

TEXAS A&M
AGRILIFE
EXTENSION

The Texas 4-H **FOOD CHALLENGE**



2013-2014 Revised Guidelines

The Texas 4-H Food Challenge

More than 120,000 youth participate in the 4-H Food & Nutrition Project, learning how to prepare nutritious and safe meals and snacks and adopt behaviors that can help reduce their risk for chronic disease. This contest challenges teams of 4-H members to create a dish using only a predetermined set of ingredients. From these ingredients, team members must identify and prepare the dish, then make a presentation about it to the judges.

OBJECTIVES

- Provide opportunities for participants to exhibit their knowledge and skill when preparing and presenting a dish
- Provide opportunities for participants to learn from other team members
- Promote teamwork
- Give participants opportunities for public speaking
- Provide leadership opportunities
- Give 4-H members the opportunity to participate in a new, exciting, competitive event

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 and Youth Development county program and actively participating in the Food and Nutrition project.
2. Age. Age divisions are determined by a participant's age as of August 31 of the current 4-H year.
Junior/Intermediate Division: 8 years old and in 3rd grade, or 9 to 13 years old
Senior Division: 14 to 18 years old
3. Teams per county. Each county may enter a maximum of two Junior/Intermediate teams and a maximum of two Senior teams. (district rule). The first and second place teams in both age divisions should advance to the district contest. At the county contest, this will require that all teams within one age division be judged against each other and placed (not judged and placed according to food category).
4. Members per team. Each team will have at least three and no more than five members. Teams may not include members in different age divisions. See rule #2.
5. Substitution of team members. Substitution of team members should 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. Each team may be required to pay a registration fee to cover the cost of ingredients for the contest.
7. 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.
8. Attire. Each team will have the option of wearing coordinated clothing, aprons or hair coverings.
9. Resource materials provided at contest. Resource materials will be provided for each team at the contest. These include Choose My Plate - 10 Tips to a Great Plate, Fight Bac - Fight Foodborne 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.
10. 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 confiscated and the team may be disqualified.
11. Awards. District awards will be determined by the committee and are based on sponsorships. Mystery awards may also be given based on sponsorships and committee decision.



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12. Suggested contest schedule for one heat.
 - 8:00 am Agents, Leaders and Judges Arrive
 - 8:00 am Leader Orientation, Judge Orientation
 - 8:00 am Food Challenge Teams Check In
 - 8:45 am Food Challenge Team Orientation
 - 9:00 am Food Challenge Begins
 - 10:00 am Judging Begins
 - 11:30 am Approximate Time for Awards Program

Suggested contest schedule for two heats.

- 8:00 am Agents, Leaders and Judges Arrive
- 8:00 am Leader Orientation, Judge Orientation
- 8:00 am Group A Teams Check In
- 8:45 am Group A Team Orientation
- 9:00 am Group A Teams Begin Challenge
- 9:30 am Group B Teams Check In
- 10:00 am Group A Team Presentations/Judging Begins
- 10:15 am Group B Team Orientation
- 10:30 am Group B Teams Begin Challenge
- 11:30 am Group B Team Presentations/Judging Begins
- 1:30 pm Approximate Time for Awards Program

13. Participants with disabilities. Any competitor who requires auxiliary aids or special accommodations must contact the District Extension Office at least two weeks before the competition.

PARTICIPANT RULES (STATE LEVEL)

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

4-H members are not eligible to enter the 4-H Food Challenge if they previously were a part of a team that placed first in the Final Food Challenge. 4-H members that were a part of a first place team for a category in the Food Challenge (and not the Final Challenge) are eligible to compete again.

2. Age. Age divisions are determined by a participant's age as of August 31 of the current 4-H year.
 - Senior Division:
 - 14 to 18 years old
3. Teams per district. Each district may advance four teams to compete in the state contest (the first place team in each category at the district contest). Teams advancing to state will not automatically be assigned to the same category as they were at district.
4. Members per team. Each team will have at least three and a maximum of five members. Teams may not include members in different age divisions.
5. Substitution of team members. See current rules in the Texas 4-H Roundup Rules and Guidelines.
6. Registration and entry fee. Each team will be required to register using the standard Texas 4-H Roundup registration process and pay all registration fees associated with Texas 4-H Roundup.



