

Rules and Guidelines Manual

#### 2021

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The Sedgwick County Extension 4-H Food Challenge

OBJECTIVES

* Provide opportunities for participants to exhibit their knowledge and skill when preparing and presenting a dish.
* Give participants opportunities for public speaking.
* Provide opportunities for video creation and editing.
* Give youth the opportunity to participate in a new, exciting, competitive event.



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**IMPORTANT INFORMATION & RULES**

1. **Participation.** Participants must be youth in grades 4-12.
2. **Age.** Age divisions are determined by a participant’s current grade.

Junior Division:

Grades 4 thru 8

Senior Division: Grades 9 thru 12

1. **Individual competition.** This year’s event will be an individual competition and the participant must be a current 4-H member. Participants will be judged against other participants in their own division.
2. **Entry fee.** There will not be an entry fee this year.
3. **Food categories.** Individuals will be allowed to pick the category that they will be preparing their entrée item from. The categories are Meat/Protein, Fruits/Vegetables, Grains, and Dairy.
4. **Attire.** Please look professional and presentable. Participants will not be required to wear a hear restraint as this is a virtual event.
5. **Resource materials.** Resource materials will be provided for each participant. These include MyPlate Mini-Poster, Fight Bac -Fight Food Borne Bacteria Brochure, Know Your Nutrients, Food Safety Fact Sheet, and the Food Challenge Worksheet.
6. **Supplies.** Each participant must have access to the equipment from the provided Supply list on page 5. If the participant is unable to obtain any of these items, they **MUST** contact Nicole or Sara prior to filming video.
7. **Awards.** Awards will be determined by the judges and will be announced at the virtual awards ceremony.
8. **Participants with disabilities.** Any competitor who requires auxiliary aids or special accommodations must contact the Sedgwick County Extension Office at least two weeks before the competition.

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### SUPPLIES

Each participant must have access to the supplies below. If the participant is unable to obtain any of these items, they must contact Nicole or Sara prior to filming the video.

Bowls

Mixing

Serving

Can Opener Cookie sheet Colander

Cutting Boards

Dry measuring cups (1 set) Oven

Stove

###### Food thermometer

Grater

Hot pads

Kitchen shears (1 pair, optional)

###### Kitchen timer

Knives

Liquid measuring cup

Measuring spoons (1 set) Non-stick cooking spray Note cards (optional)

Pancake turner

Pot with lid

Potato masher Potato peeler Serving plate Skewers

Skillet with lidSpatulas

Stirring spoon

Tongs

Whisk

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#### RULESOFPLAY

 Cooking

1. Please review pantry list (available on website). Email Nicole Biery by **Thursday, April 15th at 5pm** with your needed grocery items and amount. Please only choose items from the pantry list. If participants fail to order groceries, they will no longer be eligible to participate.
2. Participant will be able to pick up ingredient kits **starting Tuesday April 20th at 3pm** (office hours 8am – 5pm). Please pick up as soon as you are able to allow perishable items to stay fresh. Each participant will receive an ingredient kit along with a mystery ingredient (no ingredient amounts, recipe, or instructions will be provided).
3. Each participant must use at least two pantry items with at least one of the mystery ingredients to create an original recipe/dish during the contest. Pantry items will include products commonly found in grocery stores and/or home pantries including items such as produce, seasonings, oils, etc.
4. Participants are only allowed to use the equipment on the supply list.
5. Participants will create an entire dish/recipe using the provided mystery ingredient and pantry items.
6. Dishes/recipes created should include one or more servings. Participant should present the entire dish/recipe in the video and communicate what an individual serving size should be. Participants will be responsible for determining the number of servings their dish provides. Participants should not create side or multiple dishes with their ingredients/pantry items.
	1. Participants are challenged with being creative and developing their own recipe with the ingredients provided.
	2. Participants will determine the exact amount of each ingredient used based on their original recipe.
	3. The mystery ingredient and/or pantry items selected should be used to garnish the dish.
	4. The Food Challenge Worksheet may be used to write down the recipe that the participant creates, along with notes related to nutrition and food safety. Participants should be exact on ingredients used, preparation steps, cooking time, temperature, etc.
7. Participants **MUST** wash hands between handling raw meats/ seafood handling cooked items and ready to eat items or raw vegetables to prevent cross contamination. Participants do not have to show this in the video, but please mention it when discussing food safety.
8. Each participant will be provided nutrition resources/references. Each participant should briefly highlight key nutrients in their dish and their functions during their video.
9. When presenting the final dish, participants must have a clean work space.
10. To earn maximum points, teams must address the following in the final presentation: Knowledge of MyPlate, Nutrition Knowledge, Food Preparation, Safety Concerns, and Serving Size

