



2019-2020 Rules and Guidelines

The members of Texas A&M AgriLife will provide equal opportunities in programs and activities, education, and employment to all persons regardless of race, color, sex, religion, national origin, age, disability, genetic information, veteran status, sexual orientation or gender identity and will strive to achieve full and equal employment opportunity throughout Texas A&M AgriLife.

The Texas 4-H Food Challenge

More than 100,000 youth participate in the 4-H Food & Nutrition Project, learning how to prepare nutritious and safe meals and snacks and adopt behaviors that can help reduce their risk for chronic disease. This contest challenges teams of 4-H members to create a dish using only a predetermined set of ingredients. From these ingredients, team members must identify and prepare the dish, then make a presentation about it to the judges.

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

NEW

This symbol denotes a new or modified rule for 2019-2020. Read closely!

ALL NEW ORIENTATION GUIDELINES FOR PARTICIPANTS, GROUP LEADERS, & JUDGES and REDESIGNED SCORECARDS FOR 2019-2020

- Clean lines for easy reading
- Simplified bullets for better understanding and clearer expectations
- Itemized points within each subgroup to ensure more uniform scoring
- Updated points value system

Team Name: _____	Team #. _____		
Entry Category: ___ Main Dish ___ Fruit/Veggie ___ Bread/Cereal ___ Nutritious Snack			
Team Presentation	Comments	Points	Score
Knowledge of MyPlate			
Serving size and examples of each group in MyPlate		3	
Did you MyPlate represented in dish prepared		3	
Team shared healthy lifestyle choices based on dietary guidelines		2	
Nutrition Knowledge			
Knows key nutrients in prepared dish		5	
Function of nutrients		5	
Healthy substitutions		4	
Food Preparation			
Listed & explained steps in how dish was prepared		4	
Explained function of ingredients in dish		4	
Safety Concerns and Practices			
Exhibited food safety according to Fight Back!		3	
Demonstrated knowledge of serving size for prepared dish		4	
Stated estimated cost of the prepared dish and included serving		2	
Food Appearance/Quality			
Food is appealing and appetizing		3	
Appropriate to be cooked properly		2	
Attractive and appetizing garnish		2	
Creativity			
Used ingredients in a creative way		5	
Unconventional garnish items into dish or garnish		3	
Communication of Communication			
Displayed effective communication skills		4	
Prose and personal appearance		4	
Hygiene			
Appearance and appropriate personal appearance		4	
Additional Comments:			
		Total Points (75)	

Updated 7-23-19

Team Name: _____	Team #. _____		
Entry Category: ___ Main Dish ___ Fruit/Veggie ___ Bread/Cereal ___ Nutritious Snack			
Team Observation	Comments	Points	Score
Teamwork			
Effective use of communication among team members		2	
Each team member played a key role in the preparation phase, whether cooking or preparing presentation		3	
Safety concerns and practices			
Exhibited knowledge of how to use equipment safely (Sharp, electrical, sharp, etc.)		3	
Handled ingredients appropriately to avoid cross contamination		3	
Personal Hygiene (hair, nails, jewelry, etc.)		3	
Organization			
Exhibited correct cooking procedures based upon ingredients provided		3	
Completed tasks efficiently and in a logical order		2	
Management			
Used workspace efficiently		2	
Effective use of time		2	
Preparation table was clean at the conclusion of the preparation period		2	
Additional Comments: (based on observation)			
		Total Points (25)	

Updated 7-23-19

SUGGESTED PARTICIPANT RULES (COUNTY/DISTRICT LEVEL)

Note: *These rules may be modified to accommodate the needs of a county/district level contest; therefore, be sure to acquire the current year's rules for your county/district event.*

