

Calling All 4-H Chefs!

What: Food Challenge & Food Show
Contest Practice

Who: • Food Challenge—Teams of 3-5 in the
same age division
• Food Show—Individuals

Where: Harris County Extension Office
3033 Bear Creek Dr.
Houston, TX 77084

When: Thursday, Nov. 12, 2015—7-9pm

How: Register online at
<http://tinyurl.com/otv5286>



Food Challenge

Using a mystery bag of ingredients, teams prepare a dish in 40 min. and present it to a judging panel. Youth explain their preparation steps, serving size, food safety concerns, nutrition value and cost of the dish.

Food Show

Individuals submit a recipe according to a set theme and compete in one of 4 categories: Protein, Fruit & Vegetable, Meat, Dairy. Youth then prepare the recipe at the contest and present it to a judging panel.

