



2019 Palo Pinto County 4-H Food Challenge

Sunday, October 27, 2019

2:00 p.m. Registration will Begin

2:30 p.m. Contest to Begin

Palo Pinto County Extension Office

Entry Deadline: October 22, 2019

**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.

New/Modified Guidelines in 2019 are indicated below and are denoted throughout the Food Challenge guidelines with an *asterisk.

- Resource materials have changed. See general rule 5.
- Updated information on Food and equipment safety for all divisions. (Jr. & Int. Division rule #10; Sr. Division Rule #8)
- Supply box requirements have been modified for all age divisions. Also, Junior Division team's supply box will not include items that are used in heating food. All age divisions may include the Gadget of the Year (refer to supply box list for details)
- Junior and Intermediate Division rules of Play are listed separately from Senior Division Rules of Play
- No electronic devices or jewelry (except for medically required) is allowed in the contest. This includes cell phones, smart watches, or other communication devices. See Day of event Rules of Play (Junior and Intermediate Division (rule # 3 and Senior Division rule #3.)
- Each team will create an entire dish/recipe using the provided ingredients. Dishes/recipes created should include two or more servings. See Day of event Rules of Play (Junior and Intermediate Division (rule #9 and Senior Division rule #7.)
- Scorecards have changed for all division

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 Divisions:**

Age divisions will be the participant's grade level as of August 31, 2019 (current 4-H year):

- Junior- 3rd grade thru 5th grade
- Intermediate- 6th grade thru 8th grade
- Senior- 9th grade thru 12th grade

2. **Teams Per Club:**

Multiple teams may enter. The first and second place teams in all three 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).

3. **Members Per Team:**

Each team will have at least three and no more than four members. Intermediate teams may include up to 2 Juniors per county. See rule #2.

4. **Attire:**

Each team will have the option of wearing coordinated clothing, aprons or hair coverings. Team members should wear closed toe shoes and hair restraints.

5. **Food Categories:**

Recipes will be selected from one of four categories in each age division. These include Main Dish, Fruits and Vegetables, Bread and Cereal and Nutritious Snacks. All of teams in an age group will be given the same ingredients and ingredient list/price list.

6. **Resource Materials Provided at Contest:**

Resource materials will be provided for each team at the contest. These include: MyPlate Mini-Poster; Fight Bac - Fight Foodborne Bacteria Brochure; Know Your Nutrients; *Food Safety Fact Sheet, and the Food Challenge Worksheet. Optional resources will include copies of grocery receipts/purchase prices for age groups calculating costs. 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. Junior Division team's supply box will not include items that are used in heating food. All age divisions may include the Gadget of the Year (refer to supply box list for details).

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.

District 3 4-H Food Challenge Guide

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	Kitchen timer
Bowls Dip Size (1) Mixing (2) Serving (1)	*Knives (4)
Calculator	*Liquid measuring cup (2 cup size)
Can Opener	Measuring spoons (1 set)
Colander	Non-stick cooking spray
Cookie Sheet	Note cards (no larger than 5 X 7)
*Cutting Boards (3)	Paper towels (1 roll)
Disposable tasting spoons (no limit)	Pancake turner
Dry measuring cups	Pencils (no limit)
Electric Skillet- * Int. and Sr. Division Only	Plastic box or trash bag for dirty equipment
Extension cord * Int. and Sr. Division Only <i>(Teams should be certain the extension cord is compatible (2- prong/3-prong) with the plugs on their electrical supplies)</i>	Pot with lid * Int. and Sr. Division Only
First aid kit	Potato masher
Food thermometer * Int and Sr. Div Only	Potato peeler
Fork	Sanitizing wipes (for tables)
Gloves	Serving platter
Grater	Serving utensil
Hand sanitizer	Skillet with lid * Int. and Sr. Division Only
Hot pads *Int and Sr. Division Only (up to 5)	Skewers
Hot Plate *Int and Sr Division Only <i>(two single burner or one double burner, electric only)</i>	*Spatulas (2)
Kitchen shears	Stirring spoon
	Storage bags (1 box)
	Tongs
	Whisk

***Gadget of the Year:**

Teams may have the following kitchen gadget in their box for the 2019-20 Contest Year.

