



San Patricio County 4-H Food Show & Food Challenge Information and Guidelines

Dates & Deadlines

- ♦ **Tuesday, October 24, 2023**
 - County 4-H Food Show material deadline
 - Food Challenge entry deadline - Must notify Kathy at Extension office
- ♦ **Monday, November 6, 2023**
 - 4-H County Food Show
- ♦ **November 1-20, 2023**
 - District 11 4-H Food Show & Food Challenge - 4-H Online registration deadline
- ♦ **December 13, 2023**
 - District 11 4-H Food Show, Friar Ag Center & Anne Friar Thomas Homemaking Building, 501 Martin Luther King Jr. Drive, Cuero, Texas
- ♦ **December 14, 2023**
 - District 11 4-H Food Challenge, Friar Ag Center & Anne Friar Thomas Homemaking Building, 501 Martin Luther King Jr. Drive, Cuero, Texas

The fillable forms are available online from the District 11 website at
<https://d114-h.tamu.edu/events-and-contests/food-show-and-food-challenge/>

For additional information contact:

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 San Patricio County
 219 N. Vineyard, Sinton, Texas
 361-587-3400

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Attached is information for 2023-2024 District 11 4-H Food Show and Food Challenge Contest. This year's theme is ***Cooking through the Decades...Take a trip back in time and explore different dishes that were popular in years past! Some of our most favorite recipes and dishes were made popular in a different decade than we live in today.*** Take time to explore past decades dishes, flavors, or cooking techniques that you aren't familiar with. Whether it be grandma's famous meatloaf from the 50's or a homemade version of a Pop tart made popular in the 90s, your tastebuds will experience a throwback trip through the decades. Dishes can be inspired from any past decade and should be recreated to be healthier, safer, and more nutritious.

This packet contains important information and guidelines and that we **HIGHLY** recommend you read the information. You may also refer to the "State 4-H Food Show and Food Challenge Guidelines for the current year's information, by accessing the information online at <https://d114-h.tamu.edu/events-and-contests/food-show-and-food-challenge/>.

All participants – All age divisions will use the Texas 4-H form for submission.

Major Changes for 2023-2024 – Food Show & Food Challenge

- Food Show is December 13th and Food Challenge is December 14th.
- Theme - Cooking through the Decades - all recipes should reflect this theme.
- **Food Show: Food Prep Judging** at State, Seniors will be judged while preparing in the kitchen area.
- **Food Challenge: Age Divisions** will be Junior, Intermediate, and Senior.
- **Food Challenge: Junior Teams** will **not** be utilizing electricity at District.

All County Food Show & Food Challenge contestants **advancing to the District 11 4-H Food Show** scheduled for December 13 & 14, 2023 must register online via 4-H Online. Regular registration will be open from November 1-20 for a \$15.00 contest management fee charged per individual and a \$5.00 registration fee per contest. Late registration will be from November 21-27, 2023 for an additional \$25.00.

If you have any questions about this event, please let us know.

Kathy Farrow

County Extension Agent
 Family and Community Health
 San Patricio County

Camryn

County Extension Agent
 4-H & Youth Development
 San Patricio County

2024 County 4-H Food Show
Monday, November 6, 2023
San Patricio County Extension Office
219, N. Vineyard, Sinton, TX
4:00 - 6:00pm

FOOD SHOW EVENT INFORMATION

This year's 4-H Food Show theme is again Cooking Through the Decades... Take a trip back in time and explore different dishes that were popular in years past! Some of our most favorite recipes and dishes were made popular in a different decade than we live in today. Take time to explore past decades dishes, flavors, or cooking techniques that you aren't familiar with. Whether it be grandma's famous meatloaf from the 50's or a homemade version of a Pop tart made popular in the 90s, your tastebuds will experience a throwback trip through the decades. Dishes can be inspired from any past decade and should be recreated to be healthier, safer, and more nutritious. Keep in mind the 75-minute oven time when selecting your recipe.

