2020 District 5 Food Challenge
Contest Information

Date
Saturday, February 22, 2020

Location
Palestine High School, 1600 State Highway 256 Loop, Palestine, Texas 75801

Entry Requirements
- Enter on 4-H Connect beginning December 4, 2019 at https://texas.4honline.com
- Contest Fee - $12 per contestant
  - ✓ Food Challenge is a team event (3 or 4-member team)
  - ✓ When registering, ALL team members must be listed in 4-H Connect.
- Late Entry Fee - $25 per contestant

District Deadlines
- Entry to 4-H Connect and entry materials by **January 22, 2020**
- Late entry – **January 24-28, 2020** (late fees apply)

Tentative Schedule
- Schedule may be modified based upon number of food challenge teams.
- Specific times for each age division will be sent to contestants ONE week before event.

Contest & Awards	Location
Junior Check-in	Band Hall
Junior Food Challenge	Gym
Junior Award Presentations	Auditorium
Intermediate Check-in	Band Hall
Intermediate Food Challenge	Gym
Intermediate Award Presentations	Auditorium
Senior Check-in	Band hall
Senior Food Challenge	Gym
Award Presentations	Auditorium

Questions at Contest

- Please see help desk attendant located between the gym and cafetorium.
- Committee members will be wearing a 4-H lanyard and can help provide directions.

Food Challenge District 5 Contestant Rules

Food Challenge (team event)

1. **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's hat bandana, etc.).

2. **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:

Beverage glass	Non-stick cooking spray
Bowls • Dip size (1) • Mixing (2) • Serving (1)	Note cards (1 package – no larger 5x7)
Calculator	Paper towels (1 roll)
Can opener	Pancake turner
Cookie sheet	Pencils (no limit)
Colander	Plastic box & trash bag for dirty equipment
Cutting boards (3)	Pot with lid
Disposable tasting spoons (no limit)	Potato masher
Dry measuring cups (1 set)	Potato peeler
Electric skillet	Sanitizing wipes (1 container)
Extension cord (compatible for 2 and 3 prong plugs)	Serving platter or plate
First aid kit	Serving 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)	Two single-burner or one double-burner hot plate (electric only)
Kitchen timer	Whisk
Knives (4)	Spiralizer (manual only) 2020 Gadget
Liquid measuring cup (2 cup size)	Measuring spoons (1 set)

3. **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.

4. **Electronic Devices**
   - New! No electronic devices (except for medically required) is allowed in contest room. This includes cell phones, smart watches, or other communication devices.

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

6. **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 Challenge worksheet
     - ✓ Pantry list with food costs
   - No other resource materials will be permitted.
   - Teams may not use their personal copies of resources during the contest.

7. **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: Main Dish, Fruits and Vegetables, Bread and Cereal, and Nutritious Snacks.
   - 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 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 a 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.

- 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.

8. 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.
- 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 pantry 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 knowledgeable on ingredients used, preparation steps, cooking times, temperature, etc.
- A safe and sanitary working environment must be maintained during the contest. 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, 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.
- Each team member must wear a hat, hair net and/or other type of hair restraint during the food preparation part of the competition.
- 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 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.
- Teams must clean up their preparation areas. Clean-up time is included in the 40-minute preparation allotment.

9. 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. 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.
- 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.



- A photography project 4-H'er will be available to take a picture of each team with their finished dish in the contest room. These pictures will be emailed to the county Extension agent for distribution.

10. Sample Food Challenge Judging Questions

- How do you balance your daily menu to ensure that you get proper amounts of food from the food groups?
- What function does each ingredient perform in the recipe?
- If substitutions are possible, what are they?
- What are the important nutrients found in your dish?
- What changes have you made in your dietary habits as a result of your 4-H food project?
- Tell about your community service and leadership through the year's food project?
- What were your goals for your food project and what are some activities you did in this project?
- What do you consider your most important learning experience in this years' food project?
- Is there anything else you would like to tell us about your project?

11. Show Rankings

- 4-H Food Challenge rankings, judges' comments and other correspondence will be forwarded to the contestant's county Extension office. Please allow up to three weeks for processing.

12. Qualifying for State Food Challenge Roundup

- The top four Senior age division teams (grades 9-12) at the District-level Food Challenge contest will advance to state.
- The Texas 4-H Food Challenge contestant paperwork is available online at https://texas4-h.tamu.edu/projects/food-nutrition/