Spiralizer (manual only)

District 3 4-H Food Challenge Guide

DAY OF EVENT RULES OF PLAY *JUNIOR AND INTERMEDIATE DIVISION

1. Teams will report to the designated location for check-in.
2. An orientation will be provided for all participants.
3. ***No electronic devices or jewelry (except for medically required) is allowed in the contest. This includes cell phones, smart watches, or other communication devices.**
4. 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.
5. General guidelines, resources and instructions will be located at each station to assist the team.
6. Each team will have 40 minutes to prepare the dish, plan a presentation, and clean up the preparation area.
7. Only participants and contest officials will be allowed in food preparation areas.
8. 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.
9. Preparation of food and presentation:

Preparation:

Each team will be provided with a set of ingredients reflective of the assigned category and will create an entire 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. *Each team will create an entire dish/recipe using the provided ingredients. Dishes/recipes created should include **two more servings**.
- b. Teams must incorporate each ingredient into the dish. However, teams may determine the exact amount of ingredient to use.
- c. The ingredients provided to each team may also be used to garnish the dish. Additional garnishing items will not be provided.
- d. 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.
- e. 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.

District 3 4-H Food Challenge Guide

10. Food and Equipment safety: Each station will have food safety resources.

A safe and sanitary working environment must be maintained during the contest. Each station will have food and kitchen safety resources. Teams should follow the 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: Gloves do not have to be worn throughout the contest; however, proper hand sanitizing techniques will be required and expected throughout the contest. If the participants decide to wear 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. Hand sanitizer should be used during the preparation phase of the contest to further prevent cross contamination.

Hair Restraint: Each team member must wear a hat, hair net and/or other type of hair restraint during the food preparation part of the competition.

11. 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.
12. 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.
13. 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.
14. **All team members should have a speaking role in the presentation.**
15. Judging time will include:
 16. 5 minutes for the presentation
 17. 3 minutes for judges' questions
 18. 4 minutes between team presentations for judges to score and write comments.
19. 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.
20. 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.
21. 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.
22. 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.
23. Judges are not allowed to taste the foods prepared. No left-over food should be shared with any participant or the audience.
24. Placing will be based on rankings of teams by judges. Judges' results are final.
25. An awards program will be held at the conclusion of the judging process.

District 3 4-H Food Challenge Guide

DAY OF EVENT RULES OF PLAY *SENIOR DIVISION

1. Teams will report to the designated location for check-in.
2. An orientation will be provided for all participants.
3. ***No electronic devices or jewelry (except for medically required) is allowed in the contest. This includes cell phones, smart watches, or other communication devices.**
4. Each team will receive an information sheet with their contest category and "key" ingredient for that category (no ingredient amounts, recipe, or instructions will be provided at the station). The "key" ingredient will be representative of one of the following categories: Main Dish, Fruits and Vegetables, Bread and Cereal, and Nutritious Snacks. Key ingredient examples: Main Dish (fish), Fruits and Vegetables (fennel), Bread and Cereal (barley), Nutritious Snacks (chickpeas). Teams will have access to a "pantry" of additional ingredients which should be combined with the team's "key" ingredient to create an original recipe/dish during the contest. Pantry items will include items commonly found in grocery stores and/or home pantries, including items such as produce, seasonings, oils, etc.
Teams must use at least two additional items from the pantry. Teams will also receive a pricing sheet for pantry items at their station. Pantry 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 pantry items with other teams. Example: teams may be provided \$5.00 in "contest currency" to spend at the pantry; each item in the pantry will be priced and teams must calculate cost according to total spent.
5. Each team will have 40 minutes to prepare the dish, plan a presentation, and clean up the preparation area.
6. Electrical: Teams should be prepared to only plug in one piece of equipment at a time to reduce the risk of electrical malfunction. Contest officials will announce if this is necessary during participant orientation.
7. **Preparation:**
Each team will create an entire dish/recipe (not a full meal) using the provided key ingredient and pantry 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/pantry items.
 - a. Teams are challenged to be creative and develop an original recipe with the ingredients provided.
 - b. Teams will determine the exact amount of each ingredient used based on their original recipe.
 - c. The key ingredient and/or pantry ingredients selected should be used to garnish the dish.
 - d. Note cards 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.