- 1. Participation.** Participants must be 4-H members currently enrolled in a Texas 4-H Youth Development county program and actively participating in the Food and Nutrition project.
- 2. Age.** Age divisions are determined by a participant's age as of August 31 of the current 4-H year in accordance with what is stated in the current Texas 4-H Rules and Guidelines.
Junior Division: Grades 3 thru 5
Intermediate Division: Grades 6 thru 8
Senior Division: Grades 9 thru 12
- 3. Teams per county.** Each county may enter a maximum of two Junior/Intermediate teams and a maximum of two Senior teams. (district rule). The first and second place teams in both age divisions should 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).
- 4. Members per team.** Each team will have at least three and no more than four members. Teams may not include members of different age divisions. See rule #2.
- NEW**
5. Substitution of team members. Substitution of team members should be made only if necessary. Substitution policies should be determined by the County Extension Agent for the county level, and the District Food Challenge Committee for district contest. See county and district rules for these policies.
- 6. Entry fee.** Each team may be required to pay a registration fee to cover the cost of ingredients for the contest.
- 7. Food categories.** There will be four 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, but assignments will not be announced until the day of the contest.
- NEW**
8. Attire. Each team will have the option of wearing coordinated clothing and/or aprons. Team members must wear closed toe shoes and hair restraints.
- NEW**
9. Resource materials provided at contest. Resource materials will be provided for each team at the contest. These include MyPlate Mini-Poster, Fight Bac - Fight Food Borne Bacteria Brochure, Know Your Nutrients, Food Safety Fact Sheet, and the Food Challenge Worksheet. Optional resources will include copies of grocery receipts/purchase prices for age groups calculating costs. No other resource materials will be allowed. Teams may not use their personal copies of the resources during the contest.
- 10. 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 may be checked by contest officials as teams check in for the contest. Any extra equipment will be removed from the team's supply box.

11. Awards. Awards will be determined by the committee and are based on sponsorships.

12. Suggested contest schedule for one heat.

8:00 am Agents, Leaders and Judges Arrive
8:00 am Leader Orientation, Judge Orientation
8:00 am Food Challenge Teams Check In
8:45 am Food Challenge Team Orientation
9:00 am Food Challenge Begins
10:00 am Judging Begins
11:30 am Approximate Time for Awards Program

Suggested contest schedule for two heats.

8:00 am Agents, Leaders and Judges Arrive
8:00 am Leader Orientation, Judge Orientation
8:00 am Group A Teams Check In
8:45 am Group A Team Orientation
9:00 am Group A Teams Begin Challenge
9:30 am Group B Teams Check In
10:00 am Group A Team Presentations/Judging Begins
10:15 am Group B Team Orientation
10:30 am Group B Teams Begin Challenge
11:30 am Group B Team Presentations/Judging Begins
1:30 pm Approximate Time for Awards Program

13. Participants with disabilities. Any competitor who requires auxiliary aids or special accommodations must contact the County Office or District Extension Office at least two weeks before the competition.

PARTICIPANT RULES for STATE FOOD CHALLENGE CONTEST

- 1. Participation.** Participants must be 4-H members currently enrolled in a Texas 4-H Youth Development county program and actively participating in the Food and Nutrition project.

4-H members are not eligible to enter the 4-H Food Challenge if they previously were a part of a team that placed first in the Final Food Challenge. 4-H members that were a part of a first-place team for a category in the Food Challenge (and not the Final Challenge) are eligible to compete again.

- 2. Age.** Age divisions are determined by a participant's age/grade as of August 31 of the current 4-H year. See the Texas 4-H Rules and Guidelines for specific age requirements.

Senior Division: Grades 9-12

- 3. Teams per district.** Each district may advance four teams to compete in the state contest (the first-place team in each category at the district contest). Teams advancing to state will not automatically be assigned to the same category as they were at district.
- 4. Members per team.** Each team will have at least three and a maximum of four members. Teams may not include members in different age divisions.
- 5. Substitution of team members.** See current rules in the Texas 4-H Roundup Rules and Guidelines.
- 6. Registration and entry fee.** Each team will be required to register using the standard Texas 4-H Roundup registration process and pay all registration fees associated with Texas 4-H Roundup.
- 7. Food categories.** There will be four 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, which will not be announced until the day of the contest.

NEW

- 8. Attire.** Each team will have the option of wearing coordinated clothing or aprons. Each team member is required to wear closed toe shoes and a hair restraint.

NEW

- 9. Resource materials provided at contest.** Resource materials will be provided for each team at the contest. These include MyPlate Mini-Poster, Fight Bac - Fight Food Borne Bacteria Brochure, Know Your Nutrients, and Food Safety Fact Sheet. Optional resources will include the Food Challenge Worksheet, and copies of grocery receipts/purchase prices for age groups calculating costs. No other resource materials will be allowed. Teams may not use their personal copies of the resources during the contest.

- 10. 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 may be checked by contest officials as teams check in for the contest using a standard or randomized process. Any extra equipment will be removed from the team's supply box.

NEW

- 11. Awards.** State awards will be determined by the committee and are based on sponsorships.



12. Final Food Challenge. At Texas 4-H Roundup, the first-place team in each category will compete in a “Final Food Challenge,” scheduled to be held on the same day of the contest. Teams competing in the Final Food Challenge may be provided with a facility to wash their supplies in preparation for the Final Challenge. Only teams advancing to the Final Challenge will walk the stage for awards at the nightly Texas 4-H Roundup Assembly.

