

South District 12 4-H

# 4-H Food Challenge

## Catch the Wave in 4-H

Farm Fresh Cooking



TEXAS A&M  
**AGRI**LIFE  
EXTENSION

2018 Food Challenge Resource Packet



# 2018 DISTRICT 12 4-H FOOD CHALLENGE RESOURCE PACKET

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<u>Attachment</u>	<u>Description</u>
A	Food Challenge Agenda
B	Supply Box Certification Form
C	Agent Assignments
D	Volunteer Form
E	Deadline Summary

# AGENDA

*(Signs will be posted throughout the building for direction – map attached)*

8:00 am – 8:30 am	Junior/Intermediate Registration
8:30 am - 12:00 pm	Junior/Intermediate Judge's Orientation (All Judges)
8:30 am – 9:00 am	Junior/Intermediate Food Challenge Competition
1:00 pm- 1:30 pm	Senior Registration
1:30 pm- 5:30 pm	Senior Judge's Orientation
1:30 pm- 2:00 pm	Senior Food Challenge Competition
5:30 pm	Awards Ceremony

<< NOTE: Parents, Children, & Guests may wait in the Auditorium and designated hallway.>>

**ABSOLUTELY NO TASTE TESTING WILL BE ALLOWED.**

**Clean Up: Everyone helps. Please leave the facility clean.**

# SUPPLY BOX CERTIFICATION FORM

County: \_\_\_\_\_ Age Division: \_\_\_\_\_ Junior / Intermediate \_\_\_\_\_ Senior

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

Person Completing This Form (print): \_\_\_\_\_

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

Beverage glass	Fork	Pot with lid
Bowls	Gloves	Potato masher
- Dip Size (1)	Grater	Potato peeler
- Mixing (2)	Hand sanitizer	Sanitizing wipes (1 container)
- Serving (1)	Hot pads (up to 5)	Serving platter
Calculator	Kitchen shears (1 pair)	Serving utensil
Can Opener	Kitchen timer	Skewers (1 set)
Colander	Knives (2)	Skillet with lid
Cookie Sheet	Liquid measuring cup	Spatula
Cutting Boards (2)	Measuring spoons (1 set)	Stirring spoon
Disposable tasting spoons (No limit)	Non-stick cooking spray	Storage bags (1 box)
Dry measuring cups (1 set)	Note cards (5X7 or smaller; 1 pkg.)	Tongs
Electric Skillet	Paper towels (1 roll)	Two electric single-burner hot plates (or one double-burner plate)
Extension cord*	Pancake turner	Whisk
First Aid Kit	Pencils (no limit)	
Food thermometer	Plastic box or trash bag for dirty dishes	

\* Extension cord should be compatible with your burner requirements (grounded cords are 3-prong; ungrounded cords are 2-prong)

## **Acknowledgement**

I understand that my team's supply box must include only those items and quantities listed above, and that I am not permitted to have any additional items in the supply box. I also understand that I may be selected for a random inspection, or spot inspection prior to or during the contest. I understand that I cannot share a box or supplies in a box with anyone competing simultaneously with my team. If my box has any items not listed above or not in accordance with this list, I am aware that my team may be assessed penalty points.

\_\_\_\_\_  
Team Member Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Parent / Leaders Signature

\_\_\_\_\_  
Date

*This form must be turned into the Supply Box Check-In Superintendent by the designated time prior to the contest.*