SENIORS, please keep in mind your 75-minute kitchen time at State Roundup when selecting your recipe. **ABSOLUTELY NO** open flames or outdoor type grills will be allowed at the State Food Show! Remember to keep in mind good nutrition and healthy preparation methods as you select your recipe.

This activity is open to all 4-H members. The Food Show provides for educational and personal development and recognizes youth who excel in the 4-H Food and Nutrition Program. The state level competition is open to qualifying senior 4-H members and is held during 4-H Roundup. Seniors will refer to the State 4-H Food Show Guidelines, Rules and Regulations. Each county Extension office received a copy of these. You can also access the current year information online [at https://texas4-h.tamu.edu/projects/food-nutrition/](https://texas4-h.tamu.edu/projects/food-nutrition/).

OBJECTIVES

- To promote a sound image of the 4-H Food and Nutrition Program, both within Texas AgriLife Extension and throughout Coastal Bend District 11
- To provide 4-H members an opportunity for additional learning experiences
- To provide 4-H members an opportunity to be recognized for their achievements in the 4-H Food and Nutrition Program
- Practice recommended food preparation skills including food safety
- Understand connection of foods to holidays, while also learning about how to make them healthier through substitutions or limiting to healthy portions
- Learn the nutrients in your dish and the health benefits they provide to your body

AGE DIVISIONS

For the 2023-2024 District Contest: Junior, Intermediate, & Seniors may participant in BOTH Food & Nutrition Contest (Food Show AND Food Challenge).

- **Junior** - Participant must be in the 3rd grade to 5th grade for the 2023-2024 4-H year.
- **Intermediate** - Participant must be in the 6th grade to 8th grade for the 2023-2024 4-H year.
- **Senior Division** - Participant must be in the 9th grade to 12th grade for the 2023-2024 4-H year.

ELIGIBILITY

According to the Texas Education Code, a 4-H member must be deemed eligible to compete the day of the contest if 4-H is recognized as extracurricular by their school district.

All 4-H youth, including youth in public, private, and/or home school must adhere to the following guidelines regarding extracurricular activities and academic eligibility: Complete a Declaration of Eligibility Form

If a 4-H member is ineligible for a 4-H competitive event, the agent must notify the 4-H member, their parents, and the district office, by letter, of this situation. If the parent has any questions, they should be referred to the school administrator.

ENTRY CATEGORIES – All Age Groups

Four entry categories allow for presentation of a variety of foods in the Food Show. The categories also provide an opportunity for contestants to exhibit a variety of food preparation principles.

Many recipes can be entered in more than one category. Participants should consult with the website - <http://www.choosemyplate.gov/> when selecting a recipe category. Examples are broccoli cheese casserole, vegetable soup, macaroni and cheese. Participants need to be prepared to explain their recipe category if asked by a judge. Participants should consult with their County Extension Agent and project leader when selecting a recipe category. Remember to keep in mind good nutrition and healthy preparation methods as you select your recipe.

- **Appetizer** – Traditionally an appetizer is a small dish or food that is eaten prior to the main course. When selecting recipes for this category, contestants should consider foods that are lower in fat, sodium, and calories and do not ruin one's appetite.
- **Main Dish** – The main dish is usually the heaviest, heartiest, and most substantial dish in a meal. In a meal consisting of several courses, the main dish is served during the main course and is the featured dish of the meal. The key ingredient is usually meat or another protein food, but they may contain other foods.
- **Side Dish** – Side dishes are foods that are usually served along with a main dish or as accompaniments to the main course. Suggested dishes may include salads, cooked vegetables, cooked fruit, pasta or rice dishes, and/or combination vegetable dishes.
- **Healthy Desserts** – Healthy can still mean delicious when it comes to desserts. Dishes in this category should be served at the end of the meal or for special occasions. Contestants should modify traditional recipes with healthy substitutions and consider MyPlate and Dietary Guidelines when selecting recipes for this category.

