



2023-24 Leon County 4-H Food Challenge Rules & Guidelines



Event Date: Saturday, November 11, 2023
Schedule will be released closer to date

Location: First Baptist Church in Jewett, TX *Tentative*

Entry Deadline: Wednesday, November 1, 2023

Entry Forms: Paper Form or Enter via Online at:
<https://leon.agrilife.org/4-h-food-challenge-food-show-entry-form/>

Entry Fee: \$10/4-H Member *for Food Show & Food Challenge, regardless of participation in 1 contest or both contests.*

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Leon County Extension Office- 903-536-2531

LEON COUNTY 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, 2022, as follows:

<u>Division</u>	<u>Grades</u>	
Clover Kids	K, 1, 2	<i>*Can ONLY Compete at County Level</i>
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 four 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. Clover Kids cannot move up to another age division.

3. **Teams Advancing to D8 4-H Food Challenge Contest.** Only juniors, intermediates & seniors may advance to district. Each county may enter a maximum of two (2) Junior teams, two (2) Intermediate teams, and two (2) Senior teams. The two (2) highest placing teams in both age divisions should advance to the district contest.
4. **Members per team.** Each team will have at least three (3) & a maximum of four (4) members. Also, see rule #2.
5. **Entry Fee.** Each individual will be required to pay a registration fee of \$10 to the Leon County Extension Office by the deadline, **November 1, 2023** and submit the entry form.
6. **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.

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/grocery store items.
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. No electronic devices or jewelry (except for medically required) is allowed in contest. This includes cell phones, smart watches, or other communication devices.
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. Any extra equipment will be removed from the team's supply box. See attached list. (*District/State Rules ONLY- Not County:* Boxes must be completely closed and all equipment should remain inside the box until the start of the contest. Supply boxes are limited to the following dimensions: 40" x 24" X 40". If box is on wheels, the height of the wheels is included in the dimensions. The contest committee may measure any and/ or all boxes to determine compliance to size.) Clover Kids will **NOT** need a supply box. Utensils and supplies will be provided at the day of contest by contest officials for clover kid teams. **NEW!** An EMPTY tub for dirty dishes may be placed on top of equipment box.
11. **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 - Cornstarch (up to 1 lb) or Flour (up to 1 lb) - team choice
12. **Awards:** Red and Blue Quality awards will be presented to each team. District Qualifier and Alternate District Qualifier rosettes will be presented as well as gift items. **Team Spirit awards** will be awarded in each category and age division. The Team Spirit award will be given based on teamwork, enthusiasm, and professional appearance. Team Spirit judges will be different than presentation judges. Team Spirit will be evaluated during the 40-minute preparation time based upon the attached Presentation Scorecard. **Clover Kids** will receive participation awards & a gift item.
13. **Participants with disabilities.** Any competitor who requires auxiliary aids or special accommodations must contact the Leon County Extension Office at least two (2) weeks before the competition. Contact the Leon County Extension Office at 903-536-2531
14. **Contest References & Forms.** Refer to the following website for additional rules, scorecard, and forms: <https://leon.agrilife.org/4-h/4-h-projects/food-nutrition/>. Rules for the District 8 4-H Food Challenge Contest can be found at: <https://agrilife.org/d84h/events-and-activities/food-challenge-food-show/> . Rules for the Texas 4-H Food Challenge Contest (Seniors Only) can be found at: <https://texas4-h.tamu.edu/projects/food-nutrition/>

D8 4-H FOOD CHALLENGE

Supply Box

Supply boxes are limited to the following dimensions: 40" x 24" X 40"

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

NEW! *An EMPTY tub for dirty dishes may be placed on top of equipment box.

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),
NEW! Cornstarch (up to 1 lb) or Flour (up to 1 lb) (team choice)

D8 4-H FOOD CHALLENGE

Rules of Play

1. **Check-in.** Teams will Check-in at the Leon County Expo Center- *Time will be announced.*
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.

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.
 - 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 pantry. 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 grocery store; each item in the grocery store 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. Teams must select & use at least two additional items from the grocery store. Teams will not be required to analyze the cost of their recipe, nor will this be included in the presentation and scoring of the contest.
 - e. 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.
 - f. Teams will be 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, there should always be a barrier between our hand and any food touched. A barrier includes gloves and/or cooking utensils. 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 completed 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 in a notebook on their preparation table. 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:
- All team members, or at least a majority, should participate in the presentation.
 - Judging time will include:
 - 5 minutes for the presentation
 - 3 minutes for judges' questions
 - 3 minutes between team presentations for judges to score and write comments
 - 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.
 - 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 minute presentation, 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. Following questions, judges will have 3 minutes to score/write comments.
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.** We recommend not eating the dishes after the contest is over for sanitary purposes.
18. **Rankings.** Placing will be based on the rankings of teams by judges. Judges' results are final.
15. **Awards Program.** An awards program will be held at the conclusion of the judging process. During awards program, contestants will be sat in a separate area closer to awards table. We ask that all people attending awards program be respectful while awards are announced. Awards program will not start before 12:00pm on Saturday, November 11, 2023.



