11.** Igloos full of water will be located throughout the room if you need it.
- 12.** Trash cans will also be located throughout the room for your use.
- 13.** Each team had the opportunity to include a small first aid kit in your supply box. If you did not bring a first aid kit, contest officials have one. If you happen to need first aid due to a cut or burn, please let your group leader know immediately so they can assist you!
- 14.** After your team presentation, please walk back to your table QUIETLY and place your dish on your table.
- 15.** You will be asked to complete an evaluation, giving you the opportunity to share with us your experience in the Food Challenge. When you are done with the evaluation, you are dismissed to leave. Please be quiet when you leave.
- 16.** Contest officials will announce when supply boxes should be removed.
- 17.** If you have any questions, please ask your group leader.
- 18.** Good Luck!!!

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## PARTICIPANT ORIENTATION Senior Division

1. Welcome to the 4-H Food Challenge!
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.
4. Each team will receive an information sheet with their contest category and “key” ingredient for that category (no ingredient amounts, recipe, or instructions will be provided at the station). The “key” ingredient will be representative of one of the following categories: Main Dish, Appetizer, Side Dish, and Healthy Dessert. Key ingredient examples: Main Dish (fish), Appetizer (chick peas), Side Dish (fennel), Healthy Dessert (apples).

Teams will have access to a “grocery store” of additional ingredients which should be combined with the team’s “key” ingredient to create an original recipe/dish during the contest. “Grocery store” will include items commonly found in grocery stores and/or home pantries, including items such as produce, seasonings, oils, etc.

Teams must use at least two additional items from the grocery store. Teams will also receive a pricing sheet for grocery store items at their station. Pantry items will be “purchased” using a pricing system and “contest currency.” This will enable teams to analyze the cost of their entire dish and individual serving. The currency system will be explained prior to the contest. Teams may not exceed the provided “contest currency” or trade “currency” or grocery store items with other teams. Example: teams may be provided \$5.00 in “contest currency” to spend at the grocery store; each item in the pantry will be priced and teams must calculate cost according to total spent in grocery store.

5. Each team will have 40 minutes to prepare the dish, plan a presentation, and clean up the preparation area.
6. **Electrical**: Teams should be prepared to only plug in one piece of equipment at a time to reduce the risk of electrical malfunction. Contest officials will announce if this is necessary during participant orientation.
7. **Preparation**: Each team will create an entire dish/recipe (not a full meal) using the provided key ingredient and pantry items. 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 key ingredients/grocery store items/pantry items.

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- a. Teams are challenged to be creative and developing an original recipe with the ingredients provided.
  - b. Teams will determine the exact amount of each ingredient used based on their original recipe.
  - c. The key ingredient, pantry ingredients from the supply box and/or grocery store ingredients selected should 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.
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, proper hand sanitizing techniques will be required and expected throughout the contest. If the participants decide to wear 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. Hand sanitizer should be used during the preparation phase of the contest to further 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.
- Nutrition: Each station will have a variety of nutrition resources/references. Each team should highlight key nutrients in their dish and their functions during their presentation.
9. **Cost Analysis**: Price(s) of the key ingredient and grocery store items will be provided to teams. Teams will calculate the price of the dish based on the amount of ingredients used. Teams should calculate the cost of the total recipe, as well as the price per serving. Teams will determine the number of servings for their recipe.
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 these 5 minutes to address the following areas of the presentation scorecard: Knowledge of MyPlate, Nutrition Knowledge, Food Preparation, Safety Concerns, and Serving Size.

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At the end of 5 minutes, time will be called – additional time will not be allowed. Judges will be allowed 3 minutes to ask questions; however, judges will not ask questions related to what teams should have covered during the presentation. Judges questions will be related to general nutrition, health, chronic disease prevention or others relevant to food and nutrition.