District 3 4-H Food Challenge Guide

8. **Food and Equipment Safety:** A safe and sanitary working environment must be maintained during the contest. Each station will have food and kitchen safety resources. Teams should follow the 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: Gloves do not have to be worn throughout the contest; however, proper hand sanitizing techniques will be required and expected throughout the contest. If the participants decide to wear 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. Hand sanitizer should be used during the preparation phase of the contest to further prevent cross contamination.

Hair Restraint: Each team member must wear a hat, hair net and/or other type of hair restraint during the food preparation part of the competition.

9. **Nutrition:** 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.
10. **Cost analysis:** Price(s) of the key ingredient and pantry 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.
11. **Presentation:** Following the preparation phase of the contest, each team will give a 5-minute presentation to a panel of judges. A majority of team members should participate in the presentation.
12. **Clean-up:** Teams must clean up their preparation areas. Clean-up time is included in the 40-minute preparation allotment.



To earn maximum points, teams must use the 5-minute presentation to address the following areas of the presentation 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.

Please note: Once the 40 minutes of preparation time expires, team members may no longer communicate with each other. Team members may study their notes individually.

District 3 4-H Food Challenge Guide

PARTICIPANT ORIENTATION JUNIOR & INTERMEDIATE DIVISION

1. Welcome to the Food Challenge!
2. No electronic devices or jewelry (except for medically required) is allowed in contest. This includes cell phones, smart watches, or other communication devices.
3. 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.
4. 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
 - b. challenged with being creative and developing their own recipe with the ingredients provided.
 - c. Teams must incorporate each ingredient into the dish. However, teams may determine the
 - d. exact amount of each ingredient to use.
 - e. The ingredients provided to each team may also be used to garnish the dish. Additional garnishing items will not be provided.
5. 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.
6. 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.
7. 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.
8. All fresh produce (fruits and vegetables) have been washed prior to the contest; * if not water stations will be supplied for participants to wash produce.
9. 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.

District 3 4-H Food Challenge Guide

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

District 3 4-H Food Challenge Guide

PARTICIPANT ORIENTATION SENIOR DIVISION

1. Welcome to the 4-H Food Challenge!
2. No electronic devices or jewelry (except for medically required) is allowed in contest. This includes cell phones, smart watches, or other communication devices.
3. Each team will be directed to a cooking/preparation station.
4. Each team will receive an information sheet with their contest category and “key” ingredient for that category (no ingredient amounts, recipe, or instructions will be provided at the station). The “key” ingredient will be representative of one of the following categories: Main Dish, Fruits and Vegetables, Bread and Cereal, and Nutritious Snacks. Key ingredient examples: Main Dish (fish), Fruits and Vegetables (fennel), Bread and Cereal (barley), Nutritious Snacks (chickpeas).
 - a. Teams will have access to a “pantry” of additional ingredients which should be combined with the team’s “key” ingredient to create an original recipe/dish during the contest. Pantry items will include items commonly found in grocery stores and/or home pantries, including items such as produce, seasonings, oils, etc.
 - b. Teams must use at least two additional items from the pantry. Teams will also receive a pricing sheet for pantry items at their station. Pantry 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 pantry items with other teams. Example: teams may be provided \$5.00 in “contest currency” to spend at the pantry; each item in the pantry will be priced and teams must calculate cost according to total spent in pantry.
5. Each team will have 40 minutes to prepare the dish, plan a presentation, and clean up the preparation area.
6. Electrical: Teams should be prepared to only plug in one piece of equipment at a time to reduce the risk of electrical malfunction. Contest officials will announce if this is necessary during participant orientation.
7. Preparation:

Each team will create an entire dish/recipe (not a full meal) using the provided key ingredient and pantry items. 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/pantry items.