Information about Contest Day:

- Water Stations will be provided.
- Food waste buckets will be provided to dispose of any food (all other items will go in trash can).
- Liquid waste buckets will be provided to dispose of any liquids.
- Parents will **NOT** be allowed in the contest room (except for volunteers) and will need to leave prior to orientation.

Leon County 4-H FOOD CHALLENGE

Clover Kids- Special Rules

1. **Rules.** Clover Kids will follow the same rules as juniors & intermediates, except for the following below.
2. **Supplies.** Clover Kids will be provided all supplies at the contest. Do not supply them with a box of supplies. They will NOT be given hot plates, sharp knives or any other hazardous supplies for safety purposes. They will be given plastic utensils that they will use to prepare their dish. They will be given all necessary utensils to complete a dish.
3. **Preparation.** Clover Kids will have 40 minutes to prepare an easier dish & clean up their area. There will be a senior 4-H member or adult that will oversee & supervise the clover kid preparation area during the contest. We may ask the Clover Kid Food Challenge coach to supervise this portion.
4. **Presentation.** Clover Kids will present a presentation after they have completed their dish. The presentation can include: what they made, how they prepared it, and any other food & nutrition information that they would like to share.
5. **Awards.** Clover Kids will be presented with participation awards and a gift item.
6. **Purpose.** Clover Kids is a great way to introduce younger youth into 4-H. This will be a great way to get them interested in food & nutrition and prepare them for when they become official 4-H members.

Leon County 4-H FOOD CHALLENGE SCORECARD - PREPARATION

Clover Kids, Junior, Intermediate, & Senior Score Card

Team Name: _____ Team #: _____

Age Division: ___ Clover Kid ___ Junior ___ Intermediate ___ Senior

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

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 (heat, utensils, sharps, etc.)		3	
Handled ingredients appropriately to avoid cross contamination		3	
Personal Hygiene (hair, nails, jewelry, etc.)		3	
Preparation:			
Practiced 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)	

Leon County 4-H FOOD CHALLENGE WORKSHEET

Clover Kid, Junior, Intermediate, & Senior Worksheet

Knowledge Of MyPlate		
Ingredient	MyPlate Group	Number of Servings Needed Each Day

Knowledge Of Dietary Guidelines	
Key Message of Dietary Guidelines	How Does This Message Align with Your Dish?

Nutrition Knowledge		
Ingredient & Healthy Substitution	Key Nutrient(s)	Nutrient Function, Benefit, & Deficiency Risks

Food Preparation	
Steps In Preparation	What was Performed in This Step and Why is This Step Important?
Main Ingredient in Dish	What Is the Role of This Main Ingredient?

Food Safety (List Any Food Safety Concerns Associated with The Dish and/or Specific Ingredients)

Serving Size Information	
How Many Total Servings Are in Dish?	What Is the Serving Size for One Person?

Additional Information (List Any Additional Information You Think is Important)

Leon County 4-H FOOD CHALLENGE SCORECARD - PRESENTATION

Clover Kids, Junior, Intermediate, & Seniors

Team Name: _____

Team #: _____

Age Division: ___ Clover Kid ___ Junior ___ Intermediate

___ Senior

Entry Category: ___ Appetizer ___ Main Dish ___ Side Dish

___ Healthy Dessert

Team Presentation	Comments	Points	Score
Knowledge of MyPlate and Dietary Guidelines:			
Knowledge of MyPlate		5	
Knowledge of Dietary Guidelines for Americans		5	
Nutrition Knowledge:			
Knows key nutrition in prepared dish		6	
Knowledge of nutrient functions, effects, and deficiency risks		6	
Healthy substitutions and modifications		3	
Food Preparation:			
Explained key steps in how dish was prepared		4	
Role of main ingredients in dish		2	
Safety Concerns and Practices:			
Explained food safety according to Fight BAC		8	
Serving Size Information:			
Demonstrated knowledge of serving size for prepared dish		4	
Food Appearance/Quality:			
Food is appealing and appetizing		3	
Appeared to be cooked properly		3	
Attractive and appropriate garnish		2	
Creativity:			
Used ingredients in a creative way		5	
Incorporated grocery store items into dish or garnish		3	
Effectiveness of Communication:			
Displayed effective communication skills		6	
Poise and personal appearance		4	
Questions:			
Accurately and appropriately answered questions		6	
Additional Comments:		Total Points (75)	

Judges Initials