11. Teams that 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.
12. If electricity goes out during the preparation phase of the contest, teams are asked to turn away from the table immediately. Contest officials will stop the clock so that no preparation time is lost.
13. Ingredients have been divided among teams to minimize the cost and reduce wastefulness. If teams need to see an original food package and/or the nutrition facts label, you may view it in the grocery store table area. Teams may not take the original food package from the table.
14. All fresh produce (fruits and vegetables) have been washed prior to the contest; if not, water stations will be supplied for participants to wash produce.
15. Igloos/jugs full of water will be located throughout the room if needed.
16. Trash cans are located throughout the room for your use. (Include instructions on liquid disposal.)
17. Each team had the opportunity to include a small first aid kit in your supply box. If you did not bring a first aid kit, contest officials have one. If you happen to need first aid due to a cut or burn, please let your group leader know immediately so they can assist you!
18. After the 40-minute preparation time is up, your area **MUST** be clean and all the supplies and extra food items must be in your supply box. If you have a hot plate or other items cooling, it may be the only thing out on the table other than the food you are presenting to the judges.
19. After time is called for the 40-minute preparation period, no talking and no writing is allowed among any team members. 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.



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20. Please remain seated once time is up and do not leave the room unless escorted by your group leader to another room to wait to give your team presentation. (If needed, provide instructions on where teams will wait to give presentations.)
21. If you need to use the restroom, please let your group leader know.
22. After your team presentation, please walk back to your assigned seating area QUIETLY and place your dish on your table.
23. After your team presentation, you will be asked to complete an evaluation, giving you the opportunity to share with us your experience in the Food Challenge. When you are done with the evaluation, you are dismissed to leave. Please be quiet when you leave – taking your supply box with you! All dishes should be disposed of before you leave contest area.
24. If you have any questions, please ask your group leader.
25. Good Luck!!

# District 3 4-H Food Challenge Guide

## GROUP LEADER ORIENTATION Junior and Intermediate Divisions

1. Welcome!
2. Introductions and assign each group leader to a category
  - Need 1-2 group leaders per category, depending on facilities and whether contest is run in one or two heats.
3. Objectives of the 4-H Food Challenge:
  - Allow participants to exhibit their knowledge and skills when preparing and presenting a dish.
  - Allow participants to learn from other team members.
  - Promote teamwork.
  - Help 4-H'ers gain experience in public speaking.
  - Provide leadership opportunities for young people.
4. Definition of teams: Made up of three to four members
5. Contest and Judging Procedures (Review so that group leaders understand the process and can answer questions if needed):
  - Groups have been randomly assigned to one of four categories: Main Dish, Appetizers and Side Dish, or Healthy Snacks.
  - Teams do not know what category they have been assigned until they arrive today.
  - Teams will have 40 minutes to prepare a dish, plan a presentation, and clean up the preparation area. A 20-minute warning, 10-minute warning, 5-minute warning, and 1-minute warning will be given. NO talking is allowed after the 40 minutes is up.
  - Each team will be provided with a set of ingredients reflective of the assigned category and will create a dish using them. The AMOUNTS of ingredients, based upon a recipe, will be at each station to assist the team. **Intermediate teams may utilize the pantry items in their supply box.**
  - Teams must incorporate each ingredient into the dish. However, teams may determine the exact amount of each ingredient to use.
  - Each team is provided with educational resources on nutrition and food safety. These resources can be used to help the team members prepare their presentation. Teams are not allowed to bring in their own resources.
  - Teams are also provided with a receipt for their ingredients to determine the total cost of the dish and the cost per serving.

## District 3 4-H Food Challenge Guide

- 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.
- **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.
- *Gloves:* Gloves do not have to be worn throughout the contest; however, proper hand sanitizing techniques will be required and expected throughout the contest. If the participants decide to wear 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. Hand sanitizer should be used during the preparation phase of the contest to further 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.
- If electricity goes out during the preparation phase of the contest, teams are asked to turn away from the table immediately. Contest officials will stop the clock so that no preparation time is lost.
- Ingredients have been divided among teams to minimize the cost and reduce wastefulness. If teams need to see an original food package and/or the nutrition facts label, they may view it at the ingredient table set up in the preparation room. Teams may not take the food package from the table or incorporate any additional ingredients into their recipe.
- All fresh produce (fruits and vegetables) have been washed prior to the contest; if not, water stations will be supplied for participants to wash produce.
- Igloos/jugs full of water are located throughout the room for teams to use if needed.
- Trash cans are located throughout the room for use by teams.
- Please observe teams during the 40-minute preparation period. If you see an accident getting ready to happen, please do your best to step in and prevent it from happening.
- Each team had the opportunity to include a small first aid kit in their supply box. The contest committee also has first aid kits on-hand in case of an injury (burn, cut, etc.). If a 4-H member needs first aid due to a cut or burn, please assist them if they need help.
- *Let group leaders know where first aid kit is located.*
- After the 40-minute preparation time is up, teams' cooking area **MUST** be clean and all the supplies and extra food items must be in their supply box. If they have a hot plate

