

## D8 4-H FOOD CHALLENGE & FOOD SHOW

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### *District Contest Information*

- Event Date:** Wednesday, December 8, 2021  
Agents arrive by 8:00 am  
See attached schedule for details
- Location:** Bell County Expo Center  
301 W Loop 121  
Belton, TX 76513  
(254) 933-5353  
<http://www.bellcountyexpo.com>
- Resources:** <http://texas4-h.tamu.edu/events/roundup/>  
<https://texas4-h.tamu.edu/projects/food-nutrition/>  
<http://d84-h.tamu.edu/events-and-activities/food-challenge-food-show/>
- Deadlines:** All entries will be completed on 4-H Connect at <https://texas.4honline.com/>.  
Please see your County Extension Agent for registration requirements and deadline.  
<https://counties.agrilife.org/>
- Entry Fee:** \$10 per 4-H member for Food Show  
\$10 per 4-H member for Food Challenge
- Late Entries.** Late entries will be permitted with an additional:
- \$20 late fee per 4-H member up to 60 hours after the regular contest deadline (Monday at noon).
  - No Food Challenge teams may be added after the 60-hour late fee deadline.
  - To add an individual Food Show entry or an individual member to a Food Challenge team after the 60-hour deadline, a \$50 late fee per 4-H member will be assessed in addition to the regular registration fee.

**Central District 8 | 4-H Youth Development**  
Texas A&M AgriLife Extension Service  
1229 N US Hwy 281 | Stephenville, Texas 76401  
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Tel. 254.968.4144 ext. 211 | Fax. 254.965.3759



## D8 4-H FOOD CHALLENGE

### *Rules & Guidelines*

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

### **RULES**

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

4-H members that were part of a first-place team for a category in the Food Challenge at Texas 4-H Roundup are eligible to compete again.

2. **Age Divisions.** Age divisions are determined by a participant's grade as of August 31, 2021, as follows:

<u>Division</u>	<u>Grades</u>	
Junior	3*, 4, or 5	<i>*Must be at least 8 years old</i>
Intermediate	6, 7, or 8	
Senior	9, 10, 11, or 12*	<i>*Must not be older than 18 years old</i>

There will be three age divisions in BOTH Food Show & Food Challenge. Youth may participate in BOTH events.

In Food Challenge, Juniors may move up to the Intermediate age division when participating on a team that has a true Intermediates (based upon grades listed above) on it. No one may move up to the Senior age division. NO individual may move down to a younger age division.

3. **Teams per county.** Each county may enter a maximum of two (2) Junior teams, two (2) Intermediate teams, and two (2) Senior teams.


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).

**Teams Advancing to Texas 4-H Roundup.** Only Seniors may advance to state. Each district may advance four (4) teams (first-place team in each category at District). Teams advancing to state will not automatically be assigned to the same category as they were at district. The state Food Challenge is scheduled for Wednesday, June 8, 2021 in College Station.

4. **Members per team.** Each team will have at least three (3) and a maximum than four (4) members. Also, see rule #2.

5. **Substitution of Team Members.** Substitution of team members should only be made if necessary. Only the same number of 4-H members qualifying at the county level 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. The substitute 4-H member must have participated in the county food and nutrition project to be eligible.

6. **Entry Fee.** Each individual will be required to pay a registration fee of \$10 through 4-H Connect by the deadline.


 7. **Food Categories.** There will be four food categories in each age division: Appetizer, Main Dish, Side Dish, and Healthy Dessert. Teams will be randomly assigned to a category, which will not be announced until the day of the contest.

8. **Preparation.** Each team will create an entire dish/recipe (not a full meal) using the provided key ingredient and grocery store 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/grocery store items.


9. **Attire.** Each team will have the option of wearing coordinated clothing and/or aprons. Team members must wear closed-toe shoes and hair restraints. No electronic devices or jewelry (except for medically required) is allowed in contest. This includes cell phones, smart watches, or other communication devices.

10. **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.

11. **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. Any extra equipment will be removed from the team's supply box. See attached list.

 12. **Pantry Ingredients.** Each team may include in their equipment box the following "pantry" ingredients which they may use when preparing their dish if desired. There is no requirement to use these items, nor is it mandatory that teams include these in their supply box.

- Salt
- Pepper
- Oil (up to 17 oz)
- 1 jar chicken bouillon
- 1 medium onion
- 2 (up to 16 oz) cans vegetables and/or fruit - team choice
- Rice (white or brown) or pasta (up to 16 oz) –team choice

 13. **Awards:** The top five high scoring teams in each food category will be recognized with awards during the virtual awards program. There will not be an in-person awards ceremony this year, participants will be able to view awards ceremony on District 8 4-H's Facebook page. The ceremony will be recorded and available for later viewing on the District 8 4-H YouTube Channel & Facebook page. County agents will have all awards available for pickup at county offices, please arrange award pickup with your local county.