 - a. Teams are challenged to be creative and developing an original recipe with the ingredients provided.
 - b. Teams will determine the exact amount of each ingredient used based on their original recipe.
 - c. The key ingredient and/or pantry ingredients selected should be used to garnish the dish.
 - d. Note cards 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.

District 3 4-H Food Challenge Guide

8. Food and Equipment Safety: A safe and sanitary working environment must be maintained during the contest. Each station will have food and kitchen safety resources. Teams should follow the 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.
 - a. Gloves: Gloves do not have to be worn throughout the contest; however, proper hand sanitizing techniques will be required and expected throughout the contest. If the participants decide to wear 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. Hand sanitizer should be used during the preparation phase of the contest to further prevent cross contamination.
 - b. Hair Restraint: Each team member must wear a hat, hair net and/or other type of hair restraint during the food preparation part of the competition.
 - c. Nutrition: 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.
9. Cost analysis: Price(s) of the key ingredient and pantry 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.
10. Presentation: Following the preparation phase of the contest, each team will give a 5-minute presentation to a panel of judges. A majority of team members should participate in the presentation.
 - a. To a maximum points, teams must use these 5 minutes to address the following areas of the presentation scorecard: Knowledge of MyPlate, Nutrition Knowledge, Food Preparation, Safety Concerns, and Serving Size.
 - b. 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; however, 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.
11. Teams that 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.
12. 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.
13. 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 in the pantry table area. Teams may not take the original food package from the table.
14. All fresh produce (fruits and vegetables) has been washed prior to the contest; if not, water stations will be supplied for participants to wash produce.
15. Igloos/jugs full of water will be located throughout the room if needed.
16. Trash cans are located throughout the room for your use. (Include instructions on liquid disposal.)

District 3 4-H Food Challenge Guide

17. 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!
18. 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 or other items cooling, it may be the only thing out on the table other than the food you are presenting to the judges.
19. 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.
20. 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.)
21. If you need to use the restroom, please let your group leader know.
22. After your team presentation, please walk back to your assigned seating area QUIETLY and place your dish on your table.
23. 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 supply box with you! All dishes should be disposed of before you leave contest area.
24. If you have any questions, please ask your group leader.
25. Good Luck!!

District 3 4-H Food Challenge Guide

District 3 4-H Food Challenge Supply Box Certification Form

Team Name _____

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

Beverage Glass	Grater	Plastic Box or Trash Bag for Dirty Equipment
Bowls Dip Size (1) Mixing (2) Serving (1)	Hand Sanitizer	Pot with Lid
Calculator	Hot Pads (up to 5) <u>Intermediate and Sr. Division only</u>	Potato Masher
Can Opener	Hot Plate (Two single-burner or One Double Burner, Electric Only) <u>Intermediate and Sr. Division Only</u>	Potato Peeler
Colander	Kitchen Shears (1 pair)	Sanitizing Wipes (for Tables)
Cookie Sheet	Kitchen Timer	Serving Platter
Cutting Boards (3)	Knives (4)	Serving Utensil
Disposable Tasting Spoons (no limit)	Liquid Measuring Cup (2 cup size)	Skillet with Lid <u>Intermediate and Sr. Division Only</u>
Dry Measuring Cups	Measuring Spoons	Skewers
Electric Skillet – <u>Intermediate and Sr. Division Only</u>	Non-stick Cooking Spray	Spatulas (2)
Extension Cord (<i>Team should check compatibility of plugs (2-prong/3-prong) with electrical supplies.</i>) <u>Intermediate and Sr. Division Only</u>	Note Cards (no larger than 5X7)	Stirring Spoon
First Aid Kit	Paper Towels (1 roll)	Storage Bags (1 box)
Food Thermometer <u>Intermediate and Sr. Division Only</u>	Pancake Turner	Tongs
Fork	Pencils (no limit)	Whisk
Gloves		Mystery Gadget: Spiralizer-manual