## District 3 4-H Food Challenge Guide

cooling, it may be the only thing out on the table other than the food being presented to the judges.

- After time is called for the 40-minute preparation period, no talking and no writing is allowed among any team members. 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. Group leaders are asked to monitor and observe teams for talking and/or writing and are allowed to give warnings, keeping contest officials informed of warnings given.
- *Provide instructions on where to lead teams to waiting area for presentations.*
- After the 40-minute preparation period, teams will give their presentation. There will be:
  - 5 minutes for a presentation
  - 3 minutes for judges' questions
  - 4 minutes between team presentations for scoring and comments
- All members of the team should have a speaking role during the presentation.
- Team presentations should highlight the elements provided on the Food Challenge Scorecard as well as additional information the team may feel the judges should know.
- Teams are allowed the use of notecards during the presentation but should not read from them, as this minimizes the effectiveness of their communication.
- Please send in teams to the judging room in order by team number. It's important that we stay on time with the judging of the presentations so the entire contest can stay on time. Teams should follow the guidelines of only having five minutes for their team presentation.
- *If group leaders are also serving as timekeepers for presentations, review responsibilities (i.e., knock on door at 5 minutes and then open door at 3 minutes).*
- During the preparation portion of the contest, or while teams are waiting to give their presentation – if any 4-H member has to use the restroom, you may allow them to go. There are hall monitors ensuring they do not talk to other 4-H members, parents, etc., out in the hallway. When releasing a 4-H member to use the restroom, please alert the hall monitor.

# District 3 4-H Food Challenge Guide

## GROUP LEADER ORIENTATION Senior Division

1. Welcome!
2. Introductions and assign each group leader to a category - need 1-2 group leaders per category, depending on facilities and whether contest is run in one or two heats.
3. Objectives of the 4-H Food Challenge:
  - Allow participants to exhibit their knowledge and skills when preparing and presenting a dish.
  - Allow participants to learn from other team members.
  - Promote teamwork.
  - Help 4-H'ers gain experience in public speaking.
  - Provide leadership opportunities for young people.
4. Definition of teams: Made up of three to four members
5. Contest and Judging Procedures (Review so that group leaders understand the process and can answer questions if needed):
  - Groups have been randomly assigned to one of four categories: Appetizer, Main Dish, Side Dish, or Healthy Dessert. They do not know what category they have been assigned until they arrive today.
  - Each team will be directed to a cooking/preparation station.
  - Teams will have 40 minutes to prepare a dish, plan a presentation, and clean up the preparation area. A 20-minute warning, 10-minute warning, 5-minute warning, and 1minute warning will be given. NO talking is allowed after the 40 minutes is up.
  - There will be a “key/main” ingredient at each station, but no recipe or instructions. The “key/main” ingredient will be representative of one of the following categories: Appetizer, Side Dish, Main Dish, and Healthy Dessert.
  - Teams must use at least two additional items from the grocery store. These items will be “purchased” using a pricing system and “contest currency” to enable teams to analyze the cost of their dish and individual serving. The cost analysis system will be explained prior to the contest. Teams may not exceed the provided “contest currency” or trade “currency” or grocery items with other teams. Example: teams may be provided \$5.00 in “contest currency” to spend at the pantry; each item in the pantry will be priced and teams must calculate cost according to total spent in pantry.

## District 3 4-H Food Challenge Guide

6. Each team will create an entire dish (not a full meal) using the provided key ingredient and grocery items and pantry items from the supply box. Teams should not create side or multiple dishes with their ingredients/pantry items/grocery items.
  - Teams are challenged to be creative and developing an original recipe with the ingredients provided.
  - Teams will determine the exact amount of each ingredient used based on their original recipe.
  - The key ingredient /grocery ingredients/pantry ingredients selected should be used to garnish the dish.
7. 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.

