

## 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 2- Rule 2 & 4)
3. Organize your 4-H Supply Box (See Page 4 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 1, 2024- Make sure your team members enter by the deadline!
8. See y'all at the Leon County 4-H Food Challenge Contest- November 9, 2024

## Food Challenge Practices:

- Rotate Food Categories for Each Practice- food categories: Appetizer, Main Dish, Side Dish, and Healthy Dessert. (See Page 2- 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 10 & 11)- 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 9 & 11)- 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](#)
  - iii. [Food & Nutrition – Food Challenge Guide | Participant Survey](#)
  - iv. [Food & Nutrition – Kitchen Safety 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, 11-2024.**

- 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