September 9, 2014

MEMO TO: District 3 CEA-FCS, 4-H, and CEA-Ag in Dickens Foard, Kent, Motley, Stonewall and Throckmorton Counties

FROM: Miles Dabovich Kelli Lehman
District Extension Administrator Extension Program Specialist 4-H

SUBJECT: District 3 4-H Food Challenge – November 5, 2014
Jack County Youth Fair Barn, Hwy 59 N, Jacksboro, TX

The District 3 4-H Food Challenge is a unique opportunity for participants in an innovative food and nutrition competition. The 4-H Food Challenge brings fun, learning, application of knowledge and skills, and group competition together at one event.

Deadline: Food Challenge Entry Sheet due to:
Jack County Extension Office along with a $15 per team donation to cover the cost of ingredients/supplies by October 22, 2014.
AND - Email or fax a copy of the Entry Sheet to District Office (Kay White) by October 22, 2014.

For more information about the Food Challenge visit
http://texas4-h.tamu.edu/healthy_lifestyles

As of 09/09/2014 Food Challenge has not been updated for 2015 on the FCS website. However, we were told that no significant changes were in the works. Senior winners will need to check all resources before State Roundup in June 2015.

A council meeting will be held before the awards program for all youth. Food Challenge participants are encouraged to bring non-perishable food items for donation to area food banks. Items can be dropped off at registration.
District 3 4-H Food Challenge Guide

District 3 4-H Food Challenge
November 5, 2014
Jack County Youth Fair Barn, Hwy 59 North: Jacksboro, Texas

The District 3 4-H Food Challenge is a new and unique opportunity to participants in an innovative food and nutrition competition. The 4-H Food Challenge brings fun, learning, application of knowledge and skills, and group competition together at one event.

**Deadline:** Food Challenge Entry Sheet due to:
- Jack County Extension Office along with a $15 per team donation to cover the cost of ingredients/supplies by **October 22, 2014.**
- **AND** Fax a copy of the Entry Sheet to District Office (Kay White) by **October 22, 2014**.

**Schedule**
8:45 am…………………………………………………………………………..….Agents Arrive
9:00 am………………………………………………………………………….Participants and Leaders Arrive
Team Registration & Box Check begins
9:15 am…………………………………………………………………………Leader Orientation
9:45 am………………………………………..…....Food Challenge Teams Report to Orientation
10:00am………………………………………………………………….Food Challenge Begins
10:15am………………………………………………………………….. Judges Orientation
11:00am……………………………………………………………………….Judging Begins
12:30 pm………………….……………………………...Approximate Time for Awards Program

(Please note: If team entries exceed the space allotted in the Jack County Fair Barn, plans will be put into place for a 2 heat schedule. County Extension Agents will be notified asap)

**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.

**General Rules- Food Challenge**
1. **Participation:** A District 3 Food Challenge contestant must be enrolled in 4-H and have actively participated in a 4-H Food and Nutrition educational project,
2. **Age Division:** Age divisions will be the participant’s age as of August 31, 2014 (current 4-H year):
   - Junior/Intermediate- 8 years old and in the 3rd grade, or 9 to 13 years old
   - Senior- 14-18 years old
3. **Teams per county.** Each county may enter a maximum of two Junior/Intermediate teams and a maximum of two Senior teams. The first and second place teams in both age divisions should advance to the district contest. At the county contest, this will require that all teams within one age division be judged against each other and placed (not judged and placed according to food category).

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.

5. **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 to be eligible.

6. **Entry fee.** Each team will provide a $15 donation to cover the cost of ingredients/supplies. Checks will be payable to JC 4-H Council. Submit to Jack County Extension Office, 100 North Main, Courthouse, Suite 109, Jacksboro, TX 76458, along with Food Challenge Entry Sheet by October 22, 2014.

7. **Food categories.** There will be four food categories in each age division: Main Dish, Fruits and Vegetables, Bread and Cereal, and Nutritious Snacks. Teams will be randomly assigned to a category, but assignments will not be announced until check-in the morning of the contest.

