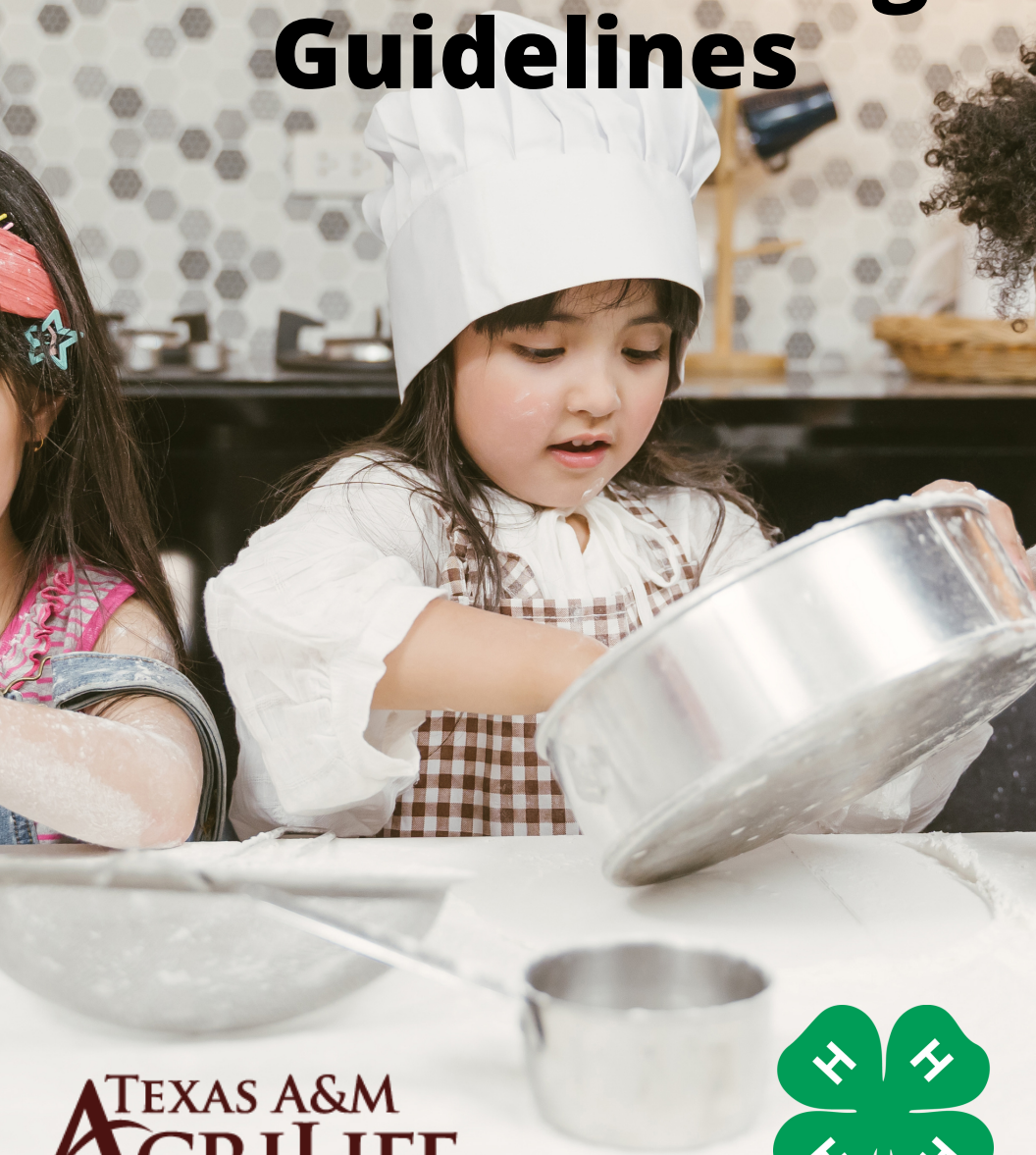


2021 FALL D2 Food Challenge Guidelines



TEXAS A&M
AGRILIFE
EXTENSION



Updated September 2021

TEXAS 4-H FOOD CHALLENGE 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

This year's contest District 2 Contest will be conducted the same as the April 2021D2 Food Challenge contest. There are a few minor changes:

- Intermediate and Senior Supply Box List – A few additional items have been added or have increased quantities
- Added guidance for Seniors on wearing gloves or other barriers when preparing food

CONTEST CATEGORIES

- **Appetizer**
- **Main Dish**
- **Side Dish**
- **Healthy Dessert**

PARTICIPANT FOOD CHALLENGE RULES FOR COMPETING

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.
- 4-H members are not eligible to enter the 4-H Food Challenge if they previously were a part of a team that placed first in the Final Food Challenge. Additionally, 4-H Food Challenge Team members who participate in Texas 4-H Roundup and then go on to compete in a designated National contest are ineligible to compete again at Texas 4-H Roundup and any National 4-H Contest associated with that specific contest.