It is strongly urged that 4-H'ers choose recipes that are relatively simple (i.e. less than 7 ingredients, 1 dish meals, etc.). All four food categories may use ovens during food preparation. A 75 minute oven baking time limit exists for State Food Show contestants for all recipes in all categories. Maximum time allowed in the kitchen is 2-2.5 hours

PRIOR COMPETITION

Most State winning individuals can compete in the contest again (including the same category for that contest) after winning first place at Texas 4-H Roundup.

Note on Ingredients

- When choosing a recipe, Senior contestants need to keep in mind what ingredients will be available in College Station in June.
- No alcohol or alcohol-containing ingredients can be used

PREPARATION OF FOOD

- All food displayed must be prepared prior to the County & District Food Shows. **EXCEPTION:** Members may **only** add garnishes or stir dishes upon arrival.
- There **will not** be a preparation area or time designated for preparation.
- Contestants are expected to prepare their own dish; last minute preparation/assistance on-site of the Food Show may only come from other 4-H members - NO ADULTS!
- All garnishes must be edible.

NEW for SENIORS – Preparation Judging (State Competition only):

Contestants will be judged while preparing their dish in the kitchen area and are encouraged to prepare ALL ingredients on site. Ingredients should not be prepared ahead of time-this includes any pre-measuring, pre-slicing, pre-chopping, pre-cooking etc. This judging process will focus on food safety, equipment safety, proper cooking techniques, and sanitation around the cooking area during and after preparation. Judges will ask questions, if necessary, during the process; therefore, contestants should be prepared to multi-task. When choosing your dish for District, keep in mind the ingredients that you will be using in your dish and equipment/utensils needed.

PRESENTING THE DISH TO BE JUDGED

The contestant's dish will be presented in a serving dish, or if appropriate, the dish in which the food was cooked or baked. In some instances, it is not necessary to present the entire recipe. For example, if a recipe makes a 9" x 13" casserole, the dish could be divided and baked in an 8" x 8" dish.

Senior contestants are to bring the entire dish being entered in the food show. **Juniors and Intermediates** have the option of bringing one serving of the entry dish, instead of the entire dish. For example, a participant may bring one serving (glass) of a fruit smoothie, rather than bringing an entire pitcher of fruit smoothie.

Fancy or elaborate placemats, linens, centerpieces, candles, etc., are not to be included with the dish as it is presented for judging interviews.

Contestants should use only serving dishes and utensils appropriate and necessary to present and serve the dish to be judged.

JUDGING PROCESS

INTERVIEW:

Total judging time: 9 minutes (Juniors/Intermediates) or 10 minutes (Seniors)

The contestant will come to the team of judges with the entry display. The 4-H'er may stand or sit behind the display while the judges sit facing the participant across the table. Entry display may only consist of the entry serving dish, serving utensil and napkin for serving utensil.

To start the interview, each participant will introduce him/herself to the judges with his/her name and the entry dish name. Following the introduction, each participant is allowed a maximum of five minutes to present information on any combination of the following topics. It will be an oral presentation with no handouts or visuals.

- Theme
- Knowledge of MyPlate
- Nutrition Knowledge
- Food Preparation
- Food Safety Concerns & Practices

NOTE: This five-minute oral presentation is required of all senior participants. However, it is **optional but encouraged** for junior and intermediate participants to give this presentation.

The judging team will have **four minutes** following the participant presentation to address topics listed below, as well as topics listed above that were not addressed by the participant. All participants are encouraged to review the scoresheet to be prepared for topics of questions. Some topics might include:

- Preparation principle(s) or critical step(s) in preparation of dish
- Function of ingredient(s) in entry dish
- Substitutions made (or that could be made) for ingredient(s) in entry dish
- Nutrients and nutrient functions as they relate to the food groups and entry dish
- Relationship of the entry dish to Dietary Guidelines as explained in the consumer brochure, Dietary Guidelines for Americans, 2020
- Approximate calorie content and cost for a serving of the entry dish
- Food safety concerns during the purchasing, preparing, serving, and storing of the entry dish
- Menu ideas to complement the entry dish

Seniors Only: Serving of the entry dish will also occur during the judging time. Seniors will have an additional (1) minute for serving. Participants should serve judges only a single serving portion of the dish. Juniors and Intermediates will **NOT** serve the judges. Tasting of food will not be allowed at the District 11 4-H Food Show.