8. **Attire.** Each team will have the option of wearing coordinated clothing, aprons or hair coverings.

9. **Resource materials provided at contest.** Resource materials provided at contest. Resource materials will be provided for each team at the contest. These include Choose My Plate - 10 Tips to a Great Plate, Fight Bac - Fight Foodborne Bacteria Brochure, Nutrient Needs at a Glance, Altering Recipes for Good Health, Food Challenge Worksheet, and copies of grocery receipts. No other resource materials will be allowed. Teams may not use their personal copies of the resources during the contest.

10. **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.

11. **Awards.** The top five high scoring food challenge teams in each food category will be recognized with “place ribbons” during the awards program. The top Senior Division team in each food category will advance to state competition, but may not be automatically assigned to the same category as they were at district. Mystery awards may also be given based on sponsorships and committee decision.

12. **Participants with disabilities.** Any competitor who requires auxiliary aids or special accommodations must contact the District Extension Office at least 2 weeks before the competition.
District 3 4-H Food Challenge Guide

SUPPLY BOX

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

<table>
<thead>
<tr>
<th>Beverage glass</th>
<th>Liquid measuring cup</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bowls Dip Size (1) Mixing (2) Serving (1)</td>
<td>Measuring spoons</td>
</tr>
<tr>
<td>Calculator</td>
<td>Non-stick cooking spray</td>
</tr>
<tr>
<td>Can Opener</td>
<td>Note cards (no larger than 5 X 7)</td>
</tr>
<tr>
<td>Colander</td>
<td>Paper towels</td>
</tr>
<tr>
<td>Cookie Sheet</td>
<td>Pancake turner</td>
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<tr>
<td>Cutting Boards (2)</td>
<td>Pencil</td>
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<tr>
<td>Disposable tasting spoons</td>
<td>Plastic box or trash bag for dirty equipment</td>
</tr>
<tr>
<td>Dry measuring cups</td>
<td>Pot with lid</td>
</tr>
<tr>
<td>Electric Skillet</td>
<td>Potato masher</td>
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<tr>
<td>Extension cord (Teams should be certain the extension cord is compatible (2-prong/3-prong) with the plugs on their electrical supplies)</td>
<td>Potato peeler</td>
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<tr>
<td>First aid kit</td>
<td>Rolling pin</td>
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<tr>
<td>Food thermometer</td>
<td>Sanitizing wipes (for tables)</td>
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<tr>
<td>Fork</td>
<td>Serving platter</td>
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<tr>
<td>Gloves</td>
<td>Serving utensil</td>
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<tr>
<td>Grater</td>
<td>Skillet with lid</td>
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<tr>
<td>Hand sanitizer</td>
<td>Spatula</td>
</tr>
<tr>
<td>Hot pads</td>
<td>Stirring spoon</td>
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<tr>
<td>Kitchen shears</td>
<td>Storage bags and/or containers</td>
</tr>
<tr>
<td>Kitchen timer</td>
<td>Tongs</td>
</tr>
<tr>
<td>Knives (2)</td>
<td>Two single-burner hot plates OR one double-burner plate (electric only!)</td>
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<td></td>
<td>Whisk</td>
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</table>
District 3 4-H Food Challenge Guide

**DAY OF EVENT RULES OF PLAY**

1. Teams will report to the designated location for check-in.

2. An orientation will be provided for all participants.

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 one of the following categories: Main Dish, Fruits and Vegetables, Bread and Cereal, and Nutritious Snacks.

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.

7. Teams that may 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.

8. Preparation of food and presentation:

   **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.

   a. The ingredients provided to each team are based upon a recipe; however, 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 ingredient to use.

   c. **Senior teams** will have access to a “pantry” of additional ingredients that may be incorporated into their recipe. 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.

9. **Food safety:** Each station will have food safety resources. Follow the steps listed to ensure proper food safety. Be prepared to discuss food safety practices used in the team presentation to the judges.

