

## 2020 SAN ANGELO STOCK SHOW & RODEO

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### JUNIOR FOOD CHALLENGE

Courtney Redman, Superintendent  
Kandice Everitt, Assistant Superintendent

Entry Fee: \$40.00 per **team** – NO LIMIT ON TEAMS  
Entry Deadline: January 10, 2020 [www.judgingcard.com](http://www.judgingcard.com)  
**Date of Contest:** **Wednesday, January 22, 2020 – First Financial Pavilion**  
Registration: Team check in time will be assigned based upon heats  
**Time of Contest:** **8:30 a.m., Wednesday, January 22, 2020**

1. All rules apply to the Junior Food Challenge and State 4-H Food Challenge Guidelines. Please refer to the General Rules and Junior Show Rules.

2. Age divisions are determined by a participant's age as of August 31 of the current 4-H year.

Junior Division: 3<sup>rd</sup> – 5<sup>th</sup>

Intermediate Division: 6<sup>th</sup> – 8<sup>th</sup>

Senior Division: Grades 9<sup>th</sup> – 12<sup>th</sup>

3. Each team will consist of at least three no more than four members. Teams may not consist of individuals from various age divisions with the exception that junior members may compete on intermediate teams.

4. Teams will be randomly assigned to a division A, B, C, D, etc., within their age group that may represent main dish, fruit & vegetables, bread & cereals or nutritious snacks. The number of divisions within an age group will be dependent upon the number of entries. Division assignments will not be announced until the day of the contest. Final challenge is contingent upon entries. If there is no final challenge, the winner of each division will be champion per each age group.

5. Resource materials will be provided for each team at the contest. These include My Plate 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.

6. Each team must supply their own equipment for the challenge. Teams may bring only the supplies listed in the supply box section. Supply boxes will be checked by contest officials as teams check in for the contest. Any extra equipment will be confiscated and the team may be disqualified.

7. 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

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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.

8. Each team will have 40 minutes to prepare the dish, plan a presentation, and clean up the preparation area.

9. 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.

10. 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.

11. 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.

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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.

12. 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.

13. 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.

14. 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 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.*

15. 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, bag or box to be cleaned at home. Left-over food should be disposed of properly.

16. Judges are not allowed to taste the foods prepared. No left-over food should be shared with any participant or the audience.

17. The high point overall senior team will receive a \$1,200.00 incentive divided amongst each team member and the second high point overall senior team will receive a \$750.00 incentive divided amongst each team member. Checks will be mailed to the 4-H or FFA Club through which they entered.

18. Participants with disabilities. Any competitor who requires auxiliary aids or special accommodations must contact the Junior Food Challenge superintendent at least two weeks before the competition.

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### 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	Knives (4)
Bowls	Liquid measuring cup (2 cup size)
Dip size (1)	Measuring spoon (1 set)
Mixing (2)	Non-stick cooking spray
Serving (1)	Note cards (no larger than 5x7) (1 set)
Calculator	Paper towels (1 roll)
Can Opener	Pancake turner
Colander	Pencils (no limit)
Cookie Sheet	Plastic box and trash bag for dirty
equip.	
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	Serving platter
<i>(Teams should be certain the extension</i>	Serving utensil
<i>Cord is compatible (2 or 3 prong) with</i>	Skewer s (1 set)
<i>Plugs on their electrical supplies)</i>	Skillet with lid
First Aid Kit	Spatulas (2)
Food thermometer	Stirring spoon
Fork	Storage bags (1 box)
Gloves	Tongs
Grater	Two single-burner hot plates <b>OR</b> One
Hand Sanitizer	double burner plate (electric only!)
Hot pads (up to 5)	Whisk
Kitchen shears (1 pair)	
Kitchen timer	

#### Gadget of the Year:

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