14. **Participants with disabilities.** Any competitor who requires auxiliary aids or special accommodations must contact the District Extension Office at least two (2) weeks before the competition. Contact the District Office (254) 968-4144.
15. **Contest References & Forms.** Refer to the following website for additional rules, scorecard, and forms: <http://texas4-h.tamu.edu/events/roundup/>. Note that there is a different Scorecard and Team Worksheet for the Junior and Intermediate age divisions. It can be found at the following link: <http://agrilife.org/d84h/events-and-activities/food-challenge-food-show/>.
16. **COVID-19 PRECAUTIONS & REQUIREMENTS.** This program will follow any directives by the local/county health officials, Texas A&M AgriLife Extension Service policies, and State requirements in effect at the time of the event as it relates to COVID-19. Participation in this event requires any attendee to follow those procedures to attend the event. This may include wearing face coverings, social distancing, any other preventative measures mandated or required by this program. A specific set of requirements will be available for your review prior to the event.

## D8 4-H FOOD CHALLENGE

### Supply Box

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

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|--|---|
| <ul style="list-style-type: none"> <li>Beverage glass</li> <li>Bowls (up to 4-any size)</li> <li>Calculator</li> <li>Can opener</li> <li>Cookie sheet</li> <li>Colander</li> <li>Cutting Boards ( up to 4)</li> <li>Disposable tasting spoons (no limit)</li> <li>Dry measuring cups (1 set)</li> <li>Electric skillet</li> <li>Extension cord<br/><i>(Teams should be certain the extension cord is compatible (2-prong/3-prong) with the plugs on their electrical supplies.)</i></li> <li>First aid kit</li> <li>Food thermometer</li> <li>Fork</li> <li>Gloves</li> <li>Grater</li> <li>Hand sanitizer</li> <li>Hot pads (up to 5)</li> <li>Kitchen shears (1 pair)</li> <li>Kitchen timer</li> <li>Knives ( up to 6)</li> <li>Liquid measuring cup (2-cup size)</li> <li>Manual pencil sharpener</li> <li>Measuring spoons (1 set)</li> <li>Non-stick cooking spray</li> <li>Note cards (1 package – no larger than 5x7)</li> <li>Paper towels (1 roll)</li> <li>Pancake turner (up to 2)</li> <li>Pencils (no limit)</li> <li>Plastic box or trash bag for dirty equipment</li> <li>Pot with lid</li> <li>Potato masher</li> </ul> | <ul style="list-style-type: none"> <li>Potato peeler</li> <li>Sanitizing wipes (1 container) or bleach solution spray<br/><i>Recipe available at: <a href="https://agrilifetoday.tamu.edu/2020/03/25/texas-am-experts-offer-covid-19-cleaning-disinfection-guidelines/">https://agrilifetoday.tamu.edu/2020/03/25/texas-am-experts-offer-covid-19-cleaning-disinfection-guidelines/</a></i></li> <li>Serving dishes/utensils <ul style="list-style-type: none"> <li>1 plate/platter</li> <li>1 bowl</li> <li>1 utensil</li> </ul> </li> <li>Skewers (1 set)</li> <li>Skillet with lid</li> <li>Spatulas (2)</li> <li>Stirring spoon</li> <li>Storage bags (1 box)</li> <li>Tongs (up to 2)</li> <li>Toothpicks (no limit)</li> <li>Two single-burner hot plates OR one double-burner plate (electric only!)</li> <li>Whisk</li> </ul> |
|--|---|



**Pantry Items:**  
Salt, Pepper, Oil (up to 17 oz)  
1 jar chicken bouillon  
1 medium onion  
2 (up to 16 oz) cans vegetables and/or fruit (team choice)  
Rice (white or brown) or pasta (up to 16 oz) (team choice)

## D8 4-H FOOD CHALLENGE

### Rules of Play

1. **Check-in.** Teams will report to assigned registration area (Assignments will be given prior to contest)
2. **Orientation.** An orientation will be provided for all participants.
3. **Stations and Grocery Store.** Each team will be directed to a cooking/preparation station. 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: Appetizer, Main Dish, Side Dish, Healthy Dessert.



Teams will have access to a “grocery store” of additional ingredients which can be “purchased” and combined with the team’s “key” ingredient to create an original recipe/dish during the contest. The “grocery store” will include items commonly found in grocery stores such as produce, canned goods, crackers, dairy products, etc.

Teams must “purchase” at least two additional items from the “grocery store”. Teams will 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. Teams will be provided a set dollar amount to “spend” at the store; each item in the store will be priced and teams must calculate cost according to total spent. **Each team may only send one person at a time to the “grocery store.”**

4. **Resources and Instructions.** General guidelines, resources and instructions will be located at each station to assist the team.
5. **Time.** Each team will have 40 minutes to select grocery store items, prepare the dish, plan a presentation, and clean up the preparation area.
6. **Participants only.** Only participants and contest officials will be allowed in food preparation areas.
7. **Preparation.** Each team will create an entire dish/recipe (not a full meal) using the provided key ingredient and grocery store 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 must incorporate key ingredient into their dish. However, teams may determine the exact amount of ingredient to use.
  - c. Teams must use at least two additional items from the grocery store. Teams will receive a pricing sheet for grocery store items at their station. Grocery store items will be “purchased” using a pricing system and “contest currency.” All age divisions will “purchase” grocery store items to complete their dishes, ONLY Senior teams will complete a cost analysis of their dish. 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. Teams will analyze the cost of their entire dish and individual serving. 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. The ingredients provided to each team (“key” ingredient, grocery store ingredients, and pantry items) may also be used to garnish the dish.

