



2022 Palo Pinto County 4-H Food Challenge	
Date:	Sunday, November 6, 2022
Time:	Multiple Heats may be required. Schedule to be released after entries are received.
Location:	Palo Pinto ISD Cafeteria
Entry Deadline:	Monday, October 24, 2022 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

Changes for 2022

- **Supply Box Requirements**
Boxes must be completely closed and all equipment should remain inside the box until they start of the contest. Supply boxes are limited to the following dimensions: 40”x 24”x 40”. If the box is on wheels, the height of the wheels is not included in the dimensions. The contest committee may measure any and/or all boxes to determine compliance to size. If boxes are out of compliance, teams may be disqualified.
- **Cost Analysis**
Teams will not be required to analyze the cost of their recipe, nor will this be included in the presentation and scoring of the contest.
- **Intermediate Play Change**
This year Intermediates will use the same rules as the Seniors. They will be given one item and must add at least two additional items from the “grocery store”. The maximum number of items that they can select will be given to them during orientation.
- **Rules of Play Reminder**
Clarification for Intermediates and Seniors regarding items selected from the “grocery” store: Teams must select and use at least two items and will be provided the maximum number of items they can select during orientation.

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, 2022 (current 4-H year):

- a. Junior- 3rd grade thru 5th grade
- b. Intermediate- 6th grade thru 8th grade
- c. Senior- 9th grade thru 12th grade

3. **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).

4. **Members Per Team:**

Each team will have at least three and no more than four members.

5. **Attire:**

Each team will have the option of wearing coordinated clothing, aprons, or hair coverings. Team member must wear closed toe shoes and hair restraints. 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. Examples of acceptable hair restraints include hairnets, bandana with hair completely pulled back, Chef hat with hair restrained inside, or cap with hair completely tucked inside.

6. **Food Categories:**

Recipes will be selected from one of four categories in each age division. These include: Appetizer, Main Dish, Side Dish, and Healthy Dessert. All of teams in an age group will be given the same ingredient(s) and ingredient list/price list.

7. **Day of Event – Rules of Play:** The county contest will follow the Rules of Play for the District 3 4-H Food Challenge. Please note that there are separate guidelines for the Junior Age Group.

8. **Preparation:**

Seniors & Intermediates: Each team will create an entire dish/recipe (not a full meal) using the provided key ingredient and grocery store items. Teams must select and use at least two items and will be provided the maximum number of items they can select during orientation. 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/grocery store items.

Juniors: 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 will be at each station to assist the team. 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 or more servings.

9. Resource Materials Provided at Contest:

Resource materials provided at contest. The following resources will be provided to teams at the Food Challenge. All are available online at: <https://texas4-h.tamu.edu/projects/food-nutrition/>

- Resource 1: MyPlate Mini-Poster
- Resource 2: Fight Bac – Fight Foodborne Bacteria Brochure
- Resource 3: Know Your Nutrients
- Resource 4: Food Safety Fact Sheet

*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. * The Junior Division team’s supply box will not include the pantry ingredients listed or items that are used in heating food. Teams may bring only the supplies listed in the supply box section. Supply Boxes will be certified by County Agents before arriving at the contest. Random spot checks will be done the day of the contest. Any extra equipment will be removed from the team’s supply box. Supply boxes are limited to the following dimensions 40”x 24”x 40”. If box is on wheels, the height of the wheels is not included in the dimensions.

11. Pantry Ingredients:

Each Senior and Intermediate team may include in their equipment box the following “pantry” ingredients which they may use when preparing their dish if desired. There is no requirement to use these items, nor is it mandatory that teams include these in their supply box.

