



**Waller County 4-H Food Challenge**  
**Saturday, March 24th, 2018 Time: 10am**  
**Location: Masonic Lodge in Hempstead**

**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

**ENTRY DIVISIONS**

**Waller County will send any willing participants Big Time in D-9 Food Challenge contest on Saturday, May 5<sup>th</sup>.**

- **Juniors - Grades 3rd (and at least 8 years old), 4th and 5th as of August 31, 2017**
- **Intermediate - Grades 6th, 7th, and 8th as of August 31, 2017**
- **Seniors - Grades 9th, 10th, 11th, 12th as of August 31, 2017**

**ENTRY DEADLINE for Paperwork:** March 15<sup>th</sup>, 2018 by 5:00 pm. You can hand deliver, mail or email scanned pdf copies to [amanda.shortt@ag.tamu.edu](mailto:amanda.shortt@ag.tamu.edu).

**ENTRY FEE:** \$10.00/team for County Submission, due at the time of entry paperwork. District fee is \$15.00/team.

**REQUIRED FOR 2018 Waller County 4-H Food Challenge:**

- **2018 Waller County 4-H Food Challenge Personal Information Form.**
- **Entry Fee (\$10/team)**

## **PARTICIPATION RULES:**

1. **Participation.** Participants must be 4-H members currently enrolled in a Texas 4-H and Youth Development county program and actively participating in the Food and Nutrition project.
2. **Any participant with known food allergies must notify Mrs. Amanda upon entering the contest and send a reminder after the contest schedule is issued and before the contest occurs.**
3. **Members per team.** Each team will have at least three and no more than five members. Teams may include a combination of members from the Junior and Intermediate age divisions; however the combined team must compete in the Intermediate age division. Senior teams may not include members from any other age division.
4. **Age.** Age divisions are determined by a participant's grade as of the current 4-H year.
  - Junior Division: Grades 3 thru 5
  - Intermediate Division: Grades 6 thru 8\*
  - Senior Division: Grades 9 thru 12
5. *\*If a team has both Junior and Intermediate team members, regardless of the ratio, they must participate as an Intermediate team. For the last few years, District 9 has divided the intermediate category to accommodate the large number of teams participating in this age division. In general, the division has been made according to teams that are intermediate only and teams that have both intermediates and juniors as members. This practice will continue if feasible.*
6. **Attire.** Aprons and hair coverings are not required. Each team will have the option of wearing coordinated clothing, aprons or hair coverings, but it is not required.
7. No other resource materials will be allowed. Teams may not use their personal copies of the resources during the contest.
8. **Supply box.** Each team must supply their own equipment for the challenge. Teams may bring only the supplies listed in the supply box section as listed in the official Texas 4-H Food Challenge Guide and attached. Any extra equipment will be confiscated until the end of the contest and the team may be disqualified. (*Junior teams will NOT need to use hot plates or electric skillets*). For the safety of team members, it is important that all equipment is tested and participants are familiar with use and functions of the equipment.

**\*\*\*Please contact Mrs. Amanda Shortt if your team needs help securing or preparing a supply box!!**

## RULES OF PLAY

1. Teams will report to the designated location for check-in.
2. Because of the staggered start times for each heat (sometimes called “round”), no formal participant orientation will be conducted. Teams are responsible for thoroughly reviewing information in this packet and available online at the District 9 4-H website. A brief review of procedure will be held prior to each heat.
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 a 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, leader, volunteer, county Extension agent or contest official. Instead, team members must work together and be creative in completing preparation without the malfunctioning equipment.
8. Preparation: Each team will be provided with a set of ingredients reflective of the assigned category and will create a dish using them. The ingredients 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 are **not** required to incorporate each ingredient into the dish. (*Please note: the state contest requires the use of all ingredients, and teams may determine the exact amount of each ingredient to use.*)
9. The ingredients provided to each team may also be used to garnish the dish. Additional garnishing items will not be provided.
10. 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. In the presentation, teams should be exact on ingredients used, preparation steps, cooking time, temperature, etc.
11. Junior teams will not be given recipes that require the use of hot plates or electric skillets. Although junior teams may have a skillet or hot plate in their supply box, they are encouraged NOT to use it. The use of heat will not have a bearing on the judging/placing or increase a team’s chances of winning.
12. Food safety: Teams should follow proper food safety and be prepared to discuss food safety practices used in the team presentation to the judges.