Upon completion of the interview, the contestant will be asked to showcase a skill. They will then leave the judging station and take their food to the Display table in the holding area.

FOOD SHOW DISH PRESENTATION/INTERVIEW:

Contestants should ensure they are choosing healthy recipes that follow guidance in the Recipes for Good Health resource located at <https://texas4-h.tamu.edu/projects/food-nutrition/>. The selection and knowledge of the dish should highlight that the contestant has learned valuable skills and knowledge related to healthy eating and chronic disease prevention.

SKILL SHOWCASE (all age divisions):

Upon completion of the interview process, the contestants will be asked to showcase a skill learned in the food and nutrition project. Youth will demonstrate their knowledge of a skill assigned by judges. All materials to demonstrate this skill will be provided and judges will score the skill based on correct procedures, safety, and other pertinent information related to the skill assigned. The skill demonstration will include a time limit which will be announced during participant orientation.

Examples of skills include, but are not limited to:

- Knife skills – any skill ranging from safe handling to cutting demonstration.
- Zesting produce
- Table Place Setting
- Dry & Wet Measurements
- Food Safety Demonstration

THERE WILL BE NO KNOWLEDGE SHOWCASE AT DISTRICT.

Senior 4-H members qualifying for State Food Show **WILL** have a Knowledge Showcase. Contestants will be given a 10-question quiz which will contain multiple choice and true/false questions. No study materials will be provided; however, contestants should refer to the Texas 4-H Food & Nutrition page (<https://texas4-h.tamu.edu/projects/food-nutrition/>) for potential resources.

NOTE:

Contestants will be allowed to participate at the end if they have missed their scheduled time slot. Any individuals who miss their scheduled time slot and are not present by the end of all judging will not be judged.

SCORING AND PLACING

Junior, Intermediate, and Senior placing (1st, 2nd and 3rd) will be determined by rank. The judges will collectively decide upon the rankings, and the superintendent at the judging station will turn the placing sheet and entry folders into tabulation. **Once announced, all placings are final!**

TIE BREAKER PROCEDURE

If ties should occur, the ties shall be broken using scores of various categories on the scorecard. The order followed will be: Interview and Contestant Presentation, Skills Showcase, Communication Skills, Food, and Recipe.

AWARDS PROGRAM

Awards will be presented to the first place through third place contestants of each category.

APPEALS COMMITTEE

Should a discrepancy/problem arise, it shall be referred to the Appeals Committee for a ruling. All rulings by the Appeals Committee are final. The Appeals Committee shall be made up of the Food Show Committee, with the District Extension Administrator and 4-H Specialist serving as Ex-officio members (present, not voting)

PREPARATION RESOURCES for 4-H MEMBER

NUTRITION RESOURCES

- Dietary Guidelines-Top 10 Things You Need to Know
<https://www.dietaryguidelines.gov/2020-2025-dietary-guidelines-online-materials/top-10-things-you-need-know>
- FightBac
https://texas4-h.tamu.edu/wp-content/uploads/national_food_challenge_fight_back_brochure.pdf
- Food Safety Fact Sheet
https://texas4-h.tamu.edu/wp-content/uploads/food_kitchen_safety_fact_sheet.pdf
- Know Your Nutrients
https://texas4-h.tamu.edu/wp-content/uploads/Know-Your-Nutrients_FINAL.pdf
- MyPlate Mini Poster
<https://texas4-h.tamu.edu/wp-content/uploads/MyPlate-Mini-Poster.pdf>
- Preparation Principles & Function of Ingredients
<https://texas4-h.tamu.edu/wp-content/uploads/Preparation-Principles-and-Function-of-Ingredients.pdf>
- Quick Ingredient Substitutions
https://texas4-h.tamu.edu/wp-content/uploads/project_food_nutrition_quick_ingredient_subs-1.pdf