13. **Participants with disabilities.** Any competitor who requires auxiliary aids or special accommodations must contact the County Office or District Extension Office at least two weeks before the competition.

14. Suggested contest schedule for state 4-H Food Challenge (with four heats).*

8:00 am	Round 1			
8:10 am				
8:20 am				
8:30 am				
8:40 am	Cooking/preparation	Round 2		
8:50 am				
9:00 am				
9:10 am				
9:20 am	Team Transition Time	Cooking/preparation	Round 3	
9:30 am				
9:40 am	Team Presentations			
9:50 am				
10:00 am				
10:10 am		Team Transition Time	Cooking/preparation	Round 4
10:20 am				
10:30 am		Team Presentations		
10:40 am				
10:50 am			Team Transition Time	Cooking/preparation
11:00 am				
11:10 am			Team Presentations	
11:20 am				
11:30 am				Team Transition Time
11:40 am				
11:50 am				Team Presentations
12:00 pm				

Key:

Box Check in
Contest Orientation
Cooking/preparation
Team Presentations

*The state contest schedule provided above is tentative and may be altered by the state contest committee based upon the number of participants and facilities. It was developed to cut down on wait time of participants.

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

Cookie sheet

Colander

NEW 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 electrical supplies)

First aid kit

Food thermometer

Fork

Gloves

Grater

Hand sanitizer

Hot pads (up to 5)

Kitchen shears (1 pair)

Kitchen timer

NEW

Knives (4)

Liquid measuring cup (2 cup size)

Measuring spoons (1 set)

Non-stick cooking spray

Note cards (1 package - 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 or plate

Serving utensil

Skewers (1 set)

Skillet with lid

NEW

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 2019-20 Contest Year:

Spiralizer (manual only)

TEXAS 4-H FOOD CHALLENGE

RULES OF PLAY



1. General guidelines, resources and instructions will be provided prior to the start of the contest to assist teams.

NEW

2. No electronic devices or jewelry (except for medically required) is allowed in contest. This includes cell phones, smart watches, or other communication devices.

3. Each team will be directed to a cooking/preparation station. Contest categories will be revealed at the preparation station.

NEW

4. 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).

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.

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.

5. Each team will have 40 minutes to prepare the dish, plan a presentation, and clean up the preparation area.

NEW

6. Electrical: Teams should be prepared to only plug in one piece of equipment at a time to reduce the risk of electrical malfunction. Contest officials will announce if this is necessary during participant orientation.

NEW

7. 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.

NEW

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.

NEW

8. **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.

9. **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.

NEW

10. **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.

11. **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.

NEW

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.

12. **Clean-up:** Teams must clean up their preparation areas. Clean-up time is included in the 40-minute preparation allotment.

NEW

13. **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.

PARTICIPANT ORIENTATION

Note: *Not all elements included in the participant orientation may be applicable to each contest offered. Therefore, this orientation may be modified based on the needs of a county/district contest.*

1. Welcome to the 4-H Food Challenge!
2. No electronic devices or jewelry (except for medically required) is allowed in contest. This includes cell phones, smart watches, or other communication devices.
3. Each team will be directed to a cooking/preparation station.
4. 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).

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.

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 in pantry.

5. Each team will have 40 minutes to prepare the dish, plan a presentation, and clean up the preparation area.
6. Electrical: Teams should be prepared to only plug in one piece of equipment at a time to reduce the risk of electrical malfunction. Contest officials will announce if this is necessary during participant orientation.
7. Preparation:
 - Each team will create an entire dish/recipe (not a full meal) using the provided key ingredient and pantry items. 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 developing 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.

8. **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.

9. **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.
10. **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.
11. **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 these 5 minutes 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; however, 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.

12. Teams that 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.
13. 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.
14. 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 in the pantry table area. Teams may not take the original food package from the table.
15. All fresh produce (fruits and vegetables) has been washed prior to the contest; if not, water stations will be supplied for participants to wash produce.

