

4-H Clover Kid Food Challenge

1. Read the Leon County 4-H Food Challenge Rules:
 - a. Utilize the Junior/Intermediate Rules, Worksheet, Scoresheets + Review Page 9
2. Organize your 4-H Team (See Page 3- Rule 2 & 4)
3. Organize Practice Time/Place & Start Practicing- Your House (Rotate among team member's houses), Church, school, Leon Co. Extension Office (Call 903-536-2531), etc...
4. Pick a Team Name/Theme- Then coordinate what to wear (Apron, Closed toed shoes, Hair Restraint (hair net, chef hat, cap, etc...). Uniform/Match.
5. Practices (Recommend at least 4 before the County Contest)
6. Do NOT NEED a Supply Kit! They will be provided with all supplies at the contest!
7. Contest Entry Deadline: November 4, 2021- Make sure your team members enter by the deadline!
8. See y'all at the Leon County 4-H Food Challenge Contest- November 18, 2021

Food Challenge Supplies to Practice with:

- What they will have at contest: Plastic Utensils (Fork, Spoon, Knife), Bowl, Plate, Cutting Board, Measuring Cups & Spoons.
- Key Ingredient (Falls under a food category) I would focus on healthy dessert, side dish, or appetizer!!!
- Grocery Store Items (Utilize your pantry/fridge)
- Food Challenge Worksheet
- Food Challenge Presentation Score Sheet
- Food Challenge Resources (MyPlate, Know Your Nutrients, Fight Bac, Best Practices Kitchen & Food Safety)
 - This may be way over their heads! So focus on the cooking and just getting them used to being able to talk a little and cook!