



2018 Palo Pinto County 4-H Food Challenge

Sunday, November 4, 2018

2:00 p.m. Registration will Begin

2:30 p.m. Contest to Begin

Palo Pinto County Extension Office

Entry Deadline: Monday, October 29, 2018

**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.

Major Changes for 2018

- Age divisions now include Junior Division, Intermediate Division, and Senior Division. See general rule 2.
- Teams will be made up of 3 or 4 members. Intermediate teams may include no more than two juniors per county. See general rule 3.
- Team members should wear closed toe shoes. See general rule 4.
- Presentation: All team members should have a speaking role during the presentation to the judges. See Rules of Play rule 12a
- Resource materials have changed. See general rule 6.
- 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).
- Senior Division-Cost of pantry items should not be included in cost analysis calculation.

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, 2018 (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.

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 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. 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.

Supply Box

Each team will bring an equipment box containing **only one** each of the following items, unless a different quantity is noted:

All Teams

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
First aid kit
Fork
Gloves
Grater
Hand sanitizer
Kitchen shears (1pair)
Kitchen timer
Knives (2)
*Liquid measuring cup (2 cup size)
Measuring spoons (1 set)
Non-stick cooking spray
Note cards (no larger than 5 X 7)
Paper towels (1 roll)
Pancake turner
Pencils (no limit)
Plastic box or trash bag for dirty equipment
Potato masher
Potato peeler
Sanitizing wipes (for tables)
Serving platter
Serving utensil
Skewers
*Spatulas (2)
Stirring spoon
Storage bags (1 box)
Tongs
Whisk

Intermediate and Senior Division Only

- Electric Skillet
- Extension cord (*Teams should be certain the extension cord is compatible (2- prong/3-prong) with the plugs on their electrical supplies*)
- Food thermometer
- Hot Plate (*two single burner or one double burner, electric only*)
- Hot pads
- Pot with lid
- Skillet with lid

Gadget of the Year:

All teams may have the following kitchen gadget in their box for the 2018-19 Contest Year.

Melon Baller

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. **Cost of the pantry items should not be considered in the cost analysis of the dish.**

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 (all members) will present their dish, according to the criteria on the score card, to a panel of at least two judges. Teams should be able to communicate with the judges effectively.
 - a. **All team members should have a speaking role 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.
4. 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.
5. Teams must incorporate each ingredient into the dish. However, teams may determine the exact amount of each ingredient to use.
6. **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. ***Cost of pantry items should not be included in cost analysis calculation.**
7. The ingredients provided to each team may also be used to garnish the dish. Additional garnishing items will not be provided.
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. 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.
10. 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.

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

District 3 4-H Food Challenge Guide

4-H FOOD CHALLENGE SCORECARD

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 Guide

District 3 4-H Food Challenge 2018 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	Potato Masher
Calculator	Kitchen Shears (1 pair)	Potato Peeler
Can Opener	Kitchen Timer	Sanitizing Wipes (for Tables)
Colander	Knives (2)	Serving Platter
Cookie Sheet	Liquid Measuring Cup (2 cup size)	Serving Utensil
Cutting Boards (2)	Measuring Spoons(1 set)	Skewers
Disposable Tasting Spoons (no limit)	Non-stick Cooking Spray	Spatulas (2)
Dry Measuring Cups	Note Cards (no larger than 5X7)	Stirring Spoon
First Aid Kit	Paper Towels(1 roll)	Storage Bags (1 box)
Fork	Pancake Turner	Tongs
Gloves	Pencils (no limit)	Whisk
Mystery Gadget: Melon Baller		
*Denotes Intermediate and Senior Division Only		
*Electric Skillet	*Food Thermometer	*Hot Plate (Two single-burner or One Double Burner, Electric Only)
*Extension Cord <i>(check compatibility of plugs (2 prong/3-prong))</i>	*Hot Pads (up to 5)	*Pot with Lid
		*Skillet with Lid

Agent _____

County _____

Date _____

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"> Displayed a logical process in mixing and assembling ingredients 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 - 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"> • Displayed a logical process in mixing and assembling ingredients • 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"> • Knowledge of MyPlate • Basic Food Groups according to MyPlate • Serving sizes and examples of MyPlate groups based on 2000 calorie diet • Told how MyPlate is represented in dish prepared • Dish is representative of category 					
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 & applied food safety 					
Serving Size and Cost of Dish: <ul style="list-style-type: none"> • Demonstrated knowledge of serving size • Shared estimated 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 • Incorporated pantry items into dish or garnish 					
Effectiveness of Communication: <ul style="list-style-type: none"> • Displayed effective communication skills • Poise and personal appearance 					
Teamwork: <ul style="list-style-type: none"> • Majority of team contributed to the presentation 					
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"> • Displayed a logical process in mixing and assembling ingredients • 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"> • Knowledge of MyPlate • Serving sizes and examples of MyPlate groups based on 2000 calorie diet • Told how MyPlate represented in dish prepared • Dish is representative of category • Team shared personal 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 & applied food safety 					
Serving Size Information: <ul style="list-style-type: none"> • Demonstrated knowledge of serving size • Shared estimated 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 • Incorporated pantry items into dish or garnish 					
Effectiveness of Communication: <ul style="list-style-type: none"> • Displayed effective communication skills • Poise and personal appearance 					
Teamwork: <ul style="list-style-type: none"> • Majority of team contributed to the presentation 					
Questions:					
Additional Comments:					