16. Igloos/jugs full of water will be located throughout the room if needed.
17. Trash cans are located throughout the room for your use. (Include instructions on liquid disposal.)
18. 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!
19. After the 40-minute preparation 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 or other items cooling, it may be the only thing out on the table other than the food you are presenting to the judges.
20. 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 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.
21. Please remain seated once time is up and do not leave the room unless escorted by your group leader to another room to wait to give your team presentation. (If needed, provide instructions on where teams will wait to give presentations.)
22. If you need to use the restroom, please let your group leader know.
23. After your team presentation, please walk back to your assigned seating area **QUIETLY** and place your dish on your table.
24. After your team presentation, you will be asked to complete an evaluation, giving you the opportunity to share with us your experience in the Food Challenge. When you are done with the evaluation, you are dismissed to leave. Please be quiet when you leave – taking your supply box with you! All dishes should be disposed of before you leave contest area.
25. If you have any questions, please ask your group leader.
26. Good Luck!!!

GROUP LEADER ORIENTATION

Note: *Not all elements included in the group leader orientation may be applicable to each contest offered. Therefore, this orientation may be modified based on the needs of a county/district contest.*

1. Welcome!
2. Introductions and assign each group leader to a category - need 1-2 group leaders per category, depending on facilities and whether contest is run in one or two heats.
3. Objectives of the 4-H Food Challenge:
 - Allow participants to exhibit their knowledge and skills when preparing and presenting a dish.
 - Allow participants to learn from other team members.
 - Promote teamwork.
 - Help 4-H'ers gain experience in public speaking.
 - Provide leadership opportunities for young people.
4. Definition of teams:
 - Made up of three to four members
5. Contest and Judging Procedures (Review so that group leaders understand the process and can answer questions if needed):
 - Groups have been randomly assigned to one of four categories: Main Dish, Fruits and Vegetables, Bread and Cereal, or Nutritious Snacks. They do not know what category they have been assigned until they arrive today.
 - Each team will be directed to a cooking/preparation station.
 - Teams will have 40 minutes to prepare a dish, plan a presentation, and clean up the preparation area. A 20-minute warning, 10-minute warning, 5-minute warning, and 1 minute warning will be given. NO talking is allowed after the 40 minutes is up.
 - There will be a “key/main” ingredient at each station, but no recipe or instructions. The “key/main” ingredient will be representative of one of the following categories: Main Dish, Fruits and Vegetables, Bread and Cereal, and Nutritious Snacks.
 - Teams must use at least two additional items from the pantry. These items will be “purchased” using a pricing system and “contest currency” to enable teams to analyze the cost of their dish and individual serving. The cost analysis 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 in pantry.
6. Each team will create an entire dish (not a full meal) using the provided key ingredient and pantry items. Teams should not create side or multiple dishes with their ingredients/pantry items.
 - Teams are challenged to be creative and developing an original recipe with the ingredients provided.
 - Teams will determine the exact amount of each ingredient used based on their original recipe.

- The key ingredient and/or pantry ingredients selected should be used to garnish the dish.
7. 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.
 - 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.
 8. Nutrition: Each station will have a variety of nutrition resources/references. Only those resources provided by contest officials should be used.
 9. 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.
 10. If electricity goes out during the preparation phase of the contest, teams will be asked to turn away from the table immediately. Contest officials will stop the clock so that no preparation time is lost.
 11. 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, teams may view these in the pantry table area. Teams may not take the original food package from the table.
 12. Igloos/jugs full of water will be located throughout the room for teams to use if needed in recipe preparation.
 13. Trash cans are located throughout the room for teams to use. (Include instructions on liquid disposal.)
 14. Each team had the opportunity to include a small first aid kit in their supply box. If they did not bring a first aid kit or have a major injury, please direct them to the contest First Aid area (review where this is).
 15. After the 40-minute preparation time is up, the team's area MUST be clean, and all the supplies and extra food items must be in their supply box. If they have a hot plate or other items cooling, it may be the only thing out on the table other than the food the team is presenting to the judges.
 16. 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 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. Group leaders are asked to monitor and observe teams for talking and/or writing and are allowed to give warnings, keeping contest officials informed of warnings given.
 17. Provide instructions on where to lead teams to waiting area for presentations.

- Please send in teams to the judging room in order by team number. It's important that we stay on time with the judging of the presentations so the entire contest can stay on time. Teams should follow the guidelines of only having five minutes for their team presentation.
 - If group leaders are also serving as timekeepers for presentations, review responsibilities (i.e., knock on door at 5 minutes and then open door at 3 minutes).
18. During the preparation portion of the contest, or while teams are waiting to give their presentation – if any 4-H member must use the restroom, you may allow them to go. There are hall monitors ensuring they do not talk to other 4-H members, parents, etc., out in the hallway. When releasing a 4-H member to use the restroom, please alert the hall monitor.
 19. All dishes should be disposed of before teams leave contest area. Dishes MAY NOT be removed from the contest area for photos and/or public viewing.
 20. If you have any questions, please see the contest or group leader coordinator.
 21. Thank you for spending your day with us!

