



2017 Palo Pinto County 4-H Food Challenge

Sunday, November 12

2:00 p.m. Registration will Begin

2:30 p.m. Contest to Begin

Palo Pinto County Extension Office

Entry Deadline: Friday, November 3, 2017

**Each team participating will need to call the Extension office at
940-659-1228 to enter.**

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:

Food Challenge contestants must be enrolled in 4-H and are actively participating in a 4-H Food and Nutrition educational project,

2. Age Division:

- Junior/Intermediate- minimum of 8 years old and in the 3rd grade thru 8th grade
- Senior- 9 grade thru 12 grade

3. Teams Per Club:

Multiple teams may enter. The first and second place teams in both age divisions will 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. Attire:

Each team will have the option of wearing coordinated clothing, aprons or hair coverings.

6. Resource Materials Provided at Contest:

Resource materials will be provided for each team at the contest. These include:

- *MyPlate Mini-Poster (new for 2017-2018)*
- *FightBac-Foodborne Bacteria Brochure*
- *Nutrient Needs at a Glance*
- *Altering Recipes for Good Health*
- *Food Challenge Worksheet*
- Copies of grocery receipts or list of food prices

No other resource materials will be allowed. Teams may not use their personal copies of the resources during the contest.

7. 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 could be checked by contest officials. Any extra equipment will be confiscated and the team may be disqualified. See next page for the list of items to include in the supply box.

8. Participants with Disabilities:

Any competitor who requires auxiliary aids or special accommodations must inform the Extension office at the time of entry.

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 (no limit)
- 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 Plate (Two single-burner or one double-burner plate – electric only!)
- Hot pads (up to 5)
- Kitchen shears (1 pair)
- Kitchen timer
- Knives (2)
- Liquid measuring cup
- Measuring spoons (1 set)
- Non-stick cooking spray
- Note cards (1 package no larger than 5 X 7)
- Paper towels (1 roll)
- Pancake turner
- Pencils (no limit)
- Plastic box or trash bag for dirty equipment
- Pot with lid
- Potato masher
- Potato peeler
- Sanitizing wipes (for tables)
- Serving platter
- Serving utensil
- Skillet with lid
- Skewers (1 set)
- Spatula
- Stirring spoon
- Storage bags (1 box)
- Tongs
- Whisk

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.
 - 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.
 - 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.
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.

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.

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.

9. 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!!!

Texas A&M AgriLife Extension provides equal opportunities in its programs and employment to all persons, regardless of race, color, sex, religion, national origin, disability, age, genetic information, veteran status, sexual orientation, or gender identity.

The Texas A&M University System, U.S. Department of Agriculture, and the County Commissioners Courts of Texas Cooperating