- d. Note cards and the Food Challenge Worksheet 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.
- e. Judged on preparation

**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. Examples of acceptable hair restraints include hairnets, bandana with hair completely pulled back, Chef hat with hair restrained inside, or cap with hair completely tucked inside.

- 9. **Electricity.** 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. If electricity goes out during the preparation phase of the contest, teams are asked to immediately notify their Group Leader or other contest official. Teams will be asked to turn away from the table immediately. Contest officials will stop the clock so that no preparation time is lost.
- 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.** Price(s) of the key ingredient and grocery store items will be provided to teams. Senior 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. Junior and Intermediate teams will not be required to complete cost analysis. Teams will determine the number of servings for their recipe.
- 12. **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.
- 13. **Hot equipment.** 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.
- 14. **No talking or writing after preparation.** 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.
- 15. **Presentation.** When time is called, each team will present their dish to the judges. Team presentations should include the criteria outlined on the scorecard. The following also pertains to team presentations:
  - a. All team members, or at least a majority, should participate in the presentation.
  - b. Judging time will include:
    - 5 minutes for the presentation

3 minutes for judges' questions

4 minutes between team presentations for judges to score and write comments

- c. Teams are allowed the use of note cards during the presentation, but should not read from them, as this minimizes the effectiveness of their communication.
- d. 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.
- e. 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.

16. **No tasting of food.** Judges are not allowed to taste the foods prepared. No left-over food should be shared with any participant or the audience.

17. **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.

18. **Rankings.** Placing will be based on the rankings of teams by judges. Judges' results are final.

17. **Awards Program.** There will not be an in-person awards ceremony this year, participants will be able to view awards ceremony on District 8's 4-H Facebook page, ceremony will be recorded and available for later viewing on the District 8 4-H YouTube & Facebook page. County agents will have all awards available for pickup at county offices, please arrange award pickup with your local county.





# D8 4-H FOOD CHALLENGE

## Junior & Intermediate Scorecard – Presentation

<b>CATEGORY</b>		<b>TEAM MEMBERS</b>	
<b>COUNTY &amp; TEAM #</b>			

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

# D8 4-H FOOD CHALLENGE

## Junior & Intermediate Worksheet

<b>CATEGORY</b>		<b>TEAM MEMBERS</b>	
<b>COUNTY &amp; TEAM #</b>			

<b>Knowledge of MyPlate</b> (Write the food and in what food group it belongs):		
Food	MyPlate	Number of servings needed each day

<b>Nutrient Knowledge</b> (Know what this dish contributes to the diet):		
Food	Nutrients/Vitamins	What do they do for my body?

<b>Food Preparation</b> (Know the steps in the preparation of the food):	
Steps:	What was prepared/performed in this step?

<b>Food Safety</b> (List food safety concerns associated with this dish):

<b>Serving Size information</b>

## D8 4-H FOOD CHALLENGE

### Senior Scorecard – Presentation

<b>CATEGORY</b>		<b>TEAM MEMBERS</b>	
<b>COUNTY &amp; TEAM #</b>			

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

## D8 4-H FOOD CHALLENGE

### Senior Worksheet

<b>CATEGORY</b>		<b>TEAM MEMBERS</b>	
<b>COUNTY &amp; TEAM #</b>			

Knowledge of MyPlate (Write the food and in what food group it belongs):		
Food	MyPlate	Number of servings needed each day

Nutrient Knowledge (Know what this dish contributes to the diet):		
Food	Nutrients/Vitamins	What do they do for my body?

Food Preparation (Know the steps in the preparation of the food):	
Steps:	What was prepared/performed in this step?

Food Safety (List food safety concerns associated with this dish):

Serving Size Information (Accurately calculate the cost of the dish and the cost per serving):		
Ingredient	Total Cost of ingredient	Cost per measurement
<b>TOTAL</b>		
Total cost per serving		

## D8 4-H FOOD CHALLENGE

### All Age Divisions Scorecard – Preparation

<b>CATEGORY</b>		<b>TEAM MEMBERS</b>	
<b>COUNTY &amp; TEAM #</b>			

Team Observation	Comments	Points	Score
<b><i>Teamwork:</i></b>			
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	
<b><i>Safety concerns and practices:</i></b>			
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	
<b><i>Preparation:</i></b>			
Practiced correct cooking procedures based upon ingredients provided		3	
Completed tasks effectively and in a logical order		2	
<b><i>Management:</i></b>			
Used work space effectively		2	
Effective use of time		2	
Preparation table was clean at the conclusion of the preparation period		2	
<b><i>Additional comments: (based on observation)</i></b>		Total Points (25)	