



TEXAS A&M
AGRILIFE
EXTENSION



Bexar County

Food Challenge Packet



The Neighborhood Place, San Antonio, TX 78228, (210) 431-7500

March 20, 2021



BEXAR COUNTY OFFICE

February 8, 2021

4H participants, families, and volunteer leaders,

We would like to inform you that Texas AgriLife Extension Service will be conducting our 2021 Food Challenge contest a little different this year. Due to COVID-19 we are thinking of the safety of our participants, volunteers, and staff. We will adhere to the agency, and county's safety protocol when having face to face programs. Therefore, we are asking all participants to wear face masks and practice social distancing.

The Food Challenge County Contest will be held on March 20, 2021 at the Neighborhood Place, 3014 Rivas St., San Antonio, Texas, 78228. The schedule is included in this packet. Awards will be announced virtually in the afternoon. All ribbons will be mailed out to the Club Managers/ Leaders. Only 4-H participants are allowed in the building for the contest. Parents are welcome to wait in their cars or come back once the contest and judging is over. We apologize for any inconvenience and appreciate your understanding.

We will be conducting academic status checks directly with your child's school. We will be sending a letter outlining the UIL guidelines for academic status/eligibility directly to your school's principal/academic dean. You will ONLY be contacted if your academic status deems you are ineligible to participate. If you have any questions regarding this process, please contact Natalie Cervantes: ntcervantes@ag.tamu.edu.

Sincerely,
Angie Gutierrez
County Extension Agent
Family & Community Health
aogutierrez@ag.tamu.edu

Natalie Cervantes
County Extension Agent
4-H & Youth Development
ntcervantes@ag.tamu.edu

3355 Cherry Ridge Dr., Ste. #212
San Antonio, TX 78230
Tel. 210.631-0400
Fax. 210.631-0429
bexar-tx@tamu.edu
<http://bexar-tx.tamu.edu>

February 9, 2021

MEMO TO: 4-H Foods Leaders and Club Managers
SUBJECT: 2021 COUNTY 4-H FOOD CHALLENGE

WHEN: Saturday, March 20, 2021 - 8:30 a.m.-4:00 p.m.

WHERE: Neighborhood Place-3014 Rivas Street, San Antonio, TX 78228
(210) 431-7500

COST: County Food Challenge - \$15 per team

SCHEDULE:

8:30 a.m. Food Challenge Contestants Sign in (Seniors & Juniors Only)
8:45 a.m. Judges & Contestants Orientation
9:00 a.m. Food Challenge Contest & Judging
11:00 a.m. Judges & Staff (Lunch On Your Own)
12:15 p.m. Food Show Contestant Sign in (Intermediate Only)
12:30 p.m. Judges & Contestants Orientation
12:45 p.m. Food Challenge Contest & Judging
2:15 p.m. Clean up
3:15 p.m. Virtual Awards

****Only 4-H participants will be allowed at contest. We ask you to wear a face mask and practice social distancing.***

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



This symbol denotes a new or modified rule for 2020-2021. Read closely!

REALIGNED CATEGORIES FOR 2020-2021

Food Categories & Preparation. Teams will be randomly assigned to a category, which will not be announced until the day of the contest. There will be four food categories in each age division:

- *APPETIZER*
- *MAIN DISH*
- *SIDE DISH*
- *HEALTHY DESSERT*

SENIOR Supply Box List

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

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

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)
or bleach solution spray

**recipes available at: <https://agrifetoday.tamu.edu/2020/03/25/texas-am-experts-offer-covid-19-clean-ing-disinfection-guidelines/>*

Serving platter or plate

Serving utensil

Skewers (1 set)

Skillet with lid

Spatulas (2)

Stirring spoon

Storage bags (1 box) Tongs

Two single-burner hot
plates or

One double- burner plate
(electric only!)

Whisk

NEW!