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#### RULESOFPLAY…CONTINUED

Video

1. Video should be no more than 2 minutes. It should be edited to highlight the most important aspects of the preparation and cooking process- including steps you are taking to ensure food safety. You may use captions or voice over to include more details about your process.
2. Include a short personal introduction.
3. Include clip of yourself opening the mystery ingredients portion of the kit (this cannot be opened beforehand or participant will be disqualified).
4. Include a shot of raw ingredients- brief explanation of what dish you will be making with these ingredients and any food safety steps you are taking with these ingredients.
5. Display your technical skills- use short video snippets to highlight cutting technique, mixing ingredients, highlight textures in sauces, and display any other technical skills used to make the dish.
6. Highlight the browning of your protein if appropriate.
7. Include the plating of dish.
8. Finish by including a brief explanation of your dish, any changes you made to your original plan, and which category your dish goes in. The categories are Meat/Protein, Fruits/Vegetables, Grains, and Dairy.
9. Video submissions are due by **Monday, May 3rd at 5pm**. Please email your submission to Nicole Biery.

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##### 4-H FOOD CHALLENGE SCORECARD

Name:

Entry Category: Meat/Protein

Fruit/Veggie Grain Dairy

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| --- | --- | --- | --- |
| Individual Presentation | Comments | Points | Score |
| ***Knowledge of MyPlate:*** |
| Serving sizes and examples of each group in MyPlate |  | 5 |  |
| Told how MyPlate represented in dish prepared |  | 5 |  |
| ***Nutrition Knowledge:*** |
| Knows key nutrition in prepared dish |  | 5 |  |
| Function of key nutrients in dish |  | 5 |  |
| ***Food Preparation:*** |
| Listed & explained steps in how dish was prepared |  | 5 |  |
| Demonstrated correct cooking procedures based upon ingredients provided |  | 5 |  |
| Completed tasks efficiently and in a logical order |  | 5 |  |
| ***Safety Concerns and Practices:*** |
| Explained food safety according to Fight BAC |  | 5 |  |
| Exhibited knowledge of how to use equipment safely (heat, utensils, sharps, etc.) |  | 5 |  |
| Handled ingredients appropriately to avoid cross contamination |  | 5 |  |
| ***Serving Size Information:*** |
| Demonstrated knowledge of serving size for prepared dish |  | 5 |  |
| ***Creativity:*** |
| Used ingredients in a creative way |  | 5 |  |
| Incorporated pantry items into dish or garnish |  | 5 |  |
| ***Effectiveness of Communication:*** |
| Displayed effective communication skills |  | 5 |  |
| Poise and personal appearance |  | 5 |  |
| ***Overall Dish Likeability:*** |
| Appearance |  | 5 |  |

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| ***Questions:*** |
| Additional Comments: | TotalPoints(80) |  |

**4-H FOOD CHALLENGE TEAM WORKSHEET *- use back of sheet for additional space.***

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| Knowledge of MyPlate (Write the food and in what food group it belongs): |
| Food | MyPlate | Number of servings needed each day |
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| Nutrient Knowledge (Know what this dish contributes to the diet): |
| Food | Nutrients/Vitamins | What do they do for my body? |
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| Food Preparation (Know the steps in the preparation of the food): |
| Steps | What was prepared/performed in this step? |
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| Food Safety (List food safety concerns associated with this dish.): |
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#### TIPS FOR SELECTING AND PREPARING FOOD CHALLENGE RECIPES

* Pick recipes that require about 30 minutes or less for preparation AND cook time so that participants can prepare the item in their allotted time frame.
* Recipes with fewer than ten ingredients typically work best.
* Locate recipes from the Internet, Food Network, American Academy of Nutrition and Dietetics, Extension, What’s Cooking? USDA Mixing Bowl, Recipes for Healthy Homes, and Cookbook for Homes. Remember: Keep it healthy. Modify recipes when necessary, replacing high-fat ingredients with substitutions.
* Additional recipes and resources are available on the Texas 4-H Food & Nutrition Project webpage.

#### 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.choosemyplate.gov](http://www.choosemyplate.gov/)
	+ Fight Bac! [www.fightbac.org](http://www.fightbac.org/)
	+ Nutritional Concepts
	+ Cooking Basics for Dummies, 3rd edition

The following resources will be provided upon registration. All are available online at: https://texas4- h.tamu.edu/projects/food-nutrition/

Resource 1: MyPlate, My Wins

Resource 2: Fight Bac – Fight Foodborne Bacteria Brochure Resource 3: Know Your Nutrients

Resource 4: Food Safety Fact Sheet

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