JUDGES' ORIENTATION

Note: *Not all elements included in the judges' orientation may be applicable to each contest offered. Therefore, this orientation may be modified based on the needs of a county/district contest.*

1. Welcome!
2. Introductions and divide into judging groups
 - Need 2-3 judges per category
3. Objectives of the 4-H Food Challenge:
 - Allow participants to exhibit their knowledge and skills when preparing and presenting a dish.
 - Allow participants to learn from other team members.
 - Promote teamwork.
 - Help 4-H'ers gain experience in public speaking.
 - Provide leadership opportunities for young people.
4. Definition of teams:
 - Made up of three to four members
5. Contest and Judging Procedures:
 - Groups have been randomly assigned to one of four categories: Main Dish, Fruits and Vegetables, Bread and Cereal, or Nutritious Snacks.
 - Teams do not know what category they have been assigned until they arrive today.
 - Each team is provided with educational resources on nutrition and food safety. These resources can be used to help the team members prepare their presentation. Teams are not allowed to bring in their own resources. Please note that teams are encouraged to study additional resources to adequately prepare for this contest.
 - Judges will need to refer to the Food Safety Fact Sheet regarding recommended food safety practices teams should follow.
 - Judges should use Fight BAC as the resource for recommended minimum internal cooking temperatures.
 - Teams may be provided with a receipt for their ingredients to determine the total cost of the dish and the cost per serving if applicable.
 - Judges will receive:
 - The name of the key ingredient teams has been given for their category.
 - A copy of any necessary cost analysis information such as pantry pricing guide, key ingredient cost, etc. (if applicable).
 - A copy of the educational resources teams are given to reference as needed.

- After the 40-minute preparation period, teams will give their presentation. There will be:
 - 5 minutes for a presentation
 - 3 minutes for judges' questions
 - 2 minutes between team presentations for scoring and comments

6. Preparation Phase Overview:

- There will be a “key” ingredient provided to each team at their station; no ingredient amounts, recipe or instructions will be provided. The “key” ingredient will be representative of one of the following categories: Main Dish, Fruits and Vegetables, Bread and Cereal, and Nutritious Snacks.

- Teams will have access to a “category pantry” of additional ingredients which should be combined with the team’s “key” ingredient to create an original recipe/dish during the contest. Teams must use at least two additional items from the pantry.

- 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 cost analysis 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 in pantry.

- Each team will create an entire dish/recipe (not a full meal) using the provided key ingredient and pantry items. 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.

- 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.

Presentation Phase Overview:

- A majority of team members should participate in the 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 these 5 minutes 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; however, judges may not ask questions related to what teams should have covered during the presentation.
- Judges questions should be related to general nutrition, health, chronic disease prevention or others relevant to food and nutrition.
- When asking questions of the teams, please be sure to keep them age appropriate. While each presentation will vary, it's also important to try your best to be consistent with the questions you ask each team.

- Teams are allowed the use of notecards during the presentation but should not read from them, as this minimizes the effectiveness of their communication.
- Please be sure to provide comments on the scorecard for each team. This will help them improve their presentation in the future. Constructive feedback gives young people a positive learning experience.
- Judges are not allowed to taste the foods prepared.
- Placing will be based on combined preparation and presentation judge scores. Placing based on scores will be final upon tabulation. Judges should not leave judging area until dismissed. Judges' results are final upon announcement.

7. **TIMING:** Please stay on time with the judging of the presentations so the entire contest can stay on time. Teams should follow the guidelines of only have five minutes for their team presentation.

Group leaders will serve as timekeeper, at the end of the 5-minute presentation time, timekeeper will say “stop” to indicate presentation should cease. They will then allow 3 minutes for judges' questions, announcing “stop” at the end of this time. Another option may be for judges to be given a timer or use their cell phone and asked to monitor time.

