



This contest challenges teams of 4-H members to create a dish using only a key ingredient and access to a “grocery store” of other ingredients. From these ingredients, team members are challenged to create a healthy dish while practicing proper food safety, food preparation, and communication skills.

Entry

- Enter as a team of 3 to 4 members.
- Teams are made up of individuals in the same age division (Junior, Intermediate or Senior).

County Entries

- Each county may submit FIVE teams per age division.
- A total of 15 team entries per county may be submitted for the district contest.
- Teams may not include members in different age divisions.

Attire

- Each team will have the option of wearing coordinated clothing and/or aprons.
- ALL team members must wear closed toed shoes and hair restraints (cap, hair net, chef hat bandana, etc.).

Contest Room

- ONLY THE TEAM is allowed in the contest room. All others must remain in the designated waiting areas or outside the building. Contestants can only be assisted with transporting supply boxes from parking lots to the contest room door.
- Teams must check-in and check-out of the contest room as a group. Teams with fewer than three members will be disqualified.

Jewelry

- No jewelry (except for medically required) is allowed in contest room. This includes earrings, facial piercings, bracelets, necklaces, watches etc.

Supply Box

- Each team must supply their own equipment for the challenge.
- Teams may bring only the supplies listed in the supply box list below.
- Supply boxes may be checked by contest officials as team members check in for the contest.
- Any extra equipment will be removed from the team’s supply box.
- Each team will bring an equipment box containing only ONE of each of the following items, unless a different quantity is noted:



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| Beverage glass | Measuring spoons (1 set) |
| Bowls (up to 4 – any size) | Non-stick cooking spray |
| Calculator | Note cards (1 package – no larger 5x7) |
| Can opener | Paper towels (1 roll) |
| Cookie sheet | Pancake turner (up to 2) |
| Colander | Pencils (no limit) |
| Cutting boards (4) | Plastic box & trash bag for dirty equipment |
| Disposable tasting spoons (no limit) | Pot with lid |
| Dry measuring cups (1 set) | Potato masher |
| Electric skillet | Potato peeler |
| Extension cord (Multiple outlet or strip style) <i>Teams should be certain the extension cord is compatible (2-prong/3-prong) with the plugs on their electrical supplies.</i> | Sanitizing wipes (1 container) or bleach solution spray |
| First aid kit | Serving dishes/utensils <ul style="list-style-type: none"> • 1 plate/platter • 1 bowl • 1 utensil |
| Food thermometer | Skewers (1 set) |
| Fork | Skillet with lid |
| Gloves | Spatulas (2) |
| Grater | Stirring spoon |
| Hand sanitizer | Storage bags (1 box) |
| Hot pads (up to 5) | Tongs |
| Kitchen shears (1 pair) | Toothpicks (no limit) |
| Kitchen timer | Two single-burner or one double-burner hot plate (electric only) |
| Knives (up to 6) | Whisk |
| Liquid measuring cup (2 cup size) | |
| Manual pencil sharpener | |

Pantry

- Each team may include in their supply box the following “pantry” ingredients which they may use when preparing their dish.
- There is no requirement to use these items, nor is it mandatory that teams include these in their supply box.

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

Resource Materials Provided


- Each team will be provided the following resources at contest:
 - ✓ MyPlate Mini-Poster
 - ✓ Fight Bac: Fight Food Borne Bacteria brochure
 - ✓ Know Your Nutrients
 - ✓ Food Safety Fact Sheet
 - ✓ Food Challenge worksheet
 - ✓ Grocery list with food costs
- No other resource materials will be permitted.

- Teams may not use their personal copies of resources during the contest.

Contest Rules of Play

- Each team will be directed to a cooking/preparation station. Contest categories will be revealed at the preparation station.
- Each team will receive an information sheet with their contest category and “key” ingredient for that category. 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 also 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 share 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.
- Each team will have 40 minutes to prepare the dish, plan a presentation, and clean up the preparation area.
- Teams should be prepared to only plug in one piece of equipment at a time to reduce the risk of electrical malfunction.

Preparation

- Each team will create an entire dish/recipe (not a full meal) using the provided key ingredient 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.
- Teams are challenged to be creative and develop an original recipe with the ingredients provided.
- Teams will determine the exact amount of each ingredient used based on the original recipe.
- The key ingredient and/or grocery store ingredients selected should be used to garnish the dish.
- Note cards may be used to write down the recipe the team creates, along with notes related to nutrition, food safety, and cost analysis. Teams should be exact on ingredients, preparation steps, cooking time, temperature, etc.
- A safe and sanitary working environment must be maintained during the contest. Each station will have food and kitchen safety resources. Teams should follow 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 do not have to be worn throughout the contest; however, there should always be a barrier between your hand and any food touched. A barrier includes gloves and/or cooking utensil. When wearing 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.
- 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.
- 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.

- Prices 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.
- Teams must clean up their preparation areas. Clean-up time is included in the 40-minute preparation allotment.

Presentation and Questions

- 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.
- To earn maximum points, teams must use the 5-minute presentation to address the following areas of presentation according to 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. 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. Following questions, judges will have 3 minutes to score/write comments.
- Finished dishes MAY NOT leave the judging area. Dishes must be discarded after teams complete the judging process to ensure teams in following heats do not see what ingredients are available to gain an advantage.



Scoring

- See the 4-H Food Challenge scorecard in the Appendix for scoring criteria and areas of focus in which interview/judges' questions are generated.