

2017 County 4-H Food Challenge Guidelines

Entries Due: Friday, January 27, 2017

Register at: <http://grayson.agrilife.org/grayson-county-4-h-event-registrations>

The **4-H Food Challenge** is a team opportunity for 4-H youth to showcase their skill and knowledge within the Food and Nutrition Project. **The 2017 contest will be held at the Grayson County Courthouse in the Assembly Room on Saturday, February 4th at 2 p.m.**

There is no cost to enter the County 4-H Food Show, but participants must be active 4-H members and academically eligible. **Entries must be completed by 5 p.m. on Fri., Jan. 27th at <http://grayson.agrilife.org/grayson-county-4-h-event-registrations>**

Each team will have at least three and no more than five members. *If needed Junior Division 4-H members may move up to the Intermediate Division to complete a team. Intermediate and Senior Division 4-H members may only compete within their age division.*

- **Junior Division:** 3rd Grade – 5th Grade
- **Intermediate Division:** 6th Grade – 8th Grade
- **Senior Division:** 9th Grade – 12th Grade

Only **four teams per division** may advance to the District IV 4-H Contest per category in each age division. The District IV 4-H Contest is on Fri. March 3rd in Dallas, Texas at Fair Park. Additional information can be found at <http://d44-h.tamu.edu/event/food-challenge>

Food Challenge Categories

There will be four food categories in each age division: Main Dish, Fruits and Vegetables, Bread and Cereal, and Nutritious Snacks. Teams will be randomly assigned to a category, but assignments will not be announced until check-in the morning of the contest.

Team Supply Box

The Grayson County 4-H Program has 2 kits for use during the contest. Depending on the number of entries, teams may need to bring equipment box containing only the following items:

Two-burner hot plates	2 hot pads	Food thermometer
2 mixing bowls	1 rubber spatula	Non-stick cooking spray
1 medium serving bowl	1 pancake turner	Gloves
1 dip size bowl	1 set of tongs	Sanitizing wipes (for tables)
2 cutting boards	1 stirring spoon	Hand sanitizer
1 medium serving platter	1 potato peeler	Storage bags and/or containers
Dry measuring cups	1 fork	Pencil
Liquid measuring cup	1 skillet	Calculator
Measuring spoons	1 pot	Extension cord
1 serving utensil	1 grater	Can opener
1 medium colander	1 roll of paper towels	Kitchen timer
2 sharp knives	1 rolling pin	Note cards (5x7)
1 cookie sheet	1 pair of kitchen shears	1 plastic box or trash bag for dirty equipment
1 whisk	Disposable tasting spoons	

RULES OF PLAY

1. Teams will report to the designated location for check-in.
2. 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.
3. General guidelines, resources and instructions will be located at each station to assist the team.
4. Each team will have 40 minutes to prepare the dish, plan a presentation, and clean up the preparation area.
5. Each team may be given a challenge/obstacle to overcome during the contest.
6. Only participants and contest officials will be allowed in food preparation areas.
7. Preparation of food and presentation:
 - a. Preparation:** Each team will have ingredients and will create a dish using them. The AMOUNTS of ingredients and a CLUE will be at each station to assist the team. 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. Be exact on ingredients used, preparation steps, cooking time, temperature, etc.
 - b. Food safety:** Each station will have food safety resources. Follow the steps listed to ensure proper food safety. Be prepared to discuss food safety practices used in the team presentation to the judges.
 - c. Nutrition:** Each station will have a variety of nutrition resources/references. Each team must name key nutrients in their dish and their functions, and identify where the dish belongs on MyPyramid. Refer to the nutritional information provided at each station.
 - d. Cost analysis:** Prices will be available for each ingredient. Find the ingredients on the list and calculate the price of the dish along with the price per serving. Teams will determine the number of servings per recipe
 - e. 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. All team members must participate in the presentation, with at least three of them having a speaking role. 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
 - f. 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.
8. Judges are not allowed to taste the foods prepared. No left-over food should be shared with any participant or the audience.
9. Placing will be based on rankings of teams by judges. Judges' results are final.
10. An awards program will be held at the conclusion of the judging process.

Study Resources

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- MyPlate
<http://www.choosemyplate.gov>
- Altering Recipes for Good Health
<http://fcs.tamu.edu/files/2015/02/altering-recipes-for-good-health.pdf>
- Food Safety
<http://www.fightbac.org>
- Dietary Guidelines for Americans
<http://health.gov/DietaryGuidelines>
- Texas A&M AgriLife Extension Service: Nutrient Needs at a Glance
http://fcs.tamu.edu/food_and_nutrition/pdf/nutrient-needs-at-a-glance-E-589.pdf

Judging Criteria

Teams will prepare their dishes and also prepare presentations. There will be

- 5 minutes for a presentation
- 3 minutes for judges' questions
- 4 minutes between team presentations for scoring and comments

At least three members of the team must have a speaking role during the presentation and all members must participate.

Judges are not allowed to taste the foods prepared.

Placing will be based on the order in which team's rank. Judges' results are final upon announcement.

4-H FOOD CHALLENGE SCORECARD

TEAM NUMBER: **ENTRY CLASS:**

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



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

Knowledge of MyPyramid:		
Write the food and where it falls on MyPyramid.		
Food	MyPyramid	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.	
	Concern

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		

