



## *1st Annual Harris County Youth Fair*

### *Food Wranglers' Challenge*

*Thursday -October 15, 2015 4:00 -8:00 pm*

*Harris Co. Extension Office 3033 Bear Creek Dr. Houston, TX*

Join us for the 1<sup>st</sup> Annual Food Wranglers Challenge, a contest designed to engage teams of youth in a test of food preparation skills and nutrition knowledge to create a recipe from a mystery bag of ingredients in just 45 minutes. From preparation to presentation youth will demonstrate abilities in public speaking and teamwork to impress the judges with their culinary skills.

**Entry Fee:** Each team of 3 to 5 members will pay \$30 registration fee to enter the Food Wrangler's Challenge . Each member of the team **MUST** be academically eligible to participate and submit signed Eligibility forms at check in. A registration fee of \$30 due by September 28th payable by check to Harris 4-H Fund or by credit card on Eventbrite at <http://tinyurl.com/HCYFFood-WranglerChallenge> . Mail registration fee and application to TX A&M AgriLife Extension Service, 3033 Bear Creek Drive, Houston, TX 77084. Contact Sheryl Nolen, CEA 4-H for information at 713-274-0978 or email [snolen@ag.tamu.edu](mailto:snolen@ag.tamu.edu).

#### **PARTICIPATION RULES**

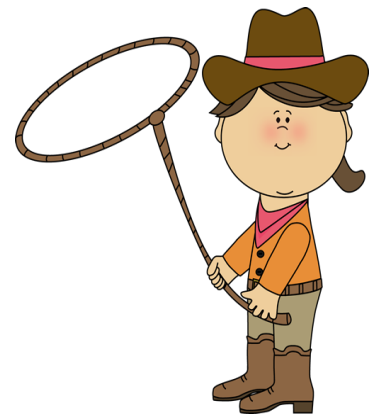
**Participation.** Participants must be 4-H members currently enrolled in a Texas 4-H and Youth Development Harris County program, FCCLA students or FFA members.

**Age divisions are determined by a participant's grade level as of the current year.**

Junior Division: 3rd to 5th grade level or 9 to 10 years of age

Intermediate Division: 6th to 8th grade level or 11 to 13 years old

Senior Division: 9th to 12th grade level or 14 to 18 years old



Individuals with disabilities who require an auxiliary aid, service or accommodation in order to participate in this program are encouraged to contact AgriLife Extension to determine how reasonable accommodations can be made. Call 271-274-0978 or email [snolen@ag.tamu.edu](mailto:snolen@ag.tamu.edu) for assistance.

1. **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. See rule #2 for age divisions.
2. **Substitution of team members.** Substitution of team members should be made only if necessary. Only the same number of 4-H members registered for the district contest will be eligible to participate at the district level. No more than two team members may be substituted, up to the day of the Food Challenge.
3. **Entry fee.** Each team will be required to pay a registration fee of \$30.00 to cover the cost of ingredients and awards for the contest. Entry fee is due with registration by September 28th to TX A&M AgriLife Extension Service 3033 Bear Creek Drive, Houston, TX 77084
4. **Food categories.** There are four possible food categories in each age division: Main Dish, Fruits and Vegetables, Bread and Cereal, and Nutritious Snacks. Teams will be randomly assigned to a category. Assignments will not be announced until the official start of the contest. It is also possible all groups will have the same ingredients and may have variable options with their recipe creation choices.
5. **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.
6. **Resource materials provided at contest.** Resource materials will be provided for each team at the contest. These include *Choose MyPlate- 10 Tips for a Great Plate, FightBac, Nutrient Needs at a Glance, Cooking Food Safely is a Matter of Degrees, Altering Recipes for Good Health, Food Challenge Worksheet*, and copies of grocery receipts (or an official price list). No other resource materials will be allowed. Teams may not use their personal copies of the resources during the contest.
7. **Supply box.** Each team will be provided with supplies or they can provide their own equipment for the challenge. Teams may bring only the supplies listed in the supply box list of supplies and equipment. Additional items NOT on the list will be confiscated until the end of the contest. (*Junior teams will NOT need to use hot plates or electric skillet*s). 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.

*Supply boxes and items should be clearly marked with identification of the team. The contest officials are not responsible for any items not retrieved after the contest. One supply box per team is allowed. Teams are NOT disqualified or discounted points if they do not have a kit complete with the list of supplies. They will merely have to work with what they have. However anything not on list will be removed from the supply box before contest. No substituted items will be allowed.*

1. **Contest Schedule.** *A contest schedule will be available during the week preceding the contest. The number of heats will depend on the total number of teams entered. Teams will need to arrive about an 15 minutes before their assigned to have supply boxes checked and verified*
2. **Participant Orientation:** *There will not be a formal group participant orientation presentation on the day of the contest. Information will be posted on the Harris Co. Youth Fair website. Teams will need to be familiar with the written information concerning the contest. Questions should be directed to the contest superintendent.*
3. **Preparation Observation:** Teams will be observed during the preparation phase of the contest and observation notes will be provided to the interviewing judges to consider in their final decisions. Observation notes will include all aspects of the preparation phase including food safety practices, teamwork, and timely clean-up. Behavior during the wait time before interviewing will also be observed. To ensure fairness to all teams, members cannot talk to each other while waiting for their interview time. Violation of the no talking rule is grounds for dismissal from the contest. Contestants are encouraged

### **RULES OF PLAY**

1. Teams will report to the designated location for check-in. Check in includes inspection of the teams Supply Box which must be cleared before start of contest event.
2. A brief review of procedure will be held 15 minutes prior to the contest event
3. No formal participant orientation will be conducted. Teams are responsible for thoroughly reviewing the contest rules which are available online at the Harris Co. Youth Fair website.
4. Each team will be directed to a food 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.
5. General guidelines, resources and instructions will be located at each station to assist the team.
6. Each team will have 45 minutes to prepare a dish, plan a presentation, and clean up the preparation area.
7. Only participants and contest officials will be allowed in food preparation areas.
8. Teams that may experience any equipment malfunction (s) may not replace the equipment with supplies from another team or contest officials. Instead, team members must work together and be creative in completing preparation without the malfunctioning equipment.