- Salt
- Pepper
- Oil (up to 17oz)
- 1 jar chicken bouillon
- 1 medium onion
- 2 (up to 16 oz) cans of vegetable and/or fruit (team choice)
- Rice (white or brown) or pasta (16 oz) (team choice)

12. 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 (40"x24"x40) containing **only one** each of the following items, unless a different quantity is noted:

Beverage glass
Bowls Dip Size (up to 4, any size)
Calculator
Can Opener
Colander
Cutting Boards (up to 4)
Disposable tasting spoons (no limit)
Dry measuring cups
First aid kit
Fork
Gloves
Grater
Hand sanitizer
Kitchen shears (1 pair)
Kitchen timer
Knives (up to 6)
Liquid measuring cup (2 cup size)
Manual Pencil Sharpener
Measuring spoons (1 set)
Non-stick cooking spray
Note cards (no larger than 5 X 7, 1 package)
Paper towels (1 roll)
Pancake turner (up to 2)
Pencils (no limit)
Plastic box or trash bag for dirty equipment
Potato masher
Potato peeler
Sanitizing wipes (1 container)
Serving platter or plate
Serving dishes/utensils
•1 plate/platter

•1 bowl
•1 utensil
Skewers (1 set)
Spatulas (2)
Stirring spoon
Storage bags (1 box)
Tongs (up to 2)
Toothpicks (no limit)
Whisk

Int & Sr 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 pads (up to 5)
- Hot plate (two single burner or one double burner, electric only)
- Pot with lid
- Skillet with lid

Pantry Items

- Salt
- Pepper
- Oil (up to 17 oz)
- 1 jar chicken bouillon
- 1 medium onion
- 2 (up to 16 oz) cans vegetables and/or fruit (team choice)
- Rice (white or brown) or pasta (16 oz) (team choice)

DAY OF EVENT RULES OF PLAY

*JUNIOR 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: Appetizer, Main Dish, Side Dish, and Healthy Dessert.**
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 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 or 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. Teams will not be required to analyze the cost of their recipe, nor will this be included in the presentation and scoring of the contest.

- e. Note cards may be used to write down the recipe that the team invents, along with notes related to nutrition, and food safety. 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.

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, there should always be a barrier between your hand and any food touched. A barrier includes gloves and/or cooking utensil. When wearing 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.

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. Examples of acceptable hair restraints include hairnets, bandana with hair completely pulled back, chef hat with hair restrained inside, or cap with hair completely tucked inside.

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. **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 should have a speaking role in the presentation,**
- b. Judging time will include:
 - 5 minutes for the presentation – No additional time allowed
 - 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 are 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.

DAY OF EVENT RULES OF PLAY
***INTERMEDIATE AND SENIOR DIVISION**

1. Teams will report to the designated location for check-in.
2. An orientation will be provided for all participants. Each team will be directed to a cooking/preparation station. Contest categories will be revealed at the preparation station.
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: Appetizer, Main Dish, Side Dish, Healthy Dessert.**

Teams will have access to a “grocery store” of additional ingredients which can be combined with the team’s “key” ingredient to create an original recipe/dish during the contest. The “grocery store” will include items commonly found in grocery stores such as produce, canned goods, crackers, dairy products, etc.

Teams must select & use at least two additional items from the “grocery store”. Teams will not be required to analyze cost of recipe, nor will this be included in the presentation or scoring of the contest.

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, pantry items, and grocery store 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/grocery store 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, pantry items, and grocery store items 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.

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, there should always be a barrier between your hand and any food touched. A barrier includes gloves and/or cooking utensil. When wearing 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.

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. Examples of acceptable hair restraints include hairnets, bandana with hair completely pulled back, Chef hat with hair restrained inside, or cap with hair completely tucked inside.

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. **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. 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. Judge's questions will be related to general nutrition, health, chronic disease prevention or others relevant to food and nutrition. Following questions, judges will have 3 minutes to score/write comments.
11. **Clean-up**: Teams must clean up their preparation areas. Clean-up time is included in the 40-minute preparation allotment.

PARTICIPANT ORIENTATION

Junior 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: Appetizer, Main Dish, Side Dish, Healthy Dessert 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. 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) has 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.

