Step by Step on How to Coach & Get Ready for County Contest:

1. Read the Leon County 4-H Food Challenge Rules
2. Organize your 4-H Team (See Page 3- Rule 2 & 4)
3. Organize your 4-H Supply Box (See Page 5 for List)- Talk with 4-H Club Manager to see if boxes are available to check out or organize your box with items from your team member’s kitchens
4. Organize Practice Time/Place & Start Practicing- Your House (Rotate among team member’s houses), Church, school, Leon Co. Extension Office (Call 903-536-2531), etc…
5. Pick a Team Name/Theme- Then coordinate what to wear (Apron, Closed toed shoes, Hair Restraint (hair net, chef hat, cap, etc…). Uniform/Match.
6. Practices (Recommend 6-8 before the County Contest)
7. Contest Entry Deadline: November 4, 2021- Make sure your team members enter by the deadline!
8. See y’all at the Leon County 4-H Food Challenge Contest- November 18, 2021

Food Challenge Practices:

- Rotate Food Categories for Each Practice- food categories: Appetizer, Main Dish, Side Dish, and Healthy Dessert. (See Page 3- Rule 6)
  - Pick a Key Ingredient that would fall under the category you picked for the practice.
  - Rotate Team Members to organize what the “key ingredient” is for each practice.
- Go over some questions about the 4 Resources (Have the kids make flash cards or whatever is best for them to study)
  - Recommend 1 kid focus on a Resource and that is the resource they will lead during the presentation.
- Practice Food Challenge (40 Minutes)
  - 30-35 minutes (Food Preparation)
    - Print off Food Challenge Worksheet (See Page 11 & 13)- This is what they will use to create their presentation along the way
    - Last 5-10 Minutes (Focus on Presentation)
      - Notecards- have them right their parts for presentation on notecards. Seniors will need to memorize their part.
- Practice Food Challenge Presentation:
  - Print off Food Challenge Presentation Score Sheet (See Page 10 & 12)- This is what the judges will use to score your team at contest.

What to Have at Food Challenge Practices:

- Food Challenge Supply Box (including pantry items)
- Key Ingredient (Falls under a food category)
- Grocery Store Items (Utilize your pantry/fridge)
- Food Challenge Worksheet
- Food Challenge Presentation Score Sheet
- Food Challenge Resources (MyPlate, Know Your Nutrients, Fight Bac, Best Practices Kitchen & Food Safety)
- TX 4-H Food & Nutrition Explore Guide Lesson (optional)
1) Practice 1:
   a. Go Over Rules with 4-H Team
   b. Go through Supply Box- Discuss or Demonstrate what every tool does
   c. Food Challenge Preparation (40 minutes)
   d. Food Challenge Presentation (5 minutes for presentation + 3 minutes for questions)

2) Practice 2:
   a. Go over 4 Resources (10-15 minutes)
   b. Food Challenge Preparation (40 minutes)
   c. Food Challenge Presentation (5 minutes for presentation + 3 minutes for questions)
   d. Add a Lesson from a Texas 4-H Food & Nutrition Explore Guide: (15-30 minutes)
      i. Food & Nutrition – Cooking in the Kitchen Guide | Participant Survey
      ii. Food & Nutrition – Dollars and Sense Guide | Participant Survey
      v. Food & Nutrition – Keeping Food Safe Guide | Participant Survey

3) Practice 3:
   a. Go over 4 Resources (10-15 minutes)
   b. Food Challenge Preparation (40 minutes)
   c. Food Challenge Presentation (5 minutes for presentation + 3 minutes for questions)
   d. Go over how to make a better presentation give them more time to redo it and add to presentation.
   e. Add a Lesson from a Texas 4-H Food & Nutrition Explore Guide (15-30 minutes)

4) Practices 4-6:
   a. Repeat Practice 3

5) Last 2 Practices before Leon County 4-H Food Challenge Contest, 11-5-2020.
   a. Line out “judges” to watch & critique preparation &/or presentation.
      i. Church friends, Teachers, High School students, Extension Staff, Family Members, etc..
   b. Focus on how to garnish and make your dish look presentable
   c. Practice in your team’s contest outfit!

Key Ingredient Ideas: (Use Items You Already Have at Home or that are on Sale)
- Main Dish- (Pasta, Chicken, Fish, Beef, Pork)
- Side Dish- (Rice, Beans, Canned Vegetable, Fresh Vegetable)
- Healthy Dessert- (Yogurt, Fruit, Granola)
- Appetizer- (Tortillas, Mushrooms, Pita Bread, Dips)

Recipe Ideas: (Use Items from your Pantry/Fridge, but if you want to go shop here are ideas)
- Pinterest: Follow- leonco4h