8. Thank you!

4-H FOOD CHALLENGE SCORECARD - PRESENTATION

Team Name: _____

Team #: _____

Entry Category: ___ Main Dish ___ Fruit/Veggie ___ Bread/Cereal ___ Nutritious Snack

Team Presentation	Comments	Points	Score
<i>Knowledge of MyPlate:</i>			
Serving sizes and examples of each group in MyPlate		4	
Told how MyPlate represented in dish prepared		3	
Team shared healthy lifestyle choices based on dietary guidelines		2	
<i>Nutrition Knowledge:</i>			
Knows key nutrition in prepared dish		6	
Function of nutrients		5	
Healthy substitutions		4	
<i>Food Preparation:</i>			
Listed & explained steps in how dish was prepared		4	
Explained function of ingredients in dish		4	
<i>Safety Concerns and Practices:</i>			
Explained food safety according to Fight BAC		5	
<i>Serving Size Information:</i>			
Demonstrated knowledge of serving size for prepared dish		4	
Shared estimated cost of the prepared dish and individual serving		2	
<i>Food Appearance/Quality:</i>			
Food is appealing and appetizing		3	
Appeared to be cooked properly		2	
Attractive and appropriate garnish		3	
<i>Creativity:</i>			
Used ingredients in a creative way		5	
Incorporated pantry items into dish or garnish		3	
<i>Effectiveness of Communication:</i>			
Displayed effective communication skills		6	
Poise and personal appearance		4	
<i>Questions:</i>			
Accurately and appropriately answered questions		6	
<i>Additional Comments:</i>		Total Points (75)	

4-H FOOD CHALLENGE SCORECARD - PREPARATION

Team Name: _____

Team #: _____

Entry Category: ___ Main Dish

___ Fruit/Veggie

___ Bread/Cereal

___ Nutritious Snack

Team Observation	Comments	Points	Score
<i>Teamwork:</i>			
Effective use of communication among team members		2	
Each team member played a key role in the preparation phase, whether cooking or preparing presentation		3	
<i>Safety concerns and practices:</i>			
Exhibited knowledge of how to use equipment safely (heat, utensils, sharps, etc.)		3	
Handled ingredients appropriately to avoid cross contamination		3	
Personal Hygiene (hair, nails, jewelry, etc.)		3	
<i>Preparation:</i>			
Practiced correct cooking procedures based upon ingredients provided		3	
Completed tasks efficiently and in a logical order		2	
<i>Management:</i>			
Used workspace efficiently		2	
Effective use of time		2	
Preparation table was clean at the conclusion of the preparation period		2	
<i>Additional Comments: (based on observation)</i>		Total Points (25)	

4-H FOOD CHALLENGE RESULTS FORM

Age Division _____

Category _____

PLACING	TEAM NUMBER	COUNTY
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		
11		
12		
13		
14		
15		
16		
17		
18		
19		
20		
21		
22		
23		
24		

Signature, Judge 1

Signature, Judge 2

Signature, Judge 3

4-H FOOD CHALLENGE WORKERS

The Food Challenge does require some “assembly” beforehand to ensure that all the ingredients are assembled and all resources are carefully placed with the package of contest materials. However, once the contest starts, it is all fun, for both the 4-H members and those working the contest. Below is a list of the average number of officials and judges needed to facilitate the 4-H Food Challenge. Of course, these numbers will vary depending on the number of heats conducted and the number of participants entered at each level.

REGISTRATION	three to four to check in teams and check supply boxes a random box check process may be used
TIME KEEPER	one to give time warnings during preparation phase of contest
GROUP LEADERS	one per category, per age division
JUDGES	two to three for the junior/intermediate age division two to three per category for senior age division one or two per category for preparation judging
RUNNERS	two to four based on number of participants, size of contest area, and location of judging stations
HALL MONITORS	one to two to monitor halls in case participants must leave contest room (to use restroom)

4-H FOOD CHALLENGE RESOURCES

In preparation for the Food Challenge, participants should not limit themselves to studying only the contest resources provided at the contest. Resources that may be helpful include (but are not limited to):

- MyPlate www.myplate.gov
- Dietary Guidelines for Americans, 2015
<https://health.gov/dietaryguidelines/2015/guidelines/>
- Fight Bac!
www.fightbac.org
- Nutritional Concepts
- Cooking Basics for Dummies, 3rd edition

4-H FOOD CHALLENGE CONTEST RESOURCES

The following resources will be provided to teams at the Food Challenge. All are available online at:

<https://texas4-h.tamu.edu/projects/food-nutrition/>

- | | |
|-------------|---|
| Resource 1: | MyPlate Mini-Poster |
| Resource 2: | Fight Bac – Fight Foodborne Bacteria Brochure |
| Resource 3: | Know Your Nutrients |
| Resource 4: | Food Safety Fact Sheet |
| Resource 5: | Food Challenge Worksheet (Optional) |
| Resource 6: | Receipts/Purchase Prices (if applicable) |

REVISED

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