# AGENT ASSIGNMENTS

<b>Supplies/Resources:</b>	<b>Yolanda Morado</b> - purchase supplies, collect recipes, copy resources before contest, determine recipes, clues for each age division and food category, prepare pantries (along with list of ingredients and amounts), official contest resources, team worksheets, receipts (can be copies of originals or typed).
<b>Registration:</b>	<b>Lillian Mesquida &amp; Guadalupe Castillo</b> will coordinate registration for all attendees with the assistance of the District 12 4-H Council officers.
<b>Room Setup:</b>	<b>All Agents</b> will set-up contest room tables, put up signs, chairs, registration for teams, assign work spaces for teams, ensure adequate electricity is available, access to water, etc.
<b>Judges Packets:</b>	<b>District Office</b> will organize judges' packets, 3-4 person judging panel, # of participants will determine the number of judges needed, food challenge manual/rules, scorecards, educational resources, and placing sheets.
<b>Judges, Superintendents Assistants Orientation:</b>	<b>Celia Salinas &amp; June Ureste</b> will become familiar with the contents of the judge's packet, conduct judge's registration, be prepared to discuss score cards, placing sheets, nutrition resources, assign judges to food categories and set up judging rooms. Discuss time allowed for judging of each team 5 minutes for the presentation, 3 minutes for judges' questions and 4 minutes between team presentations for judges to score and write comments.
<b>TABULATION:</b>	<b>Isaac Cavazos &amp; Rogelio Mercado</b>
<b>Supply Box Check-In:</b>	<b>Barbie Wymore &amp; Frank Escobedo</b> This includes receiving completed Supply Box Certification forms, and random selection for full box inspections. Teams of agents will monitor and inspect contents of Food Challenge supply boxes throughout competition.
<b>County Group Photos:</b>	<b>Barbie Wymore</b>

**Team Monitors:** Monitors will be assigned a team or teams and ensure that participants abide by the state and district rules.

**Gloria Carter**                      **Perla Flores (S)**                      **Lilian Mezquida**  
**Marisa Dimas**                      **Frank Escobedo**                      **Sammy Luera**  
**Monica Aguirre**

**Superintendents  
& Assistants:**

**Angelica Sifuentes (S) and Esly Reyes (J/I)** will show the judges to the judging room and issue the judging packets and ensure score sheets are completed. Assistants will turn in score sheets to tabulation and collect the next team to be judged.

**Age Division:**

**Kimberly Guillen** – Seniors  
**Esly Reyes** - Junior / Intermediate

**Gifts for Judges:**

**June Ureste** will arrange for judges' gifts (*approximately 7*) which will be distributed to each serving judge.

**Participant Orientation:**

**Barbie Wymore** will conduct the orientation for Food Challenge participants

**Awards Program:**

**Kimberly, Joanne & 4-H Council** will coordinate awards programs for this event. Work with tabulation committee to get final print outs on awards and arrange for microphone etc. District 12 4-H Council Officers will announce results.

**Food Challenge Evaluation:**

**Enrique Perez** will administer evaluation instrument and ensure all participants complete the forms.

**Miscellaneous:**

**District Office** will create and print room identifiers, table tents with team names and participant evaluations.

**Judging Order:**

Judging order has been randomly selected as follows.

1. Webb	8. Starr	15. Hidalgo
2. McMullen	9. La Salle	16. Willacy
3. Maverick	10. Jim Hogg	17. Zapata
4. Zavala	11. Duvall	18. Live Oak
5. Atascosa	12. Brooks	19. Kleberg-Kenedy
6. Dimmit	13. Jim Wells	
7. Frio	14. Cameron	

# VOLUNTEER FORM

Use this form to organize your volunteer list. All information should be entered online (D12 4-H website) under the 4-H Activities> 4-H Food Challenge> link. This information must be posted online by November 7th.

## **VOLUNTEER - JUDGE #1**

Name: \_\_\_\_\_

Email: \_\_\_\_\_ Phone: \_\_\_\_\_

Address: \_\_\_\_\_ City / Zip: \_\_\_\_\_

Has this person judged at county food show/challenge? \_\_\_\_\_ Yes \_\_\_\_\_ No

Has this person judged at district food show/challenge? \_\_\_\_\_ Yes \_\_\_\_\_ No

Is this person knowledgeable about this contest? \_\_\_\_\_ Yes \_\_\_\_\_ No

Is this person knowledgeable of food and nutrition,  
MyPlate, and dietary guidelines? \_\_\_\_\_ Yes \_\_\_\_\_ No

Have you provided this person training on foods and nutrition? \_\_\_\_\_ Yes \_\_\_\_\_ No

Specify any judging conflicts: \_\_\_\_\_

## **VOLUNTEER - JUDGE #2**

Name: \_\_\_\_\_

Email: \_\_\_\_\_ Phone: \_\_\_\_\_

Address: \_\_\_\_\_ City / Zip: \_\_\_\_\_

Has this person judged at county food show/challenge? \_\_\_\_\_ Yes \_\_\_\_\_ No