Gloves: Gloves do not have to be worn throughout the contest; however, proper hand sanitizing techniques will be required and expected throughout the contest. If the participants decide to wear 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. Hand sanitizer should be used during the preparation phase of the contest to further 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.

8. Nutrition: Each station will have a variety of nutrition resources/references. Only those resources provided by contest officials should be used.
9. 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.
10. If electricity goes out during the preparation phase of the contest, teams will be asked to turn away from the table immediately. Contest officials will stop the clock so that no preparation time is lost.
11. Ingredients have been divided among teams to minimize the cost and reduce wastefulness. If teams need to see an original food package and/or the nutrition facts label, teams may view these in the grocery store area. Teams may not take the original food package from the table.
12. Igloos/jugs full of water will be located throughout the room for teams to use if needed in recipe preparation.

## District 3 4-H Food Challenge Guide

13. Trash cans are located throughout the room for teams to use. (Include instructions on liquid disposal.)
14. Each team had the opportunity to include a small first aid kit in their supply box. If they did not bring a first aid kit or have a major injury, please direct them to the contest First Aid area (review where this is).
15. After the 40-minute preparation time is up, the team's area **MUST** be clean, and all the supplies and extra food items must be in their supply box. If they have a hot plate or other items cooling, it may be the only thing out on the table other than the food the team is presenting to the judges.
16. After time is called for the 40-minute preparation period, no talking and no writing is allowed among any team members. 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. Group leaders are asked to monitor and observe teams for talking and/or writing and are allowed to give warnings, keeping contest officials informed of warnings given.
17. Provide instructions on where to lead teams to waiting area for presentations.
18. Please send in teams to the judging room in order by team number. It's important that we stay on time with the judging of the presentations so the entire contest can stay on time. Teams should follow the guidelines of only having five minutes for their team presentation.
19. If group leaders are also serving as timekeepers for presentations, review responsibilities (i.e., knock on door at 5 minutes and then open door at 3 minutes).
20. During the preparation portion of the contest, or while teams are waiting to give their presentation – if any 4-H member must use the restroom, you may allow them to go. There are hall monitors ensuring they do not talk to other 4-H members, parents, etc., out in the hallway. When releasing a 4-H member to use the restroom, please alert the hall monitor.
21. All dishes should be disposed of before teams leave contest area. Dishes **MAY NOT** be removed from the contest area for photos and/or public viewing.
22. If you have any questions, please see the contest or group leader coordinator.
23. Thank you for spending your day with us!

# District 3 4-H Food Challenge Guide

## TIPS FOR SELECTING AND PREPARING FOOD CHALLENGE RECIPES

- Pick recipes that require about 30 minutes for preparation AND cook time so that 4-H'ers can prepare the item in their 40-minute time frame.
- Recipes with fewer than ten ingredients typically work best.
- Locate recipes from the Internet, food network, ADA, books, magazines, etc. Remember: Keep it healthy. Modify recipes when necessary, replacing high-fat ingredients with substitutions.
- Choose recipes that can be prepared on a portable burner, skillet, griddle, etc.

### Category selection:

#### **Appetizer**

Small dish of food or drink taken before the meal or the main course. Examples include dips and spreads, vegetables, finger sandwiches, canapes, deviled eggs, crackers,

#### **Main Dish**

Foods classified as main dishes usually contain a meat or meat alternate such as cheese, eggs, dry beans or peas, or peanut butter. They may also contain other foods. Dishes in this category may include: beef, veal, pork, variety meats, poultry, eggs, fish and shellfish, dry beans, etc. Consider buying pre-cooked chicken for recipes that call for chicken.

#### **Side Dish**

Side dishes are foods that are usually served along with a main dish or as accompaniments to the main course. Dishes may include salads, vegetables, fruit, pasta or rice dishes and/or combination vegetable dishes.

#### **Healthy Dessert**

Dishes in this category are usually served at the end of the meal or for special occasions. Healthy desserts are packed with nutrients and are lower in fat and sugar than typical desserts. Suggested dishes: fruit dishes, nutritious no bake cookies, yogurt dishes.