Age

- Age divisions are determined by a participant's age/grade as of August 31 of the current 4-H year. See the Texas 4-H Rules and Guidelines for specific age requirements.
 - Junior Division: Grades 3-5
 - Intermediate Division: Grades 6-8
 - Senior Division: Grades 9-12

District 2: Juniors can move up to an Intermediate Team. Intermediates CANNOT move up to a Senior Team

Teams per County

- There is no limit on the amount of Junior, Intermediate and Senior Teams a county may enter at District 2 contest.

State 4-H Roundup Senior Team Advancement

- Each District may advance 4 teams to compete in the State Food Challenge Contest. The 1st place team in each category at district contest will qualify to compete at State 4-H Roundup. Teams advancing will not automatically be assigned to the same category as they were at district.

Members per team

- Each team will have at minimum of three and a maximum of four members.

Substitution of team members

- See current rules in the Texas 4-H Roundup Rules and Guidelines.

Registration and entry fee

- District 2 Contest Registration Fee: \$15/team member
- Each team will be required to register using the standard 4-H OnLine registration process and pay all registration fees associated with 4-H OnLine.
- **Members MUST be enrolled in 4-H Online as a 4-H member PRIOR to registering for Food Challenge Contest. Please do not wait until the week before to enroll in our 4-H program as it may not be approved prior to our contest entry deadline.**
- No late entries will be accepted
- **Before registering teams for contest: Verify member grade level and appropriate age group/division entered.**

Food Categories & Preparation

- 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.

Attire

- Each team will have the option of wearing coordinated clothing or aprons. Each team member is required to wear closed toe shoes and a hair restraint.

Hair Restraints – Refer to Rules of Play for additional guidance

- Juniors and Intermediates – Optional
- Seniors - MANDATORY

Resource materials provided at contest

- Resource materials will be provided for each team at the contest.
- ALL TEAMS will receive the following:
 - MyPlate Mini-Poster, Fight Bac - Fight Food Borne Bacteria Brochure, Know Your Nutrients, and Food Safety Fact Sheet.
- Juniors Only will receive a My Plate Wheel and My Plate for 8 year olds resource
- Juniors and Intermediates will receive an ingredient price list
- Seniors will receive grocery store price list with main ingredient listed.
- No other resource materials will be allowed. Teams may NOT use their personal copies of the resources during the contest. They need to be removed from supply boxes Prior to 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.
- Supply boxes will be verified by county agents PRIOR to contest day. Any extra equipment not listed on the supply box list should be removed from the team's supply box.
- **Juniors have a different supply box list from Intermediates and Seniors**
- **The gadget of the year will NOT be used by ANY age group at the District 2 Contest**

Pantry Supply Box Ingredients (Intermediate and Senior Teams ONLY)

- Only Intermediates and Seniors have the option of using the Supply Box Pantry.
- **Juniors will NOT be using the pantry supply box items**
- Ingredients listed are not mandatory
- 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 • Oils (up to 17 oz) • 1 jar chicken bouillon • 1 medium onion • 2 cans vegetables and/or fruit (up to 16 oz) - team choice • Rice (white or brown) or pasta (up to 16 oz) –team choice
- If teams chose to use these items in their dish they do not add any cost to the dish. They are considered FREE items

Awards

- Results will be announced for all age groups virtually on the South Plains – D2 4-H Facebook page. This is Not an in-person awards ceremony.
- Electronic gift cards will be sent out to award winners.

Participants with disabilities

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

D2 4-H FOOD CHALLENGE RULES OF PLAY

- **Age Division Orientation** - Prior to the start of each age contest, a contest orientation will be conducted. General guidelines, resources and instructions will be provided prior to the start of the contest for each age division.
- **No electronic devices or jewelry** (except for medically required) is allowed in contest. This includes cell phones, smart watches, or other communication devices.
- Each team will be directed to a cooking/preparation station. Contest categories will be revealed at the preparation station.