Agent

County

Date

District 3 4-H Food Challenge Guide

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		

DISTRICT 3 4-H FOOD CHALLENGE

Junior Scorecard - Preparation

Team Name: _____ Team #: _____

Entry Category: ___Main Dish ___Fruit/Veggie ___Bread/Cereal ___Nutritious Snack

Team Observation	Rating				Comments
	Outstanding	Good	Fair	Needs Improvement	
Teamwork: <ul style="list-style-type: none"> • Effective use of communication among team members • Each team member played a key role in the preparation phase, whether cooking or preparing presentation 					
Safety concerns and practices: <ul style="list-style-type: none"> • Exhibited knowledge of how to use equipment safely (utensils, sharps, etc.) • Handled ingredients appropriately to avoid cross contamination • Personal Hygiene (hair, nails, jewelry, etc.) 					
Preparation: <ul style="list-style-type: none"> • Practiced correct cooking procedures based upon ingredients provided • Completed tasks efficiently and in a logical order 					
Management: <ul style="list-style-type: none"> • Used work space efficiently • Effective use of time • Preparation table was clean at the conclusion of the preparation period 					
Additional Comments: (Based on observation)					

DISTRICT 3 4-H FOOD CHALLENGE

Junior Scorecard – Presentation

Team Name: _____ Team #: _____

Entry Category: ___Main Dish ___Fruit/Veggie ___Bread/Cereal ___Nutritious Snack

Team Presentation	Rating				Comments
	Outstanding	Good	Fair	Needs Improvement	
Knowledge of MyPlate: <ul style="list-style-type: none"> Basic Food Groups according to MyPlate Told how MyPlate is represented in dish prepared 					
Nutrition Knowledge: <ul style="list-style-type: none"> Knows key nutrition in prepared dish Basic Function of nutrients Healthy substitutions 					
Food Preparation: <ul style="list-style-type: none"> Listed & explained steps in how dish was prepared 					
Safety Concerns and Practices: <ul style="list-style-type: none"> Explained food safety according to Fight BAC 					
Cost of Dish: <ul style="list-style-type: none"> Shared estimated total cost of the dish 					
Food Appearance/Quality: <ul style="list-style-type: none"> Food is appealing and appetizing Appeared to be cooked properly Attractive and appropriate garnish 					
Creativity: <ul style="list-style-type: none"> Used ingredients in a creative way 					
Effectiveness of Communication: <ul style="list-style-type: none"> Displayed effective communication skills Poise and personal appearance 					
Questions: <ul style="list-style-type: none"> Accurately and appropriately answered questions 					
Additional Comments:					

DISTRICT 3 4-H FOOD CHALLENGE

Intermediate Scorecard - Preparation

Team Name: _____ Team #: _____

Entry Category: ___Main Dish ___Fruit/Veggie ___Bread/Cereal ___Nutritious Snack

Team Observation	Rating				Comments
	Outstanding	Good	Fair	Needs Improvement	
Teamwork: <ul style="list-style-type: none"> • Effective use of communication among team members • Each team member played a key role in the preparation phase, whether cooking or preparing presentation 					
Safety concerns and practices: <ul style="list-style-type: none"> • Exhibited knowledge of how to use equipment safely (heat, utensils, sharps, etc.) • Handled ingredients appropriately to avoid cross contamination • Personal Hygiene (hair, nails, jewelry, etc.) 					
Preparation: <ul style="list-style-type: none"> • Practiced correct cooking procedures based upon ingredients provided • Completed tasks efficiently and in a logical order 					
Management: <ul style="list-style-type: none"> • Used work space efficiently • Effective use of time • Preparation table was clean at the conclusion of the preparation period 					
Additional Comments: (Based on observation)					