- Split up ingredients among teams to keep your costs down. If this is done, teams will need to be provided with a copy of or access to the original food package and nutrition facts label. Include a simple clue to guide Include a simple clue to guide teams in using the ingredients. Do not give them preparation steps.



# District 3 4-H Food Challenge Guide

## JUDGES' ORIENTATION Junior and Intermediate Division

### Objectives of the 4-H Food Challenge:

- Allow participants to exhibit their knowledge and skills when preparing and presenting a dish.
- Allow participants to learn from other team members.
- Promote teamwork.
- Help 4-H'ers gain experience in public speaking.
- Provide leadership opportunities for young people.

### Definition of teams – **\*made up of three to four members**

#### Procedures:

- Each team will bring a box of equipment that they will use to create and prepare a recipe.
- Groups have been divided into four categories: Appetizer, Main Dish, Side Dish, and Healthy Dessert.
- Teams do not know what category of recipe they will be preparing until they arrive at their preparation table today.
- Each team will be provided with a set of 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.
- Teams must incorporate each ingredient into the dish. However, teams may determine the exact amount of each ingredient to use and **may use some ingredients as a garnish.**
- Each team is provided with educational resources on nutrition and food safety. These resources can be used to help the team members prepare their presentation. Teams are not allowed to bring in their own resources. Please note that teams are encouraged to study additional resources to adequately prepare for this contest.
- Teams are also provided with a receipt for their ingredients to determine the total cost of the dish and the cost per serving.
- Judges will receive:
  - A copy of the ingredient list the teams have been given. The ingredients provided to each team
  - A copy of the receipt and cost analysis for the set of ingredients provided to the teams in the category you are judging.
  - A copy of the educational resources is given to reference as needed.
- Teams will prepare their dishes and prepare presentations.
- There will be 5 minutes for a presentation.
- 3 minutes for judges' questions.

## District 3 4-H Food Challenge Guide

- 4 minutes between team presentations for scoring and comments.

All members of the team must have a speaking role during the presentation.

- Team presentations should highlight the elements provided on the Food Challenge Scorecard as well as additional information the team may feel the judges should know. *If time allows, review the scorecard with the judges.*
- 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.
- When asking questions of the teams, please be sure to keep them age appropriate. While each presentation will vary, it is also important to try your best to be consistent with the questions you ask each team.
- Please be sure to provide comments on the scorecard for each team. This will help them improve their presentation in the future. Constructive feedback gives young people a positive learning experience.
- Judges are not allowed to taste the foods prepared.
- Placing will be based on combined preparation and presentation judge scores. Placing based on scores will be final upon tabulation. Judges' results are final upon announcement.
- Please stay on time with the judging of the presentations so the entire contest can stay on time. Teams should follow the guidelines of only have five minutes for their team presentation.
- Provide instructions on time: Group leaders will serve as timekeeper, knocking on door after 5 minutes and then opening the door after another 3 minutes – OR – each judging team will be given a timer and asked to monitor time.

Thank you!

# District 3 4-H Food Challenge Guide

## JUDGES' ORIENTATION Senior Division

1. Welcome!
2. Introductions and divide into judging groups
  - Need 2-3 judges per category
3. Objectives of the 4-H Food Challenge:
  - Allow participants to exhibit their knowledge and skills when preparing and presenting a dish.
  - Allow participants to learn from other team members.
  - Promote teamwork.
  - Help 4-H'ers gain experience in public speaking.
  - Provide leadership opportunities for young people.
4. Definition of teams: Made up of three to four members.
5. Contest and Judging Procedures:
  - Groups have been randomly assigned to one of four categories: Main Dish, Appetizer, Side Dish, or Healthy Dessert
  - Teams do not know what category they have been assigned until they arrive today.
  - Each team is provided with educational resources on nutrition and food safety. These resources can be used to help the team members prepare their presentation. Teams are not allowed to bring in their own resources. Please note that teams are encouraged to study additional resources to adequately prepare for this contest.
  - Judges will need to refer to the Food Safety Fact Sheet regarding recommended food safety practices teams should follow.
  - Judges should use Fight BAC as the resource for recommended minimum internal cooking temperatures.
  - Teams may be provided with a receipt for their ingredients to determine the total cost of the dish and the cost per serving if applicable.