7. 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, which will not be announced until check-in the day of the contest.
8. Attire. Each team will have the option of wearing coordinated clothing, aprons or hair coverings.
9. Resource materials provided at contest. Resource materials will be provided for each team at the contest. These include Choose My Plate - 10 Tips to a Great Plate, Fight Bac - Fight Foodborne 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.
10. 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 confiscated and the team may be disqualified.
11. Awards. State awards will be determined by the committee and are based on sponsorships. Mystery awards may also be given and are based on sponsorships and committee decision.
12. Final Food Challenge. At Texas 4-H Roundup, the first place team in each category will compete in a "Final Food Challenge," scheduled to be held on the same day of the contest. Teams competing in the Final Food Challenge will be provided with a facility to wash their supplies in preparation for the Final Challenge.
13. Suggested contest schedule for state 4-H Food Challenge.*
 - 8:00 am Group A Leaders Arrive; Orientation for Group Leaders
 - 8:00 am Group A Teams Check In (must be checked in by 8:30 am)
 - 8:45 am Group A Team Orientation
 - 9:00 am Group A Teams Begin Challenge
 - 9:00 am Judges Arrive; Orientation for Judges
 - 9:30 am Group B Leaders Arrive; Orientation for Group B Leaders
 - 9:30 am Group B Teams Check-In (must be checked in by 10:00 am)
 - 10:00 am Group A Team Presentations/Judging Begins
 - 10:15 am Group B Team Orientation
 - 10:30 am Group B Teams Begin Challenge
 - 11:30 am Group B Team Presentations/Judging Begins
 - 1:30 pm Awards Program
 - 3:00 pm First place team in each category check in for Final Food Challenge
 - 3:30 pm Final Food Challenge Begins
 - 8:00 pm Final Challenge winners announced at General Assembly

*The state contest schedule provided above is tentative and may be altered by the state contest committee based upon the number of participants and facilities.



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 (2)

Disposable tasting spoons

Dry measuring cups

Electric Skillet

Extension cord

(Teams should be certain the extension cord is compatible (2-prong/3-prong) with the plugs on their electrical supplies)

First aid kit

Food thermometer

Fork

Gloves

Grater

Hand sanitizer

Hot pads

Kitchen shears

Kitchen timer

Knives (2)

Liquid measuring cup

Measuring spoons

Non-stick cooking spray

Note cards (no larger than 5 X 7)

Paper towels

Pancake turner

Pencil

Plastic box or trash bag for dirty equipment

Pot with lid

Potato masher

Potato peeler

Rolling pin

Sanitizing wipes (for tables)

Serving platter

Serving utensil

Skillet with lid

Spatula

Stirring spoon

Storage bags and/or containers

Tongs

Two single-burner hot plates OR one double-burner plate (electric only!)

Whisk



RULES OF PLAY

1. Teams will report to the designated location for check-in.
2. An orientation will be provided for all participants.
3. Each team will be directed to a cooking/preparation station. There will be a set of ingredients at each station, but no recipe. The ingredients will represent a recipe from one of the following categories: Main Dish, Fruits and Vegetables, Bread and Cereal, and Nutritious Snacks.
4. General guidelines, resources and instructions will be located at each station to assist the team.
5. Each team will have 40 minutes to prepare the dish, plan a presentation, and clean up the preparation area.
6. Only participants and contest officials will be allowed in food preparation areas.
7. Teams that may experience any equipment malfunction(s) may not replace the equipment with supplies from another team, leaders, volunteers, county Extension agents or contest officials. Instead, team members must work together and be creative in completing preparation without the malfunctioning equipment.
8. Preparation: Each team will be provided 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.
 - 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. Teams will have access to a “pantry” of additional ingredients that may be incorporated into their recipe. The number of additional ingredients a team may get will be determined by contest officials and announced during participant orientation.
 - d. The ingredients provided to each team may also be used to garnish the dish. Additional garnishing items will not be provided.
 - e. Note cards and the Food Challenge Worksheet may be used to write down the recipe that the team invents, along with notes related to nutrition, food safety, and cost analysis. Teams should be exact on ingredients used, preparation steps, cooking time, temperature, etc.
9. Food safety: Each station will have food safety resources. 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.
10. Nutrition: Each station will have a variety of nutrition resources/references. Each team should name key nutrients in their dish and their functions.
11. Cost analysis: 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.



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



PARTICIPANT ORIENTATION

Note: *Not all elements included in the participant orientation may be applicable to each contest offered. Therefore, this orientation may be modified based on the needs of a county/district contest.*

1. Welcome to the 4-H Food Challenge!
2. 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. We suggest that you start working on your presentation at the 10 minute warning. NO talking is allowed after the 40 minutes is up.
3. Each team will be provided with a set of ingredients reflective of the assigned category and a clue, 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. Teams will have access to a “pantry” of additional ingredients that may be incorporated into their recipe. Each team is allowed _____ additional ingredients (explain process).
 - d. The ingredients provided to each team may also be used to garnish the dish. Additional garnishing items will not be provided.
4. 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.
5. 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.
6. 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.
7. All fresh produce (fruits and vegetables) have been washed prior to the contest.
8. Igloos/jugs full of water will be located throughout the room if you need it.
9. Trash cans are located throughout the room for your use.
10. 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!
11. 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 cooling, it may be the only thing out on the table other than the food you are presenting to the judges.