DISTRICT 3 4-H FOOD CHALLENGE

Intermediate Scorecard – Presentation

Team Name: _____ Team #: _____

Entry Category: ___Main Dish ___Fruit/Veggie ___Bread/Cereal ___Nutritious Snack

Team Presentation	Rating				Comments
	Outstanding	Good	Fair	Needs Improvement	
Knowledge of MyPlate: <ul style="list-style-type: none"> Serving sizes and examples of each group in MyPlate Told how MyPlate is represented in dish prepared 					
Nutrition Knowledge: <ul style="list-style-type: none"> Knows key nutrition in prepared dish Basic Function of nutrients Healthy substitutions 					
Food Preparation: <ul style="list-style-type: none"> Listed & explained steps in how dish was prepared 					
Safety Concerns and Practices: <ul style="list-style-type: none"> Explained food safety according to Fight BAC 					
Serving Size and Cost of Dish: <ul style="list-style-type: none"> Demonstrated knowledge of serving size Shared estimated cost of the dish and individual serving 					
Food Appearance/Quality: <ul style="list-style-type: none"> Food is appealing and appetizing Appeared to be cooked properly Attractive and appropriate garnish 					
Creativity: <ul style="list-style-type: none"> Used ingredients in a creative way 					
Effectiveness of Communication: <ul style="list-style-type: none"> Displayed effective communication skills Poise and personal appearance 					
Questions: <ul style="list-style-type: none"> Accurately and appropriately answered questions 					
Additional Comments:					

DISTRICT 3 4-H FOOD CHALLENGE

Senior Scorecard - Preparation

Team Name: _____ Team #: _____

Entry Category: ___Main Dish ___Fruit/Veggie ___Bread/Cereal ___Nutritious Snack

Team Observation	Rating				Comments
	Outstanding	Good	Fair	Needs Improvement	
Teamwork: <ul style="list-style-type: none"> • Effective use of communication among team members • Each team member played a key role in the preparation phase, whether cooking or preparing presentation 					
Safety concerns and practices: <ul style="list-style-type: none"> • Exhibited knowledge of how to use equipment safely (heat, utensils, sharps, etc.) • Handled ingredients appropriately to avoid cross contamination • Personal Hygiene (hair, nails, jewelry, etc.) 					
Preparation: <ul style="list-style-type: none"> • Practiced correct cooking procedures based upon ingredients provided • Completed tasks efficiently and in a logical order 					
Management: <ul style="list-style-type: none"> • Used work space efficiently • Effective use of time • Preparation table was clean at the conclusion of the preparation period 					
Additional Comments: (Based on observation)					

DISTRICT 3 4-H FOOD CHALLENGE

Senior Scorecard – Presentation

Team Name: _____ Team #: _____

Entry Category: ___Main Dish ___Fruit/Veggie ___Bread/Cereal ___Nutritious Snack

Team Presentation	Rating				Comments
	Outstanding	Good	Fair	Needs Improvement	
Knowledge of MyPlate: <ul style="list-style-type: none"> Serving sizes and examples of each group in MyPlate Told how MyPlate represented in dish prepared Team shared healthy lifestyle choices based on dietary guidelines 					
Nutrition Knowledge: <ul style="list-style-type: none"> Knows key nutrition in prepared dish Function of nutrients Healthy substitutions 					
Food Preparation: <ul style="list-style-type: none"> Listed & explained steps in how dish was prepared Explained function of ingredients in dish 					
Safety Concerns and Practices: <ul style="list-style-type: none"> Explained food safety according to Fight BAC 					
Serving Size Information: <ul style="list-style-type: none"> Demonstrated knowledge of serving size for prepared dish Shared estimated cost of the prepared dish and individual serving 					
Food Appearance/Quality: <ul style="list-style-type: none"> Food is appealing and appetizing Appeared to be cooked properly Attractive and appropriate garnish 					
Creativity: <ul style="list-style-type: none"> Used ingredients in a creative way Incorporated pantry items into dish or garnish 					
Effectiveness of Communication: <ul style="list-style-type: none"> Displayed effective communication skills Poise and personal appearance 					
Questions: <ul style="list-style-type: none"> Accurately and appropriately answered questions 					
Additional Comments:					