### **Judges will receive:**

- The name of the key ingredient teams has been given for their category.
- A copy of any necessary cost analysis information such as grocery store pricing guide, key ingredient cost, etc. (if applicable).

## District 3 4-H Food Challenge Guide

- A copy of the educational resources teams are given to reference as needed.

After the 40-minute preparation period, teams will give their presentation. There will be:

5 minutes for a presentation

3 minutes for judges' questions

2 minutes between team presentations for scoring and comments

### **Preparation Phase Overview:**

There will be a “key” ingredient provided to each team at their station; no ingredient amounts, recipe or instructions will be provided. The “key” ingredient will be representative of one of the following categories: Main Dish, Appetizer, Side Dish, or Healthy Dessert.

Teams will have access to a “grocery store” of additional ingredients which should be combined with the team’s “key” ingredient to create an original recipe/dish during the contest. Teams must use at least two additional items from the grocery store.

Pantry items will be “purchased” using a pricing system and “contest currency.” This will enable teams to analyze the cost of their entire dish and individual serving. The cost analysis system will be explained prior to the contest. Teams may not exceed the provided “contest currency” or trade “currency” or grocery store items with other teams. Example: teams may be provided \$5.00 in “contest currency” to spend at the grocery store each item in the pantry will be priced and teams must calculate cost according to total spent in grocery store.

Each team will create an entire dish/recipe (not a full meal) using the provided key ingredient, supply box pantry items and grocery store items. 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/pantry items.

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.

### **Presentation Phase Overview:**

All team members should participate in the presentation.

Following the preparation phase of the contest, each team will give a 5-minute presentation to a panel of judges. All team members should participate in the presentation.

## District 3 4-H Food Challenge Guide

To earn maximum points, teams must use these 5 minutes 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 be allowed 3 minutes to ask questions; however, judges may not ask questions related to what teams should have covered during the presentation.

Judges questions should be related to general nutrition, health, chronic disease prevention or others relevant to food and nutrition.

When asking questions of the teams, please be sure to keep them age appropriate. While each presentation will vary, it is also important to try your best to be consistent with the questions you ask each team.

Teams are allowed the use of notecards during the presentation but should not read from them, as this minimizes the effectiveness of their communication.

Please be sure to provide comments on the scorecard for each team. This will help them improve their presentation in the future. Constructive feedback gives young people a positive learning experience.

Judges are not allowed to taste the foods prepared.

Placing will be based on combined preparation and presentation judge scores. Placing based on scores will be final upon tabulation. Judges should not leave judging area until dismissed. Judges' results are final upon announcement.

**TIMING:** Please stay on time with the judging of the presentations so the entire contest can stay on time. Teams should follow the guidelines of only having five minutes for their team presentation.

Group leaders will serve as timekeeper, at the end of the 5-minute presentation time, timekeeper will say “stop” to indicate presentation should cease. They will then allow 3 minutes for judges' questions, announcing “stop” at the end of this time. Another option may be for judges to be given a timer or use their cell phone and asked to monitor time.

Thank you!

# District 3 4-H Food Challenge Guide

## 4-H FOOD CHALLENGE TEAM WORKSHEET - Use back of sheet for additional space

Knowledge of MyPlate (Write the food and in what food group it belongs):		
Food	MyPlate	Number of servings needed each day

Nutrient Knowledge (Know what this dish contributes to the diet):		
Food	Nutrients/Vitamins	What do they do for my body?

Food Preparation (Know the steps in the preparation of the food):		
Steps		What was prepared/performed in this step?

Food Safety (List food safety concerns associated with this dish):	

Serving Size Information (Accurately calculate the cost of the dish and the cost per serving):		
Ingredient	Total cost of ingredient	Cost per measurement
TOTAL		
Total cost per serving		

## District 3 4-H Food Challenge Guide

### VOLUNTEER JUDGES/HELPER INFORMATION FORM

**Due to: Jack County Extension office November 2, 2020**

Please list adult leaders from your county who have confirmed they will be willing to judge or assist as a helper on November 18, 2020 Be sure to list category division their child is entered in where applicable.

