

2021 DISTRICT 5 4-H FOOD CHALLENGE CONTEST INFORMATION

SPECIAL NOTE: We will adhere to Texas A&M AgriLife Extension Service COVID-19 social distancing guidelines in place at the time of this event. As of date of release the following guidelines will be followed:

- All contestants and anyone entering the building will be required to complete the COVID-19 screening form (see attached). You may download, complete, and bring to the event to expedite entrance to building or complete the form onsite.
- Wearing a face mask and social distancing of 6ft is required. There will be a designated area to space out our parents. This will allow proper social distancing.
- Tables, chairs, and equipment utilized will be sanitized before, between teams utilizing, and after the event.

Date

April 28, 2021 – Senior Teams

June 5, 2021 – Junior and Intermediate Teams

Location

Cross Brand Cowboy Church, 11915 FM 2015, Tyler

Entry Requirements

- Enter on 4HOnline beginning December 4, 2020 at <https://v2.4honline.com>
- Contest Fee - \$12 per contestant
 - ✓ Food Challenge is a team event (3 or 4-member team)
 - ✓ When registering, ALL team members must be listed in 4HOnline.
- Late Entry Fee - \$25 per contestant

District Deadlines

- Entry to 4HOnline and entry materials by **March 16, 2021**
- Late entry – **March 18-20, 2021** (late fees apply)

Social Distance Guidelines

- Your health is of utmost importance and as such some engagement may be minimized at the request of Texas 4-H based on health concerns associated with COVID-19.
- Maintain social distancing (6 feet) throughout the contest.



**District 5
4-H Food Challenge
Team Contest**

WHERE
Cross Brand Cowboy Church
11915 FM-2015, Tyler, TX

TO PARTICIPATE
Registration open on 4HOnline
December 10, 2020 - March 16, 2021
<https://v2.4honline.com>

**Open to all enrolled 4-H members
3rd - 12th grades**

Note: Must qualify at the county level

WHEN
Senior Teams - April 28, 2021
Intermediate Teams - June 5, 2021
Junior Teams - June 5, 2021

**Late registration
March 18-21, 2021
(Late Fees Apply)**

WHAT
Food Challenge Contest

**Entry Fee
\$12 per person
Late Entry Fee
\$25 per person**

QUESTIONS
District contest rules at
d54-h.tamu.edu

**Contact your local County
Extension Office**

The members of Texas A&M AgriLife will provide equal opportunities in programs and activities, education, and employment to all persons regardless of race, color, sex, religion, national origin, age, disability, genetic information, veteran status, sexual orientation or gender identity and will strive to achieve full and equal employment opportunity throughout Texas A&M AgriLife.



Texas A&M AgriLife Extension Service
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- Masks/face coverings must be worn (over the nose and mouth).
- Wash hands for 20 seconds often or use hand sanitizer.
- Stay home if sick.

Contest Schedule

- Each age division will be provided a specific check-in time and competition time so that the contest is staggered in the number of people arriving and leaving the venue.
- Specific times and check in location for each age division will be sent to contestants ONE week before event.
- Schedule may be modified based upon number of food challenge teams.

Questions at Contest

- Please see help desk attendant.
- Committee members will be wearing a 4-H lanyard and can help provide directions.

Food Challenge District 5 Contestant Rules

Food Challenge (team event)

1. Attire

- Each team will have the option of wearing coordinated clothing and/or aprons.
- ALL team members must wear closed toed shoes and hair restraints (cap, hair net, chef's hat bandana, etc.).

2. Supply Box

- Each team must supply their own equipment for the challenge.
- Teams may bring only the supplies listed in the supply box list below.
- Supply boxes may be checked by contest officials as team members check in for the contest.
- Any extra equipment will be removed from the team's supply box.
- Each team will bring an equipment box containing only ONE of each of the following items, unless a different quantity is noted:

Beverage glass	Measuring spoons (1 set)
Bowls <ul style="list-style-type: none"> • Dip size (1) • Mixing (2) • Serving (1) 	Non-stick cooking spray
Calculator	Note cards (1 package – no larger 5x7)
Can opener	Paper towels (1 roll)
Cookie sheet	Pancake turner
Colander	Pencils (no limit)
Cutting boards (3)	Plastic box & trash bag for dirty equipment

Disposable tasting spoons (no limit)	Pot with lid
Dry measuring cups (1 set)	Potato masher
Electric skillet	Potato peeler
Extension cord (compatible for 2 and 3 prong plugs)	Sanitizing wipes (1 container) or bleach solution spray
First aid kit	Serving platter or plate
Food thermometer	Serving utensil
Fork	Skewers (1 set)
Gloves	Skillet with lid
Grater	Spatulas (2)
Hand sanitizer	Stirring spoon
Hot pads (up to 5)	Storage bags (1 box)
Kitchen shears (1 pair)	Tongs
Kitchen timer	Two single-burner or one double-burner hot plate (electric only)
Knives (4)	Whisk
Liquid measuring cup (2 cup size)	Spiralizer (manual only) 2021 Gadget

3. Pantry



- Each team may include in their equipment box the following “pantry” ingredients when they may use when preparing their dish.
- There is no requirement to use these items, nor is it mandatory that teams include these in their supply box.