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12. 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.
 13. 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.)
 14. If you need to use the restroom, please let your group leader know.
 15. After your team presentation, please walk back to your assigned seating area QUIETLY and place your dish on your table.
 16. 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 dish and supply box with you!
 17. If you have any questions, please ask your group leader.
 18. Good Luck!!!



GROUP LEADER ORIENTATION

Note: *Not all elements included in the group leader orientation may be applicable to each contest offered. Therefore, this orientation may be modified based on the needs of a county/district contest.*

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 five 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, Fruits and Vegetables, Bread and Cereal, or Nutritious Snacks.
 - Teams do not know what category they have been assigned until they arrive 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.
 - Teams will have access to a "pantry" of additional ingredients that may be incorporated into their recipe (explain process).
 - 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.
 - 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.
 - 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.
 - 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 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. 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.
 - *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*
- At least three members of the team must have a speaking role during the presentation and all members must participate.
- 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 time keepers 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.

6. Thank you.



JUDGES' ORIENTATION

Note: *Not all elements included in the judges' orientation may be applicable to each contest offered. Therefore, this orientation may be modified based on the needs of a county/district contest.*

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 five members
5. Contest and Judging Procedures:
 - Groups have been randomly assigned to one of four categories: Main Dish, Fruits and Vegetables, Bread and Cereal, or Nutritious Snacks.
 - Teams do not know what category they have been assigned until they arrive 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.
 - Teams will have access to a "pantry" of additional ingredients that may be incorporated into their recipe (explain process).
 - 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 in order 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 and clue the teams have been given. 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.
 - 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 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
 - 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.



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- 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 notecards 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's 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 the order in which you rank teams. 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.

6. Thank you!



4-H FOOD CHALLENGE SCORECARD

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



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		



4-H FOOD CHALLENGE RANKING FORM

Age Division _____

Category _____

PLACING	TEAM NUMBER	COUNTY
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		
11		
12		
13		
14		
15		
16		
17		
18		
19		
20		
21		
22		
23		
24		

Signature, Judge 1

Signature, Judge 2

Signature, Judge 3



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.
- Make sure that if the recipe requires an oven the contest facility has one! It is better to choose recipes that can be prepared on a portable burner, skillet, etc.
- Category selection:
 - Main Dish Category: 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.
 - Fruit and Vegetable Category: These are side dishes or foods that are usually served along with a main dish or as accompaniments to the main course.
 - Bread and Cereal Category: Suggested dishes in this category are quick breads, rice dishes and pastas. Consider buying pre-cooked rice and pastas to shorten preparation time.
 - Nutritious Snacks Category: Snacks are commonly eaten between meals by those with higher energy needs (such as teens and children). Snacks should provide energy and enhance diet quality. Suggested dishes for this category are milk drinks and floats, fruit drinks, dips and dippers, fondues, custards, sandwiches, party foods and refreshments, appetizers, pizzas, and nutritious no-bake cookies.
- Split up ingredients among teams to minimize expenses. 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 teams in using the ingredients. Do not give them preparation steps.

SAMPLE INGREDIENT LIST AND CLUE

Bread and Cereal Category
Clue: Roll it out

3 cups white all purpose flour
1 ½ teaspoons baking powder
½ teaspoon salt
1/3 cup applesauce
1 cup warm water



FOOD CHALLENGE WORKERS

The Food Challenge does require some “assembly” beforehand to ensure that all the ingredients are assembled and all resources are carefully placed with the package of contest materials. However, once the contest starts, it is all fun, for both the 4-H members and those working the contest. Below is a list of the average number of officials and judges needed to facilitate the 4-H Food Challenge. Of course, these numbers will vary depending on the number of heats conducted and the number of participants entered at each level.

REGISTRATION	three to four to check in teams and check supply boxes
TIME KEEPER	one to give time warnings during preparation phase of contest
GROUP LEADERS	one per category, per age division
JUDGES	two to three for the junior/intermediate age division two to three per category for senior age division
RUNNERS	two to four based on number of participants, size of contest area, and location of judging stations
HALL MONITORS	one to two to monitor halls in case participants must leave contest room (to use restroom)

4-H FOOD CHALLENGE RESOURCES

In preparation for the Food Challenge, participants should not limit themselves to studying only the resources provided at the contest. Resources that may be helpful include (but are not limited to):

- MyPlate
www.myplate.gov
- Dietary Guidelines for Americans, 2010
www.health.gov/dietaryguidelines/dga2010/DietaryGuidelines2010.pdf
- Fight Bac!
www.fightbac.org
- Cooking Basics for Dummies, 3rd edition

The following resources will be provided to teams at the Food Challenge. All are available online at:
http://texas4-h.tamu.edu/healthy_lifestyles/

Resource 1: Choose My Plate – 10 Tips to a Great Plate

Resource 2: Fight Bac – Fight Foodborne Bacteria Brochure

Resource 3: Nutrient Needs at a Glance (Updated 7/11)

Resource 4: Altering Recipes for Good Health (Updated 4/13)



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