**2019 Wichita County 4-H Food Challenge**

**Saturday, Oct 26, 2019**

**2:00pm**

**County Extension Office**

**Entries**

Deadline to Enter: October 16, 2019 5:00pm

Entry fee: $20.00 per team

**A representative for each team participating will need to**

**visit the Extension office to enter and pay.**

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.

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,

1. **Age Divisions:**

* **Junior** 3rd grade through 5th grade on September 1, 2019.
* **Intermediates** 6th grade through 8th grade on September 1, 2019.
* **Seniors** 9th through 12th grades on September 1, 2019.

1. **District Advancement:**

The first and second place teams in each age division 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).

All teams moving to District will need to register on 4-H Connect by Nov 1, 2019 and be familiar with the District Food Show guidelines available here: <https://d34-h.tamu.edu/files/2019/09/2019-2020-District-3-Food-Challenge-Letter-1.pdf>

District Food Challenge Contest is Nov 20 in Jacksboro.

1. **Members Per Team:**

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

Intermediate 4-H members cannot compete “up” onto a Senior team.

1. **Attire:**

Each team will have the option of wearing coordinated clothing, aprons or hair coverings.

1. **Resource Materials Provided at Contest**:

Resource materials will be provided for each team at the contest. These include:

* MyPlate Mini-Poster
* *FightBac-Foodborne Bacteria Brochure*
* *Know Your Nutrients*
* *Food Safety Fact Sheet*
* *Food Challenge Worksheet*
* \*\*\*OPTIONAL\*\*\* Copies of grocery receipts or list of food prices

No otherresource materials will be allowed. Teams may not use their personal copies of the

resources during the contest.

1. **Supply Box**:

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. 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.

1. **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:

* Beverage glass
* Bowls; Dip Size (1) Mixing (2) Serving (1)
* Calculator
* Can Opener
* Colander
* Cookie Sheet
* Cutting Boards (3)
* Disposable tasting spoons (no limit)
* Dry measuring cups (1 set)
* Electric Skillet
* Extension cord *(Teams should be certain*

*the extension cord is compatible (2-*

*prong/3-prong) with the plugs on their*

*their supplies)*

* First aid kit
* Food thermometer
* Fork
* Gloves
* Grater
* Hand sanitizer
* Hot pads (up to 5)
* Kitchen shears (1 pair)
* Kitchen timer
* Knives (4)
* Liquid measuring cup (2 cup size)
* Measuring spoons (1 set)
* Non-stick cooking spray
* Note cards (1 pkg. no larger than 5 X 7)
* Paper towels (1 roll)
* Pancake turner
* Pencils ( no limit)
* Plastic box and trash bag for dirty equipment
* Pot with lid
* Potato masher
* Potato peeler
* Sanitizing wipes (1 container)
* Serving platter
* Serving utensil
* Skewers (1 set)
* Skillet with lid
* Spatulas (2)
* Stirring spoon
* Storage bags (1 box)
* Tongs
* Two single-burner hot plates OR one

double-burner plate (electric only!)

* Whisk

GADGET OF THE YEAR

Teams may have the following kitchen gadget in their box for the 2019-2020 Contest Year:

***Spiralizer (manual only)***

**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. 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).
4. 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 items commonly found in grocery stores and/or home pantries, including items such as produce, seasonings, oils, etc.
5. 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.
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. 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.

1. 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.

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.

1. 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.
2. 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.
3. 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.
4. 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.

1. 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.
2. Finished Dishes: Finished dishes MAY NOT leave the preparation/judging areas. 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.

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

1. Placing will be based on rankings of teams by judges. Judges’ results are final.
2. An awards program will be held at the conclusion of the judging process.