

**4-H Food Challenge Guide  
for T-O Fair - Wichita Falls, TX  
September 21, 2019**

**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                               | Sanitizing wipes (for tables) |
| Bowls- Dip Size (1) Mixing (2) Serving (1)   | Serving platter               |
| Calculator                                   | Serving utensil               |
| Can Opener                                   | Skewers                       |
| Colander                                     | *Spatulas (2)                 |
| Cookie Sheet                                 | Stirring spoon                |
| Cutting Boards (2)                           | Storage bags (1 box)          |
| Disposable tasting spoons (no limit)         | Tongs                         |
| Dry measuring cups                           | Whisk                         |
| 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                                |                               |

**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

## 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. The ingredients provided to each team may also be used to garnish the dish. Additional garnishing items will not be provided.
- d. There will be no pantry for the Food Challenge Exposition. All ingredients necessary for the dish will be supplied at the table.

- 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. There may be observers during the Food Challenge event, but their will be no official judging. Teams should be prepared to provide their presentation to a panel who may ask questions. Others may observe.
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 panel.
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. Teams should be able to communicate with the panel effectively.
- a. **All team members should have a speaking role in the presentation,**
    - 5 minutes for the presentation
    - 3 minutes for any questions
  - b. 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.
  - c. Panel 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.
  - d. 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. Taste the foods prepared is not allowed. No left-over food should be shared with any participant or the audience.
15. There will be no official judging, awards will be presented to participants.

## 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.
  - 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. **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.**
  - d. The ingredients provided to each team may also be used to garnish the dish. Additional garnishing items will not be provided.
4. 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.
5. 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.
6. 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.

7. 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.**
8. 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.
9. 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.
10. Water will be located throughout the room if you need it.
11. Trash cans will also be located throughout the room for your use.
12. 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!
13. After your team presentation, please walk back to your table **QUIETLY** and place your dish on your table.
14. After the awards program, you will be able to come back and get your food and supply box.
15. If you have any questions, please ask your group leader.
16. Good Luck!!!

## TIPS FOR SELECTING AND PREPARING FOOD CHALLENGE RECIPES

- Pick recipes that require about 30 minutes for preparation AND cook time so that 4-H'ers can prepare the item in their 40-minute time frame.
- Recipes with fewer than ten ingredients typically work best.
- Locate recipes from the Internet, food network, ADA, books, magazines, etc. Remember: Keep it healthy. Modify recipes when necessary, replacing high-fat ingredients with substitutions.
- Make sure that if the recipe requires an oven your facility has one! It is better to choose recipes that can be prepared on a portable burner, skillet, griddle, etc.

### **Category selection:**

#### **Main Dish Category**

Foods classified as main dishes usually contain a meat or meat alternate such as cheese, eggs, dry beans or peas, or peanut butter. They may also contain other foods. Dishes in this category may include: beef, veal, pork, variety meats, poultry, eggs, fish and shellfish, dry beans, etc. Consider buying pre-cooked chicken for recipes that call for chicken.

#### **Fruit and Vegetable Category**

These are side dishes or foods that are usually served along with a main dish or as accompaniments to the main course.

#### **Bread and Cereal Category**

Suggested dishes in this category are quick breads, rice dishes and pastas. Consider buying pre-cooked rice and pastas to shorten preparation time.

#### **Nutritious Snacks Category**

Snacks are commonly eaten between meals by those with higher energy needs (such as teens and children). Snacks should provide energy and enhance diet quality. Suggested dishes for this category are milk drinks and floats, fruit drinks, dips and dippers, fondues, custards, sandwiches, party foods and refreshments, appetizers, pizzas, and nutritious no-bake cookies.

- Split up ingredients among teams to keep your costs down. If this is done, teams will need to be provided with a copy of or access to the original food package and nutrition facts label. Include a simple clue to guide Include a simple clue to guide teams in using the ingredients. Do not give them preparation steps.

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		