**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 required to incorporate each ingredient into the dish and the recipe should identify the exact amount of each ingredient used in the recipe.

## Preparation continued

c. Teams will have access to a “pantry” of additional ingredients that may be incorporated into their recipe. Note that if the team takes ingredients, they must use the ingredients and return to the pantry any useable remains of that ingredient to the pantry. The number of additional ingredients a team may get will be determined by contest officials and announced prior to the beginning of the preparation phase.

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*Food pantry items are optional items that teams can acquire during the contest to use in their recipe and are offered to help teams enhance creativity. However, these additional items will not be a determining factor in the contest placing. If the supply of an item depletes, or no pantry items are offered, teams are encouraged to discuss potential variations in their interview. The judges are instructed to evaluate based on knowledge and presentation, not on actual ingredients.*

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d. The ingredients provided to each team may also be used to garnish the dish. Additional garnishing items will not be provided.

e. Note cards and the Food Wranglers 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.

f. Teams will be judged during the preparation phase of the contest. This judging is based upon observation only! Refer to the preparation Scorecard for details on the judging criteria.

g. Junior teams will not be given recipes that require the use of hot plates or electric skillets. Junior teams do not need to include a skillet or hot plate in their supply box. The use of heat will not have a bearing on the judging/placing or increase a team’s chances of winning.

9. **Food safety:** Each station will have food safety resources. Teams should follow the steps listed to ensure proper food safety and be prepared to discuss food safety practices used in the team presentation to the judges. Note the judges will be circulating in the contest area to observe culinary practices during preparation.

10. **Nutrition:** Each station will have a variety of nutrition resources/references. Each team should name key nutrients in their dish and their functions.

11. **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.

12. **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 team presentation 3 minutes for judges’ questions 5 minutes between team presentations for judges to score and write comments

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 participants participation in 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 by 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.

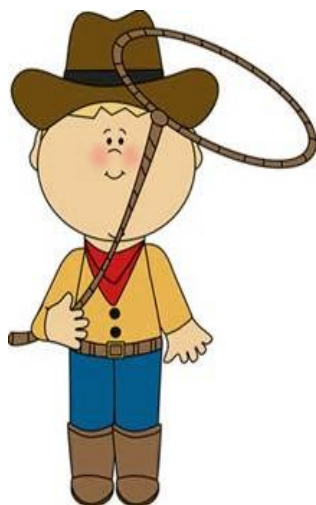
13. Clean-up: Teams must clean up their preparation areas. Clean-up time is included in the 40- minute preparation allotment. Teams should plan to not have access to a kitchen facility; therefore, dirty dishes should be placed in a plastic container, bag or box to be cleaned at home. Left-over food should be disposed of properly. Failure to clean-up properly and within the allotted time will be noted by observation judges and will result in points deducted from score.

All dirty dishes should be placed in a plastic bag. Food should not be dumped in the 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 as neat and clean as it was found.

14. 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.

15. Placing will be based on rankings of teams by judges. Judges' results are final.

16. Awards will be announced the same day as the event following the contest. Teams and supporters are encouraged to stay for the entire awards presentation.



***Come "wrangle-up" some grub at the Harris County Youth Fair in the Food Wrangler's Challenge !***

***REGISTER BY SEPTEMBER 28th.***

***Contact Sheryl Nolen, CEA 4-H/JMG Specialist if you need more information at [snolen@ag.tamu.edu](mailto:snolen@ag.tamu.edu) or call 713-274-0978***

## SUPPLY BOX

Each team can bring an equipment box containing only one each of the following items, unless a different quantity is noted in the list below. The Supply Box does not have to have all the items but it cannot have any additional items or substituted items.

Beverage glass	Non-stick cooking spray
Bowls: Dip Size (1) Mixing (2) Serving (1)	Note cards (no larger than 5 X 7) (1 package)
Calculator	Paper towels (1 roll)
Can Opener	Pancake turner
Colander	Pencils (no limit)
Cutting Boards (2)	Plastic box or trash bag for dirty equipment
Disposable tasting spoons (no limit)	Pot with lid
Dry measuring cups	Potato masher
Electric Skillet ( <i>not required for Junior teams</i> )	Potato peeler
Extension cord ( <i>Teams should be certain the extension cord is compatible (2-prong/3-prong) with the plugs on their electrical supplies</i> )	Rolling pin
First aid kit	Sanitizing wipes (1 container)
Food thermometer	Serving platter
Fork	Serving utensil
Gloves	Skillet with lid
Grater	Spatula
Hand sanitizer	Stirring spoon
Hot pads (up to 5)	Storage bags (1 box)
Kitchen shears (1 pair)	Tongs
Kitchen timer	Two single-burner hot plates OR one double-burner plate - electric only ( <i>not required for Junior teams</i> )
Knives (2)	Whisk
Liquid measuring cup	
Measuring spoons (1 set)	