**NAME:** \_\_\_\_\_

**ADDRESS:** \_\_\_\_\_

**EMAIL:** \_\_\_\_\_

**CITY AND ZIP:** \_\_\_\_\_

**CIRCLE ALL THAT APPLY:**    4-H LEADER                      HOME ECONOMIST                      FORMER 4-HER

**PREFER TO SERVE AS A:**    JUDGE                      HELPER

**AVOID:**                      JUNIOR/INTERMEDIATE DIVISION                      SENIOR DIVISION

\_\_\_\_\_

**NAME:** \_\_\_\_\_

**ADDRESS:** \_\_\_\_\_

**EMAIL:** \_\_\_\_\_

**CITY AND ZIP:** \_\_\_\_\_

**CIRCLE ALL THAT APPLY:**    4-H LEADER                      HOME ECONOMIST                      FORMER 4-HER

**PREFER TO SERVE AS A:**    JUDGE                      HELPER

**AVOID:**                      JUNIOR/INTERMEDIATE DIVISION                      SENIOR DIVISION

\_\_\_\_\_

## District 3 4-H Food Challenge Guide

### COUNTY REPORT FORM

#### FOOD CHALLENGE

County: \_\_\_\_\_ District: Rolling Plains – 03

County Extension Agent Reporting: \_\_\_\_\_

Total Number Enrolled in the Food & Nutrition Project: \_\_\_\_\_

#### LOCAL OR CLUB 4-H FOOD CHALLENGE CONTESTS:

Number of local or club food challenges held: \_\_\_\_\_

Total number participating: \_\_\_\_\_

#### COUNTY 4-H FOOD CHALLENGE:

Number of contestants in County Food Challenge:

Junior Division \_\_\_\_\_

Intermediate Division \_\_\_\_\_

Senior Division \_\_\_\_\_

Number of persons observing County Food Challenge (not participants) \_\_\_\_\_

Please return to your District Office by **November 2, 2020**. Thank you for your cooperation in compiling this report.

\_\_\_\_\_  
County Extension Agent



# District 3 4-H Food Challenge Guide

## District 3 4-H Food Challenge Supply Box Certification Form

Team Name \_\_\_\_\_

The following is a list of supplies for a 4-H Food Challenge Supply Box. Teams may choose to have less than what is listed below, however, any additional items may not be included in the supply box.

Beverage Glass	Grater	Plastic Box or Trash Bag for Dirty Equipment
Bowls Dip Size (1) Mixing (2) Serving (1)	Hand Sanitizer	Pot with Lid
Calculator	Hot Pads (up to 5) <b><u>Intermediate and Sr. Division only</u></b>	Potato Masher
Can Opener	Hot Plate (Two single-burner or One Double Burner, Electric Only) <b><u>Intermediate and Sr Division Only</u></b>	Potato Peeler
Colander	Kitchen Shears (1 pair)	Sanitizing Wipes or 1 container of bleach solution spray
Cookie Sheet	Kitchen Timer	Serving Platter
Cutting Boards (3)	Knives (4)	Serving Utensil
Disposable Tasting Spoons (no limit)	Liquid Measuring Cup ( <b>2 cup size</b> )	Skillet with Lid <b><u>Intermediate and Sr. Division Only</u></b>
Dry Measuring Cups	Measuring Spoons	Skewers
Electric Skillet – <b><u>Intermediate and Sr. Division Only</u></b>	Non-stick Cooking Spray	Spatulas (2)
Extension Cord <b><u>Intermediate and Sr Division Only</u></b>	Note Cards (no larger than 5X7)	Stirring Spoon
First Aid Kit	Paper Towels (1 roll)	Storage Bags (1 box)
Food Thermometer <b><u>Intermediate and Sr. Division Only</u></b>	Pancake Turner	Tongs
Fork	Pencils (no limit)	Whisk
Gloves	<b>Pantry items (Int and Sr only)</b> Refer to p. 6 for list of items	Mystery Gadget: Spiralizer-manual

Agent \_\_\_\_\_

County \_\_\_\_\_

Date \_\_\_\_\_