



Food Challenge
Rules and Guidelines Manual

2019

The 4-H Food Challenge

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 a 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
- Give 4-H members the opportunity to participate in an exciting and competitive event

PARTICIPANT RULES (STATE LEVEL)

1. Participation. Participants must be 4-H members currently enrolled in a Georgia 4-H Youth Development county program.
 2. Age divisions:
Junior Division: 6th – 8th graders
Senior Division: 9th – 12th graders
 3. Teams per county. Each county may enter a maximum of two Junior teams and a maximum of two Senior teams.
 4. Members per team. Each team will have at least three and no more than five members. Teams may not include members in different age divisions. See rule # 2. Note to adult leaders: This year, the National 4-H Food Challenge has changed the team max to 4 members. If you are already practicing with a team of 5, we encourage you to continue but please be aware that not all five may be able to compete at the National Contest if they place 1st in the state contest. Our state contest will continue to allow teams of 3 to 5 this year and transition to match national next year.
 5. Food category for the Georgia 4-H contest will be “Main Dish”.
 6. Attire. Each team will have the option of wearing coordinated clothing, aprons or hair coverings. (A hairnet is recommended, even if you have some other kind of hair covering such as chef’s hat or bandana).
 7. Resource materials provided at contest. Resource materials will be provided for each team at the contest. These include:
 - Choose MyPlate – 10 Tips to a Great Plate
 - Fight Bac – Fight Foodborne Bacteria Brochure
 - Nutrient Needs at a Glance
 - Food Challenge Worksheet (found at the end of this document)
 - Plain, white paper
 - Grocery receipts
- All of these resources are available on the Georgia 4-H Food Showcase webpage. No other resource materials will be allowed. Teams may not use their personal copies of the resources during the contest.
8. 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 will be checked by contest officials as teams check in for the contest. Any extra equipment will be confiscated and the team may be disqualified.
 9. Awards and Rules: A team and the members of that team– whether Junior or Senior - may only win their respective age division once. First, Second and Third place teams will receive ribbons and plaques. All participants will receive 4-H Award pins. Any ties will be broken using the presentation score. The first place senior team will be awarded Master 4-H status and will attend the final banquet of State 4-H Congress. Additionally, this team will represent Georgia 4-H in the National 4-H Food Challenge in Dallas, Texas. The second place senior team will be invited to represent Georgia 4-H in the Great American Seafood Cook-off 4-H Edition in Louisiana.
 10. Participants with disabilities. Any competitor who requires auxiliary aids or special accommodations must contact the Georgia 4-H office at least two weeks before the competition.

SUPPLY BOX

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

Beverage glass	Liquid measuring cup
Bowls	Measuring spoons (1 set)
Dip Size (1)	Non-stick cooking spray
Mixing (2)	Note cards (no larger than 5 X 7)
Serving (1)	Paper towels (1 roll)
Calculator	Pancake turner
Can Opener	Pencils (no limit)
Cookie Sheet	Plastic box or trash bag for dirty equipment
Colander	Pot with lid
Cutting Boards (2)	Potato masher
Disposable tasting spoons (no limit)	Potato peeler
Dry measuring cups (1 set)	Sanitizing wipes (1 container)
Electric Skillet	Serving platter
Extension cord	Serving utensil
<i>(Teams should be certain the extension cord is compatible (2-prong/3-prong) with the plugs on their electrical supplies)</i>	Skewers(1 set)
First Aid Kit	Skillet with lid
Food thermometer	Spatula (2)
Fork	Stirring spoon
Gloves	Storage bags (1 box)
Grater	Tongs
Hand sanitizer	Two single-burner hot plates OR one double-burner plate (electric only!)
Hot pads (up to 5)	Whisk
Kitchen shears (1 pair)	
Kitchen timer	
Knives (4)	