Age Division Cooking Rules of Play

Cooking Preparation for All Teams

- Based on food provided for each age division, each team will create an entire dish/recipe (not a full meal) using the provided ingredients.
 - Teams should not create side or multiple dishes with their ingredients provided.
 - During the presentation, teams should present the entire dish/ recipe to the judges.
 - Teams are challenged to be creative and develop an original recipe with the ingredients provided.
 - Teams will determine the exact amount of each ingredient used based on their original recipe.
 - The key ingredient and/or grocery store ingredients selected should be used to garnish the dish.
 - See below for recipe serving requirements for each age division
 - 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.
- **Junior Teams** - Teams will given a bag of mystery ingredients to cook with to coordinate with their assigned category. A grocery store and/or pantry will NOT be available to get additional items to cook with.
 - Original packaging will be provided
 - **Juniors prepare a dish and do NOT talk servings of the dish.**
- **Intermediate Teams** - Teams will be given a bag of mystery ingredients to cook with to coordinate with their assigned category. A grocery store and/or pantry will NOT be available to get additional items to cook with. Intermediates will be able to utilize a team “Supply Box Pantry” (See below for items allowed in the Team Supply Box Pantry.
 - Original packaging will be provided
 - **Dishes/recipes created should include two or more servings.**

- Teams should communicate during their presentation what an individual serving size should be. Teams will be responsible for determining the number of servings their dish provides.

○ Senior Teams

- 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” & use 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.
- **Dishes/recipes created should include two or more servings.**
- Teams should communicate during their presentation what an individual serving size should be. Teams will be responsible for determining the number of servings their dish provides.
- Original packaging will be provided

Cooking Times and After Cooking Protocol for ALL Age Divisions

- Each team will have 40 minutes to prepare the dish, plan a presentation, and clean up the preparation area
- A 20 minute warning, 10 minute warning, 5 minute warning and 1 minute warning will be given during contest
- After the 40-minute preparation time is up, your area MUST be clean and all the supplies and extra food items must be in your supply box. If you have a hot plate or other items cooling, it may be placed on the team supply box.
- 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.

- Once time is called, teams will be escorted to a holding area where they will remain until called in for their team presentation
- If you need to use the restroom let your group leader know

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 these 5 minutes to address the following areas of the presentation scorecard: Knowledge of MyPlate, Nutrition Knowledge, Food Preparation, Safety Concerns, and Serving Size.
- Intermediates and Juniors will be only be asked clarifying questions following their 5 minute presentation based on the score sheet
- **SENIORS ONLY:** 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; however, 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.
- After your team presentation your team will be dismissed to go home. Teams are asked to pick up the team supply box from the holding area before leaving

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.. Teams should also discuss safety steps used during the presentation phase of the contest.
- **D2: Only senior teams are judged during the preparation phase.**

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.

Hair Restraints

- Juniors and Intermediates - Optional
- Seniors: 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.

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.

Cost Analysis

- Juniors and Intermediates refer to Junior Food Challenge Helpful Hints for calculating recipe costs
- Seniors: Price(s) of the key ingredient and grocery store items will be provided to teams. Teams will calculate the price of the dish based on the amount of ingredients used. Teams should calculate the cost of the total recipe, as well as the price per serving. Teams will determine the number of servings for their recipe.

Equipment Malfunctions

- Teams that experience any equipment malfunction(s) may not replace the equipment with supplies from another team, leaders, volunteers, county Extension agents or contest officials. Instead, team members must work together and be creative in completing preparation without the malfunctioning equipment.

Electricity Malfunctions

- If electricity goes out during the preparation phase of the contest, teams are asked to turn away from the table immediately. Contest officials will stop the clock so that no preparation time is lost.

Original Packaging

- Ingredients may have been divided among teams to minimize the cost and reduce wastefulness. If teams need to see an original food package and/or the nutrition facts label, you may view it in the grocery store table area if available. Teams may not take the original food package from the table.

Washing of Produce

- All fresh produce (fruits and vegetables) has been washed prior to the contest; if not, water stations will be supplied for participants to wash produce.

Water Jugs

- Water jugs will be located throughout the room if water is needed for food preparation

Water and Food Disposal

- Trash cans are located throughout the room for your use to dispose of unused food
- Containers will be distributed throughout the room to dispose of water

First Aid Kits

- Each team had the opportunity to include a small first aid kit in your supply box. If you did not bring a first aid kit, contest officials have one. If you happen to need first aid due to a cut or burn, please let your group leader know immediately so they can assist you!

Resources:

- Refer to District 2 4-H Website and D2 Food Challenge Contest letter for contest resources