Has this person judged at district food show/challenge? \_\_\_\_\_ Yes \_\_\_\_\_ No

Is this person knowledgeable about this contest? \_\_\_\_\_ Yes \_\_\_\_\_ No

Is this person knowledgeable of food and nutrition,  
MyPlate, and dietary guidelines? \_\_\_\_\_ Yes \_\_\_\_\_ No

Have you provided this person training on foods and nutrition? \_\_\_\_\_ Yes \_\_\_\_\_ No

Specify any judging conflicts: \_\_\_\_\_

**DO NOT TURN IN THIS FORM**

**...all information must be posted online as described above.**

# DEADLINE SUMMARY

## District Deadline - November 7, 2017

**All Contestants:** Each 4-H'er participating in the District 12 4-H Food Challenge must register online through 4- H CONNECT. There will be a registration fee of \$15.00 per contestant.

- Registration will be open from **October 17, 2017 through November 7, 2017**. County certification deadline will be November 7, 2017. There will be no late registration period. No refunds will be given to a county and/or individual. Payment must be received prior to event date.

**4-H Coordinator:** The County 4-H Coordinator from each participating county must contact, confirm, and submit the names and information of two (2) confirmed adult leaders to assist during the District 12 4-H Food Challenge. Please submit online (D12 4-H website) the contact information on the form (Attachment D) to the District Office by **November 7th**. Leader roles are as follows:

- Two (2) judges - these individuals must be willing and qualified to serve as a judge. If for some reason the judge originally selected is unable to attend, it is the agent's responsibility to obtain another qualified judge and notify the District Office of the change immediately. Agents are asked to advise the District Office of participant substitution or no shows by noon on Tuesday, **November 7th**.



# PARTICIPANT RULES

## (COUNTY/DISTRICT LEVEL)

**Note:** *These rules may be modified to accommodate the needs of a county/district level contest. Therefore, be sure to acquire the current year's rules for your county/district event.*

1. Participation. Participants must be 4-H members currently enrolled in a Texas 4-H Youth Development county program and actively participating in the Food and Nutrition project.
2. Teams per county. Each county may enter a maximum of two (2) Junior/Intermediate teams and a maximum of two (2) Senior teams. (district rule). The first and second place teams from the County contest 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).
3. Members per team. Each team will have at least three (3) and no more than five (5) members. Teams may not include members in different age divisions. See rule #2.
4. 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.
5. Entry fee. Each team member will be required to pay a registration fee to cover the cost of ingredients for the contest.
6. Food 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 day of the contest.
7. Attire. Each team will have the option of wearing coordinated clothing, aprons or hair coverings. However, should be dressed appropriately.
8. Resource materials provided at contest. Resource materials will be provided for each team at the contest. These include MyPlate Mini-Poster, Fight Bac - Fight Food Borne Bacteria Brochure, 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 will be checked by contest officials as teams check in for the contest. Any extra equipment will be removed from the team's supply box.

# RULES OF PLAY

1. 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.
2. General guidelines, resources and instructions will be located at each station to assist the team.
3. Each team will have 40 minutes to prepare the dish, plan a presentation, and clean up the preparation area.
4. Preparation: Each team will be provided with a set of ingredients reflective of the assigned category, and will create a single dish (not a full meal) using them.
  - a. 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. Teams will have access to a “pantry” of additional ingredients that may be incorporated into their recipe.
  - d. The ingredients provided to each team or available in the contest pantry may be used to garnish the dish.
  - e. Note cards and the Food Challenge Worksheet 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.
5. Food safety: Each station will have food safety resources. Teams should 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.
6. Nutrition: Each station will have a variety of nutrition resources/references. Each team should name key nutrients in their dish and their functions.
7. Cost analysis: Prices will be available for each ingredient provided to 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.
8. Presentation: When time is called, each team will present their dish to the judges. Team presentations should include the criteria outlined on the scorecard. The following also pertains to team presentations.
  - a. All team members must participate in the presentation.
  - b. A maximum of five minutes will be allowed for each team’s presentation.
9. Clean-up: Teams must clean up their preparation areas. Clean-up time is included in the 40-minute preparation allotment.