THEME REOURCES

- 20th Century Food Timeline
<https://www.foodtimeline.org/fooddecades.html>
- All Recipes - Convert Vintage Recipes for Modern Kitchens
<https://www.allrecipes.com/article/how-to-convert-vintage-recipes-for-modern-kitchens/>
- Taste of Home
<https://www.tasteofhome.com/collection/vintage-recipes-from-every-decade/>

2023-2024 District 11 4-H Food Challenge Information & Guidelines

FOOD CHALLENGE EVENT INFORMATION

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
- Give 4-H members the opportunity to participate in a new, exciting, competitive event

CONTEST RESOURCES

All Food Challenge Contest resources can be found at Food & Nutrition - <https://texas4-h.tamu.edu/projects/food-nutrition/>

PARTICIPATION

Participants must be 4-H members currently enrolled in a Texas 4-H Youth Development County program and actively participating in the Food and Nutrition project.

REGISTRATION

Registration will be completed through 4-H Online 2.0 for each member qualifying for district. Regular registration will be open from November 1-20, 2023. Late registration will be from November 21-27 for an additional \$25.

Registration fees will be assessed through 4-H Online. Each youth will be charged a \$15 facility fee and an additional \$5 per contest.

NOTE FOR 2023-2024:

- All members of the team must be present for Team Registration and Supply Box check-in at least 20 minutes before your round. Teams will not be allowed to register if they are not there on time. Teams may also forfeit their spot in the contest if they do not arrive on time.
- Senior Team Supply Boxes will be checked at check in
- Junior and Intermediate Team Supply Boxes will be checked at random

AGE DIVISIONS

Age divisions are determined by a participant's grade level as of August 31 of the current 4-H year in accordance with what is stated in the current Texas 4-H Rules and Guidelines. For the 2023 District 4-H Food Challenge Contest, there are **THREE AGE DIVISIONS**.

Junior Division: Grades 3-5

Intermediate Division: Grades 6-8

Senior Division: Grades 9-12

NOTE: for the 2023-2024 District Contest: Junior, Intermediate, & Seniors may participate in BOTH Food Show and Food Challenge.

QUALIFYING TEAMS PER COUNTY

Each county may enter a maximum of TWO Junior Teams, TWO Intermediate Teams and a maximum of TWO Senior teams. See Age Divisions above.

MEMBERS PER TEAM

A Team will be made up of at least THREE and no more than FOUR members. (i.e. Juniors and Intermediates may be on the same team, but Junior and Intermediate 4-H members combined to make a team must compete as an Intermediate team. Intermediates will not be allowed to participate on a Senior team.)

SUBSTITUTION OF TEAM MEMBERS

Substitution of team members should be made only 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 Challenge or approved by the County Extension Office to be eligible.

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, but assignments will not be announced until check-in the morning of the contest.

- **Appetizer** – Traditionally an appetizer is a small dish or food that is eaten prior to the main course. When selecting recipes for this category, contestants should consider foods that are lower in fat, sodium, and calories so as to not ruin one's appetite.
- **Main Dish** – The main dish is usually the heaviest, heartiest, and most substantial dish in a meal. In a meal consisting of several courses, the main dish is served during the main course and is the featured dish of the meal. The key ingredient is usually meat or another protein food, but they may contain other foods.
- **Side Dish**– Side dishes are foods that are usually served along with a main dish or as accompaniments to the main course. Suggested dishes may include salads, cooked vegetables, cooked fruit, pasta or rice dishes, and/or combination vegetable dishes.

ATTIRE

Each team will have the option of wearing coordinated clothing and/or aprons. Team members must wear closed toed shoes and have hair restraints according to Texas 4-H Food Challenge Guidelines.

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.