Pantry Items

Salt

Pepper

Oil (up to 17 oz)

1 jar chicken bouillon

1 medium onion

2 cans (up to 16 oz)
vegetables and/or
fruit *(team choice)*

Rice (white or
brown) or pasta (16
oz)
(team choice)

Gadget of the Year:

Teams may have the following kitchen gadget in their box for the 2020-21
Contest Year:

Spiralizer (manual only)

INTERMEDIATE Supply Box List

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

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

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

Potato masher

Potato peeler

Sanitizing wipes (1 container)

Serving platter

Serving utensil

Skewers (1 set)

Spatulas (2)

Stirring spoon

Storage bags (1 box)

Tongs

Whisk

JUNIOR Supply Box List

Each team will bring an equipment box containing **only one** each of the following items, unless a different quantity is noted:

Beverage glass	Liquid measuring cup (2 Cup Size)
Bowls <ul style="list-style-type: none">• Dip Size (1)• Mixing (2)• Serving (1)	Measuring spoons (1 set)
Calculator	Note cards (1 package - no larger than 5 X 7)
Can Opener	Paper towels (1 roll)
Cookie sheet	Pencils (no limit)
Colander	Plastic box and trash bag for dirty equipment
Cutting Boards (3)	Potato masher
Disposable tasting spoons (no limit)	Potato peeler
Dry measuring cups (1 set)	Sanitizing wipes (1 container)
First aid kit	Serving platter
Fork	Serving utensil
Gloves	Skewers (1 set)
Grater	Spatulas (2)
Hand sanitizer	Stirring spoon
Kitchen shears (1 pair)	Storage bags (1 box)
Kitchen timer	Tongs
Knives (4)	Whisk

PARTICIPANT ORIENTATION

Note: *The rules in this guide are for the Texas 4-H Food Show STATE competition held in conjunction with Texas 4-H Roundup. Please refer to county and district guidelines for information on those contests.*

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.

SENIORS will be provided:

- *Main Ingredients
- * Ingredient Cost

INTERMEDIATE will be provided:

- *List of Ingredients
- * Ingredient Cost
- *Nutritional Information - Serving and Calories

JUNIORS will be provided:

- *Amount of Ingredients
- * Ingredient Cost
- *Nutritional Information - Serving, Calories, and Nutrients/ Vitamins

Teams will have access to a “grocery store” of additional ingredients which should be combined with the team’s ingredients to create an original recipe/dish during the contest. Grocery store 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 grocery store. Teams will also receive a pricing sheet for grocery store items at their station. Grocery store 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 grocery store items with other teams. Example: teams may be provided \$5.00 in “contest currency” to spend at the grocery store; each item in the grocery store will be priced and teams must calculate cost according to total spent in grocery store.

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

6ž 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 ingredients and grocery store 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/grocery store 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 grocery store 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 grocery store 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 grocery store 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!!!

4-H FOOD CHALLENGE SCORECARD - PRESENTATION

Team Name: _____

Team #: _____

Entry Category: ___ Appetizer ___ Main Dish ___ Side Dish ___ Healthy Dessert

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>			
Explained key 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 grocery store 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: ___ Appetizer

 ___ Main Dish

 ___ Side Dish

 ___ Healthy Dessert

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 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)

“Yes, I’ll Be There” Entry Form

**I plan to enter the Food Challenge
ENTRY FORM & CHECK are DUE
to our office by
Monday, March 8, 2021 by 5:00 p.m.**

**(Please place Entry Form & Check in a sealed envelope,
Attn: Angie Gutierrez and deliver in Mail Slot on the door)**

County Food Challenge: \$15 per team

Club Name: _____

Circle Age Division: (as of August 31)

Junior (Grades 3-5) Intermediate (Grades 6-8) Senior (Grades 9-12)

Who is on your team? _____

1. _____

2. _____

3. _____

4. _____

Make check payable to “Bexar 4-H Council”

County Food Challenge – Saturday, March 20, 2021