CONTEST PROCEDURES

1. Teams will report to the designated location for check-in.
2. An orientation will be provided for participants before their time begins.
3. Each team will be directed to a cooking/preparation station. There will be a set of ingredients at each station, but no recipe. The ingredients will represent a recipe from the following category: Main Dish.
4. General guidelines, resources and instructions will be located at each station to assist the team.
5. Each team will have 40 minutes to prepare the dish, plan a presentation, and clean up the preparation area.
6. Only participants and contest officials will be allowed in food preparation areas due to safety and space considerations.
7. Preparation: Each team will be provided with a set of ingredients reflective of the assigned category, and will create a dish using them. The amounts of ingredients, based upon a recipe, and a clue will be at each station to assist the team in generating ideas.
 - a. Teams are challenged with being creative and developing their own recipe with the ingredients provided.
 - b. Teams must incorporate each ingredient into the dish. However, teams may determine the exact amount of each ingredient to use.
 - c. Teams will have access to a “pantry” of additional ingredients that may be incorporated into their recipe. Each team must use at least two items from the pantry. The number of additional ingredients a team may get will be determined by contest officials and announced during participant orientation.
 - d. The ingredients provided to each team may also be used to garnish the dish. Additional garnishing items will not be provided.
 - e. Note cards and the Food Challenge Worksheet may be used to write down the recipe that the team invents, along with notes related to nutrition, food safety, and cost analysis. Teams should be exact on ingredients used, preparation steps, cooking time, temperature, etc.
 - f. Teams will be judged during the preparation phase of the contest. This judging is based on observation only! Refer to the Preparation Scorecard for details.
8. Food safety: Each station will have food safety resources. Teams should follow the steps listed to ensure proper food safety and be prepared to discuss food safety practices used in the team presentation to the judges.
9. Nutrition: Each station will have a variety of nutrition resources/references. Each team should name key nutrients in their dish and their functions.
10. Cost analysis: Prices will be available for each ingredient provided to teams. Teams will need to find the ingredients on the list and calculate the price of the dish along with the price per serving. Teams will also need to determine the number of servings per recipe.

11. Presentation: When time is called, each team will present their dish, according to the criteria on the score card, to a panel of at least two judges.
 - a. All team members must participate in the presentation, with at least three of them having a speaking role.
 - b. Judging time will include:
 - 5 minutes for the presentation
 - 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. Judges may ask teams questions that are not directly related to the dish prepared. Instead, some questions may address the general knowledge gained through the 4-H members' food and nutrition project learning experiences.
 - e. No talking and no writing is allowed among any team members while waiting to give the team presentation. 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.
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. Judges are not allowed to taste the foods prepared. No left-over food should be shared with any participant or the audience.
14. Placing will be based on rankings of teams by judges. Judges' results are final. Ties will be broken by presentation scores.
15. An awards announcement will be held at the conclusion of the judging process.

4-H FOOD CHALLENGE SCORECARD - PRESENTATION

NAME: _____

TEAM #: _____

	Rating				Comments	Points
	Outstanding	Good	Fair	Needs Improvement		
I. TEAM PRESENTATION						
Knowledge of MyPlate: Exhibits knowledge of food group of individual ingredients, serving amount needed from each group daily; food group(s) represented in an individual serving of the dish; Dish prepared is representative of entry category guidelines. Team also shared personal healthy lifestyle choices based on dietary guidelines.						(15)
Nutrition Knowledge: Team members know the key nutrients the dish contributes to the diet and the functions of the nutrients as well as possible healthy substitutions that could be made						(15)
Food Preparation: Knows and can list the key steps in preparation of dish and function of ingredients						(10)
Safety Concerns & Practices: Knows food safety concerns in preparation and storage of dish, as well as kitchen safety measures taken in preparation of dish						(10)
Serving Size Information: Knows appropriate size of serving and number of servings per dish						(5)
Cost Analysis: Correctly figured the total cost of the dish and cost per serving.						(5)
Food Appearance/Quality: Appearance of food (texture, uniformity) is appealing and appetizing; appears to be cooked thoroughly, and has an attractive and appropriate garnish.						(5)
Creativity: Utilized ingredients provided in a creative way and incorporated pantry items into dish.						(5)
Effectiveness of Communication: Displayed effective public speaking skills, including use of voice, poise and personal appearance.						(5)
Teamwork: Each team member contributed to the team presentation.						(5)
ADDITIONAL COMMENTS:						Total Points: (80)

4-H FOOD CHALLENGE SCORECARD - PREPARATION

NAME: _____

TEAM #: _____

	Rating				Comments	Points
	Outstanding	Good	Fair	Needs Improvement		
I. TEAM OBSERVATION						
Teamwork: Effective use of communication among team members; each team member has a key role in the preparation phase, whether cooking or preparing presentation.						(5)
Safety Concerns & Practices: Team members exhibit knowledge of how to use utensils properly, handle ingredients appropriately to avoid cross contamination, and use caution and safety with heat source and utensils.						(5)
Preparation: Team members display a logical process in mixing and assembling ingredients, practice correct cooking procedures based upon ingredients provided, and complete tasks efficiently and in a logical order.						(5)
Management: Team members use work space efficiently and manage time appropriately. This effective use of time and space should also allow for the preparation table to be clean and picked up at the conclusion of the preparation period.						(5)
ADDITIONAL COMMENTS (based upon observation):						Total Points:
						(20)

Georgia 4-H Food Challenge Worksheet

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):		
Food	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?

Food Safety (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		