RESOURCE MATERIALS PROVIDED AT CONTEST

Resource materials will be provided for each team at the contest. These include:

- MyPlate Mini-Poster
<https://texas4-h.tamu.edu/wp-content/uploads/MyPlate-Mini-Poster.pdf>
- Fight Bac – Fight Food Borne Bacteria Brochure
https://texas4-h.tamu.edu/wp-content/uploads/national_food_challenge_fight_back_brochure.pdf
- Know Your Nutrients
https://texas4-h.tamu.edu/wp-content/uploads/Know-Your-Nutrients_FINAL.pdf
- Food Safety Fact Sheet
https://texas4-h.tamu.edu/wp-content/uploads/food_kitchen_safety_fact_sheet.pdf
- Food Challenge Worksheet
https://texas4-h.tamu.edu/wp-content/uploads/food_challenge_worksheet.pdf

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.

SUPPLY BOX

Each team must supply their own equipment for the challenge. Teams may bring only the supplies listed in the supply box section. Junior and Intermediate Supply boxes may be checked in a randomized process by contest officials as teams check in for the contest. Senior Teams Supply boxes will be checked for content using a standard process and any extra equipment will be removed from the team's supply box.

Please refer to the supply list attached and/or posted on page 6 of the Food Challenge Manual at: Food & Nutrition - Texas 4-H (tamu.edu).

New for 2023-2024: An EMPTY tub for dirty dishes may be placed on top of equipment box

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 or flour (up to 1 lb) - team choice

AWARDS

Awards will be presented to first through third place contestants/teams of each category.

PARTICIPANTS WITH DISABILITIES

Any competitor who requires auxiliary aids or special accommodations should contact the District Extension Office at least two weeks before the competition.

ADVANCING TO STATE CONTEST

Dependent upon overall number of entries in the contest, each age division will be divided into random heats of up to six teams with the top 5 placing teams in each heat announced at the awards event. The top four (4) teams overall in the Senior age division will advance to the State 4-H Food Challenge contest. If one of the top teams is not able to participate in the state contest, the fifth-place team will become eligible to participate.

Teams advancing to State will not automatically be assigned the same category as they were at District.

At the State contest, Food Challenge will be a Wednesday contest.

RULES OF PLAY

1. General guidelines, resources and instructions will be provided prior to the start of the contest to assist teams.
2. No electronic devices or jewelry (except for medically required) is allowed in contest. This includes cell phones, smart watches, or other communication devices
3. Each team will be directed to a cooking/preparation station. Contest categories will be revealed at the preparation station.
4. 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, and 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 select & 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.

5. Each team will have 40 minutes to prepare the dish, plan a presentation, and clean up the preparation area.

6. Electrical: Junior Teams will not be utilizing Electricity in the food preparation at District. Intermediate and Senior Teams should be prepared to **only plug in one piece of equipment at a time** to reduce the risk of electrical malfunction. ‘

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.

- a. Teams are challenged to be creative and develop an original recipe with the ingredients provided.
- b. Teams will determine the exact amount of each ingredient used based on their original recipe.
- c. The key ingredient and/or grocery store ingredients selected should be used to garnish the dish.
- d. Note cards may be used to write down the recipe that the team creates, along with notes related to nutrition, food safety, and cost analysis. 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. Hand sanitizer should be used during the preparation phase of the contest to further 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. Nutrition: Each station will have a variety of nutrition resources/references. Each team should highlight key nutrients in their dish and their functions during their presentation.

10. Presentation: Following the preparation phase of the contest, each team will give a 5-minute presentation to a panel of judges. A majority of team members should participate in the presentation.

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 minutes, 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.

Please note: Once the 40 minutes of preparation time expires, team members may no longer communicate with each other. Team members may study their notes individually.

11. Clean-up: Teams must clean up their preparation areas. Clean-up time should be included in the 40-minute preparation allotment. Single or double-burner hot plates may be moved to a designated area on the stage until cool.

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

12. Prepared Dishes: Prepared 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.