Salt	1 medium onion
Pepper	2 (14 oz) cans vegetables and/or fruit
Oil (16 oz)	Rice (white or brown) or pasta
1 jar chicken bouillon	

4. Contest Room

- ONLY THE TEAM is allowed in the contest room. All others must remain in the designated waiting areas or outside the building. Contestants can only be assisted with transporting supply boxes from parking lots to the contest room door.
- Teams must check-in and check-out of the contest room as a group. Teams with fewer than three members will be disqualified.

5. Electronic Devices

- No electronic devices (except for medically required) are allowed in contest room. This includes cell phones, smart watches, or other communication devices.

6. Jewelry

- No jewelry (except for medically required) is allowed in contest room. This includes earrings, facial piercings, bracelets, necklaces, watches etc.

7. Resource Materials Provided

- Each team will be provided the following resources at contest:
 - ✓ MyPlate Mini-Poster
 - ✓ Fight Bac: Fight Food Borne Bacteria brochure
 - ✓ Know Your Nutrients
 - ✓ Food Safety Fact Sheet
 - ✓ Food Challenge worksheet
 - ✓ Grocery list with food costs
- No other resource materials will be permitted.
- Teams may not use their personal copies of resources during the contest.

8. Contest Rules of Play

- Each team will be directed to a cooking/preparation station. Contest categories will be revealed at the preparation station.
- Each team will receive an information sheet with their contest category and “key” ingredient for that category. 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” at least two additional items from the “grocery store”. Teams will also 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.
- Each team will have 40 minutes to prepare the dish, plan a presentation, and clean up the preparation area.
- Teams should be prepared to only plug in one piece of equipment at a time to reduce the risk of electrical malfunction.



9. 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.

- 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 the original recipe.
- The key ingredient and/or grocery store ingredients selected should be used to garnish the dish.
- Note cards may be used to write down the recipe the team creates, along with notes related to nutrition, food safety, and cost analysis. Teams should be exact on ingredients, preparation steps, cooking time, temperature, etc.
- A safe and sanitary working environment must be maintained during the contest. Each station will have food and kitchen safety resources. Teams should follow 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 do not have to be worn throughout the contest; however, proper hand sanitizing techniques will be required and expected throughout the contest. If the participants decide to wear 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.
- 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's hat with hair restrained inside, or cap with hair completely tucked inside.
- 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.
- Prices 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.
- Teams must clean up their preparation areas. Clean-up time is included in the 40-minute preparation allotment.

10. Presentation and Questions

- Following the preparation phase of the contest, each team will give a 5-minute presentation to a panel of judges. ALL team members should participate in the presentation.
- To earn maximum points, teams must use the 5-minute presentation to address the following areas of presentation according to scorecard: Knowledge of MyPlate, Nutrition Knowledge, Food Preparation, Safety Concerns, and Serving Size.
- At the end of 5 minutes, time will be called. 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.



- Finished dishes MAY NOT leave the judging area. 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.

11. Sample Food Challenge Judging Questions

- How do you balance your daily menu to ensure that you get proper amounts of food from the food groups?
- What function does each ingredient perform in the recipe?
- If substitutions are possible, what are they?
- What are the important nutrients found in your dish?
- What changes have you made in your dietary habits as a result of your 4-H food project?
- Tell about your community service and leadership through the year's food project?
- What were your goals for your food project and what are some activities you did in this project?
- What do you consider your most important learning experience in this years' food project?
- Is there anything else you would like to tell us about your project?

12. Show Rankings

- 4-H Food Challenge rankings, judges' comments and other correspondence will be forwarded to the contestant's county Extension office. Please allow up to three weeks for processing.

13. Qualifying for State Food Challenge Roundup

- The top four Senior age division teams (grades 9-12) at the District-level Food Challenge contest will advance to state.
- The Texas 4-H Food Challenge contestant paperwork is available online at <https://texas4-h.tamu.edu/projects/food-nutrition/>