- 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.** Contest officials will announce when supply boxes should be removed.
- 17.** If you have any questions, please ask your group leader.
- 18.** Good Luck!!!

PARTICIPANT ORIENTATION Intermediate and 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: Appetizer, Main Dish, Side Dish, or Healthy Desserts. Key ingredient examples: Appetizer (chickpeas), Main Dish (fish), Side Dish (fennel), or Healthy Dessert (Apples).

Teams will have access to a “grocery store” of additional ingredients which should be combined with the team’s “key” ingredient to create an original recipe/dish during the contest. Grocery store items will include items commonly found in grocery stores and/or home pantries, including items such as produce, seasonings, oils, etc.

Teams must select & use at least two additional items from the grocery store. Teams can also utilize items from their pantry. Teams will not be required to analyze the cost of their recipe, nor will this be included in the presentation and scoring of the contest.

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 key ingredients/grocery store items/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, pantry ingredients from the supply box and/or grocery store 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.

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, there should always be a barrier between your hand and any food touched. A barrier includes gloves and/or cooking utensil. When wearing 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.

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**: Teams will not be required to analyze the cost of their recipe, nor will this be included in the presentation and scoring of the contest.
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.

To earn 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.

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.

12. 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.
13. 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.
14. 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 grocery store table area. Teams may not take the original food package from the table.
15. 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.
16. Igloos/jugs full of water will be located throughout the room if needed.
17. Trash cans are located throughout the room for your use. (Include instructions on liquid disposal.)
18. 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!
19. 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.
20. 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.
21. 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.)
22. If you need to use the restroom, please let your group leader know.
23. After your team presentation, please walk back to your assigned seating area **QUIETLY** and place your dish on your table.

24. 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.
25. If you have any questions, please ask your group leader.
26. Good Luck!!

DISTRICT 3 4-H FOOD CHALLENGE
Junior Scorecard - Preparation



Team Name: _____ Team #: _____

Entry Category: ___Appetizer ___Main Dish ___Side Dish ___Healthy Dessert

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/preparation 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)					

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DISTRICT 3 4-H FOOD CHALLENGE
Junior Scorecard – Presentation



Team Name: _____ Team #: _____

Entry Category: ___Appetizer ___Main Dish ___Side Dish ___Healthy Dessert

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"> • Explained keys 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 Information: <ul style="list-style-type: none"> • Demonstrated knowledge of serving size 					
Food Appearance/Quality: <ul style="list-style-type: none"> • Food is appealing and appetizing • Appeared to be cooked/prepared 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: ___Appetizer ___Main Dish ___Side Dish ___Healthy Dessert

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)					

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DISTRICT 3 4-H FOOD CHALLENGE
Intermediate Scorecard – Presentation



Team Name: _____ Team #: _____

Entry Category: ___Appetizer ___Main Dish ___Side Dish ___Healthy Dessert

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"> 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 Information: <ul style="list-style-type: none"> Demonstrated knowledge of serving size 					
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: ___Appetizer ___Main Dish ___Side Dish ___Healthy Dessert

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)					

August 2022

DISTRICT 3 4-H FOOD CHALLENGE
Senior Scorecard – Presentation



Team Name: _____ Team #: _____

Entry Category: ___Appetizer ___Main Dish ___Side Dish ___Healthy Dessert

Team Presentation	Rating				Comments
	Outstanding	Good	Fair	Needs Improvement	
Knowledge of MyPlate and Dietary Guidelines: <ul style="list-style-type: none"> • Knowledge of MyPlate • Knowledge of Dietary Guidelines for Americans 					
Nutrition Knowledge: <ul style="list-style-type: none"> • Knows key nutrition in prepared dish • Knowledge of nutrient functions, effects, and deficiency risks • Healthy substitutions and modifications 					
Food Preparation: <ul style="list-style-type: none"> • Explained key steps in how dish was prepared • Role of main 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 					
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 grocery store 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:					