13. Cost analysis: Prices will be available for each ingredient provided to teams. 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.
14. Presentation: At the conclusion of the preparation phase, each team will present their dish, according to the criteria on the score card, to a panel of at least two judges.
  - a. All team members must participate in the presentation, with at least three of them having a speaking role.
  - 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
    - i. **IMPORTANT NOTE:** *Interview/judging times and overall schedule may be altered to accommodate time and facility restraints. If adjustments occur, they will be applied equally to all teams in any affected category.*
  - c. Teams are allowed the use of note cards during the presentation but are discouraged to 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. For example, some questions may address the general knowledge gained through the 4-H members' food and nutrition project learning experiences.
  - e. Talking and writing are NOT 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 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. *(This rule is established to ensure fairness for all teams so that all teams are limited to the same amount of time for possible preparation discussion).*
  - f. Observation notes from the preparation phase will be shared with the judges to consider in their deliberations.
15. Clean-up: Teams must clean up their preparation areas. Clean-up time is included in the 40-minute preparation allotment. Teams will 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. Failure to clean-up properly and within the allotted time will be included in the observation notes.
  - a. All dirty dishes should be placed in a plastic bag. Food should not be dumped in the public restroom sinks! Hot items can be placed on top of the box and left out to cool, but it is important that everything else be put away and that the area look generally neat and clean.
16. To ensure food safety, judges are not allowed to taste the foods prepared. No left-over food should be shared with any participant or the audience.
17. Placing will be based on rankings of teams by judges. Judges' results are final.

## PARTICIPANT NOTES

1. Teams will have 40 minutes to prepare a dish, plan a presentation, and clean up the preparation area. A 20 minute warning, 10 minute warning, 5 minute warning, and 1 minute warning will be given. We suggest that you start working on your presentation at the 10 minute warning. NO talking is allowed after the 40 minutes is up.
2. 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 challenged with being creative and developing their own recipe with the ingredients provided.
  - b. Teams are not required to use each ingredient in the dish (*please note this may be different that the state contest rule*). Teams may determine the exact amount of each ingredient to use.
  - c. A “pantry” of additional ingredients may be provided from which teams can choose items to enhance their recipe. *Food Pantry items (optional items that team can acquire during the contest) may be offered to help teams enhance creativity (this may not happen at state). However, these additional items will not be a determining factor in the contests. If a supply of an item depletes, or no pantry items are offered, teams are encouraged to discuss potential variations in their interview. As always, judges are instructed to evaluate based on knowledge and presentation, not on actual ingredients.*
  - d. The ingredients provided to each team may also be used to garnish the dish. Additional garnishing items will not be provided.
3. 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.
4. 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.
5. If there is not a clear power outage (for instance a breaker trips and only some outlets are not working) teams should treat the event as an equipment malfunction and continue to work (unless contest officials call for a cease of activity in the room). Judges will be informed of any major malfunctions in the prep room and will take the interruption into consideration. Remember that the food appearance/quality is only 5% of the score. The rest of your score is based on what you know, how you communicate and how you work together. Ingredients may be divided among teams to minimize the cost and reduce wastefulness.
6. Assume all fresh produce (fruits and vegetables) has been washed prior to the contest. (*But, also know that it may not have been washed due to time constraints, therefore do not consume any of the contest food. Along the same lines, potentially hazardous foods may not have been kept at the proper temperature and therefore should not be consumed either*)

7. Each team has 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 an agent or contest volunteer know immediately so they can assist you!
8. During the preparation phase teams will be observed by monitors in the room. Notes of the observation will be shared with the interview judges to use in their final decision making. Teamwork, following food safety principles, and timely clean-up will be noted in addition to any other observation related to the objectives of the contest.
9. 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 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, talking and writing is **NOT** 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. This helps ensure all teams have an equally fair chance in preparing their presentation.
11. Please remain still 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.
12. Your team will be judged as close to your assigned time as possible. Interview times and schedule may be altered to accommodate time restraints. If adjustments occur, they will be applied equally to all teams.
13. After your team presentation, you are dismissed to leave. Please be quiet when you leave – taking your dish and supply box with you! Please do not wash dishes in the public restrooms. Contest officials are not responsible for any items left behind.

**2018 Waller County 4-H Food Challenge  
Personal Information Form**

Team Name: \_\_\_\_\_

Members Names: \_\_\_\_\_  
\_\_\_\_\_

Age Division of Team (Junior, Intermediate, Senior): \_\_\_\_\_

Club: \_\_\_\_\_

Email address: \_\_\_\_\_

Known Food Allergies: \_\_\_\_\_  
\_\_\_\_\_

Entry Fee: \$10/team