

2015 4-H FOOD CHALLENGE County Guidelines

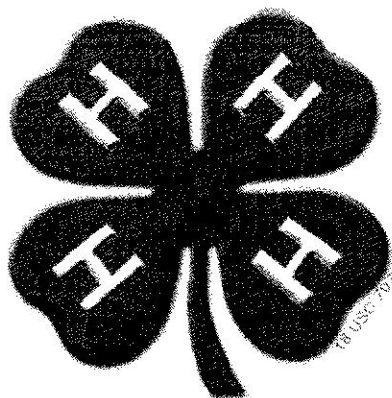


Clay County Contest: TBA (if needed)

District 4-H Contest:
Wednesday, October 28, 2015
Jacksboro, Texas

DEADLINE TO ENTER:
Friday, October 9, 2015
District Entry fee: \$5.00 each

Call the Extension office: 940/538-5042



District 3 4-H Food Challenge Guide

District 3 4-H Food Challenge

October 28, 2015

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

The District 3 4-H Food Challenge is a new and unique opportunity to participants 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 **\$5 entry fee per 4-H'er** to cover the cost of ingredients/supplies between **October 1- 19, 2015**. Due to contest costs no refunds will be given.

Schedule

8:45 am.....Agents Arrive
9:00 am.....Participants and Leaders Arrive
Team Registration & Box Check begins
9:15 am..... **Judges Orientation & Leader Orientation**
9:45 am.....Food Challenge Teams Report to Orientation
10:00am.....Food Challenge Begins
11:00am.....Judging Begins
12:30 pm.....Approximate Time for Awards Program

(Please note: If team entries exceed the space allotted in the Jack County Fair Barn, plans will be put into place for a 2 heat schedule. County Extension Agents will be notified asap)

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.

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, 2015 (current 4-H year):
 - Junior/Intermediate- 3rd grade thru 8th grade
 - Senior- 9th grade thru 12th grade

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3. **Teams per county.** Each county may enter a maximum of **two** Junior/Intermediate teams and a maximum of **two** Senior teams. 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 will provide a \$5 entry fee per 4-H'er to cover the cost of ingredients/supplies. Checks will be payable to **4-H Foundation**. Submit to 4-H Foundation, PO Box 11020, College Station, TX 77842-1020, along with Food Challenge Entry Sheet between October 1 - 19, 2015.
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 morning 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 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** 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.
12. **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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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	Measuring spoons
Bowls Dip Size (1) Mixing (2) Serving (1)	Non-stick cooking spray
Calculator	Note cards (no larger than 5 X 7)
Can Opener	Paper towels
Colander	Pancake turner
Cookie Sheet	Pencil
Cutting Boards (2)	Plastic box or trash bag for dirty equipment
Disposable tasting spoons	Pot with lid
Dry measuring cups	Potato masher
Electric Skillet	Potato peeler
Extension cord (<i>Teams should be certain the extension cord is compatible (2-prong/3-prong) with the plugs on their electrical supplies</i>)	Rolling pin
First aid kit	Sanitizing wipes (for tables)
Food thermometer	Serving platter
Fork	Serving utensil
Gloves	Skillet with lid
Grater	Skewers
Hand sanitizer	Spatula
Hot pads	Stirring spoon
Kitchen shears	Storage bags and/or containers
Kitchen timer	Tongs
Knives (2)	Two single-burner hot plates OR one double-burner plate (electric only!)
	Whisk

Liquid measuring cup

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DAY OF EVENT 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 of food and presentation:

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 ingredient to use.
- c. **Senior 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.

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- 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.
 - f. 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.
9. 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.
10. 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.
11. 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.
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. Teams must be able to communicate with the judges effectively.
- 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 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 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.

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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 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.

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 www.choosemyplate.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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PARTICIPANT ORIENTATION

1. Welcome to the Food Challenge!
2. 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.
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. **Senior Teams** will have access to a "pantry" of additional ingredients that may be incorporated into their recipe. Each team will be given tickets for measured additional ingredients. The number of tickets will be announced at contest.
 - 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.

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8. 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.
9. 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 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.
10. Igloos full of water will be located throughout the room if you need it.
11. Trash cans will also be located throughout the room for your use.
12. 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!
13. After your team presentation, please walk back to your table **QUIETLY** and place your dish on your table.
14. 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 .
15. After the awards program, you will be able to come back and get your food and supply box.
16. If you have any questions, please ask your group leader.
17. Good Luck!!!

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 PRESENTATION SCORECARD

NAME: _____

TEAM #: _____

ENTRY CATEGORY: _____ Main Dish _____ Fruit & Vegetable _____ Bread/Cereal _____ Nutritious Snacks

	Rating				Comments	Points
	Outstanding	Good	Fair	Needs Improvement		
I. TEAM PRESENTATION						
Knowledge of MyPlate: Exhibits knowledge of food group of individual ingredients, serving amount needed from each group daily; and food group(s) represented in an individual servicing of the dish. Dish prepared is representative of entry category. Team also shared personal healthy lifestyle choices based on dietary guidelines.						(15)
Nutrition Knowledge: Team members know the key nutrients the dish contributes to the diet and the functions of the nutrients as well as possible healthy substitutions that could be made						(15)
Food Preparation: Knows and can list the key steps in preparation of dish and function of ingredients						(10)
Safety Concerns & Practices: Knows and applies food safety concerns in preparation and storage of dish, as well as kitchen safety measures taken in preparation of dish.						(10)
Serving Size Information: Knows appropriate size of serving and number of servings per dish						(5)
Cost Analysis: Correctly figured and discussed the total cost of the dish and cost per serving.						(5)
Food Appearance/Quality: Appearance of food (texture, uniformity) is appealing and appetizing; appears to be cooked thoroughly, and has an attractive and appropriate garnish.						(5)
Creativity: Utilized ingredients provided in a creative way and incorporated pantry items into dish.						(5)
Effectiveness of Communication: Displayed effective public speaking skills, including use of voice, poise and personal appearance						(5)
Teamwork: Each team member contributed to the team presentation.						(5)
II. PREPARATION SCORE						(5)
	<i>Transfer from preparation scoresheet (Maximum points: 20)</i>					(20)
ADDITIONAL COMMENTS:						Total Points: (80)