

## CORYELL 4-H FOOD CHALLENGE

### Contest Information

**DATE:** MONDAY, NOVEMBER 20, 2023  
  
**LOCATION:** GATESVILLE INTERMEDIATE SCHOOL CAFETERIA  
 311 HORNET WAY - GATESVILLE, TX 76528  
  
**TIMES:** 1:00 PM - CONTESTANTS CHECK-IN  
 2:00 PM - CONTEST BEGINS  
  
**ENTRIES:** DUE ONLINE – BY MONDAY, NOVEMBER 13, 2023  
<https://forms.gle/2pyWVnRD9zSzTebGA>  
  
**CONTACT:** DONNA SCHWAUSCH  
 254.865.2414  
[DONNA.SCHWAUSCH@AG.TAMU.EDU](mailto:DONNA.SCHWAUSCH@AG.TAMU.EDU)

### 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, 2023, 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 the Food Challenge.




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Juniors may move up to the Intermediate age division when participating on a team that has 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. **Advancing to District Competition.** The first and second place teams in each of the three age divisions should advance to the district contest.


**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.

4. **Members per team.** Each team will have at least three (3) and a maximum of no more 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.

-  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 store items. 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.

 An EMPTY tub for dirty dishes may be placed on top of the supply box.

-  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.



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- 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 (2 cans total)
- Rice (white or brown) **OR** pasta (up to 16 oz) – team choice
- Cornstarch (up to 1lb) **OR** Flour (up to 1lb) – team choice

13. **Awards:** The top scoring teams in each age division will be recognized at the conclusion of the contest.
14. **Participants with disabilities.** Any competitor who requires auxiliary aids or special accommodations must contact the Coryell County Extension Office at least two (2) weeks before the competition. Contact the Coryell County Extension Office (254) 865-2414.
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/>.

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### Supply Box

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

Bowls (up to 4-any size)	Pencils (no limit)
Calculator	Plastic box & trash bag for dirty equipment
Can opener	(An empty tub for dirty dishes may be placed on top of supply box)
Colander	Pot with lid
Cookie Cutters (up to 2 – team choice)	Potato masher
Cutting Boards ( up to 4)	Potato peeler
Disposable tasting spoons (no limit)	Sanitizing wipes (1 container)
Dry measuring cups (1 set)	Serving dishes/utensils
Electric skillet	1 plate/platter
Extension cord (multiple outlet or strip style)	1 bowl
<i>(Teams should be certain the extension cord is compatible</i>	1 utensil
<i>(2-prong/3-prong) with the plugs on their electrical</i>	Skewers (1 set)
<i>supplies.)</i>	Skillet with lid
First aid kit	Spatulas (up to 2)
Food thermometer	Stirring spoon
Fork	Storage bags (1 box)
Gloves	Tongs (up to 2)
Grater	Toothpicks (no limit)
Hand sanitizer	Two single-burner hot plates OR one double-burner plate
Hot pads (up to 5)	(electric only!)
Kitchen shears (1 pair)	Whisk
Kitchen timer	
Knives ( up to 6)	
Liquid measuring cup	
Manual pencil sharpener	
Measuring spoons (1 set)	
Non-stick cooking spray	
Note cards (1 package – no larger than 5x7)	
Paper towels (1 roll)	
Pancake turner (up to 2)	

#### 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)  
*\*must be uncooked/dried*  
Cornstarch (up to 1lb) or Flour (up to 1lb) (team choice)

Coryell County | 4-H Youth Development  
Texas A&M AgriLife Extension Service  
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Tel. 254.865.2414 ext. 3 | Fax. 254.865.7404





## Rules of Play

1. **Check-in.** Teams will report to assigned registration area.
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 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 select and use at least two additional items from the “grocery store” and will be provided the maximum number of items they can select during orientation. Teams will not be required to analyze cost of recipe, nor will this be included in the presentation or scoring of the contest.

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 pantry 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.
  - Teams are challenged to be creative and develop 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 grocery store ingredients selected should be used to garnish the dish.
  - 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, and food safety. 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, there should always be a barrier between your hand and any food touched. A barrier includes gloves and/or cooking utensil. When wearing 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.*

**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. All 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.** Team will **NOT** be required to analyze cost of the recipe, nor will this be included in the presentation or scoring of the contest.
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
      - **\*At the end of 5 minutes, time will be called – additional time will not be allowed\***
    - 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.
19. **Awards Program.** There will be an awards presentation after the contests.



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### Junior & Intermediate Scorecard – Presentation

CATEGORY		TEAM MEMBERS	
COUNTY & TEAM #			
Team Presentation	Comments	Points	Score
<b>Knowledge of MyPlate:</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>Nutrition Knowledge:</b>			
Knows key nutrition in prepared dish		6	
Function of nutrients		5	
Healthy substitutions		4	
<b>Food Preparation:</b>			
Explained key 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		6	
<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> (Use back of sheet for additional space)		Total Points (75)	





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## Senior Scorecard – Presentation

CATEGORY		TEAM MEMBERS	
COUNTY & TEAM #			
Team Presentation	Comments	Points	Score
<b>Knowledge of MyPlate and Dietary Guidelines:</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		7	
<b>Serving Size Information:</b>			
Demonstrated knowledge of serving size for prepared dish		4	
<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> (Use back of sheet for additional space)		Total Points (75)	

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CATEGORY		TEAM MEMBERS	
COUNTY & TEAM #			

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):		
Ingredients & Substitution	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?

<b>Food Safety</b> (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
TOTAL		
Total cost per serving		

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### 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)	