10. **Nutrition:** Each station will have a variety of nutrition resources/references. Each team should name key nutrients in their dish and their functions. Refer to the nutritional information provided at each station.

11. **Cost analysis:** Prices will be available for each ingredient. 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.

12. **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. Teams must be able to communicate with the judges effectively.
   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 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 may 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.

13. **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 or box to be cleaned at home. Left-over food should be disposed of properly.
14. Judges are not allowed to taste the foods prepared. No left-over food should be shared with any participant or the audience.

15. Placing will be based on rankings of teams by judges. Judges’ results are final.

16. An awards program will be held at the conclusion of the judging process.
PARTICIPANT ORIENTATION

1. Welcome to the Food Challenge!

2. You will have 40 minutes to prepare your dish, plan a presentation, and clean up the preparation area. No talking will be allowed after those 40 minutes. You will receive a 20 minute warning, 10 minute warning, 5 minute warning, and 1 minute warning. We suggest that you start working on your presentation at the 10 minute warning. Remember, NO talking is allowed after the 40 minutes is up.

3. Each team will be provided with a set of ingredients reflective of the assigned category and a clue, and will create a dish using them.
   a. The ingredients provided to each team are based upon a recipe; however, 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. Senior Teams will have access to a "pantry" of additional ingredients that may be incorporated into their recipe. Each team will be given tickets for measured additional ingredients. The number of tickets will be announced at contest.
   d. The ingredients provided to each team may also be used to garnish the dish. Additional garnishing items will not be provided.

4. Teams that may 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.

5. 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.

6. Ingredients 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 at the ingredient table set up in the preparation room. Teams may not take the food package from the table or incorporate any additional ingredients into their recipe.

7. All fresh produce (fruits and vegetables) have been washed prior to the contest.
District 3 4-H Food Challenge Guide

8. After your 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 cooling, it may be the only thing out on the table other than the food you are presenting to the judges.

9. 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 may be disqualified and asked to leave the contest facility. Please remain seated once time is up and do not leave the room. If you need to use the restroom, please let your group leader know.

10. Igloos full of water will be located throughout the room if you need it.

11. Trash cans will also be located throughout the room for your use.

12. 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!

13. After your team presentation, please walk back to your table QUIETLY and place your dish on your table.

14. You will be asked to complete an evaluation, giving you the opportunity to share with us your experience in the Food Challenge. When you are done with the evaluation, you are dismissed to leave. Please be quiet when you leave.

15. After the awards program, you will be able to come back and get your food and supply box.

16. If you have any questions, please ask your group leader.

17. Good Luck!!!
GROUP LEADER ORIENTATION

1. Welcome!

2. Introductions and assign each group leader to a category
   - Need 1-2 group leaders per category, depending on facilities and whether contest is run in one or two heats.

3. Objectives of the 4-H Food Challenge:
   - Allow participants to exhibit their knowledge and skills when preparing and presenting a dish.
   - Allow participants to learn from other team members.
   - Promote teamwork.
   - Help 4-H’ers gain experience in public speaking.
   - Provide leadership opportunities for young people.

4. Definition of teams:
   - Made up of three to five members

5. Contest and Judging Procedures (Review so that group leaders understand the process and can answer questions if needed):
   - Groups have been randomly assigned to one of four categories: Main Dish, Fruits and Vegetables, Bread and Cereal, or Nutritious Snacks.
   - Teams do not know what category they have been assigned until they arrive today.
   - 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.
   - Teams must incorporate each ingredient into the dish. However, teams may determine the exact amount of each ingredient to use.
   - Each team is provided with educational resources on nutrition and food safety. These resources can be used to help the team members prepare their presentation. Teams are not allowed to bring in their own resources.
   - **Senior Teams** will have access to a “pantry” of additional ingredients that may be incorporated into their recipe. Each team will be given tickets for measured additional ingredients. The number of tickets will be announced at contest.
District 3 4-H Food Challenge Guide

- Teams are also provided with a receipt for their ingredients to determine the total cost of the dish and the cost per serving.
- Teams that may 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.
- 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.
- Ingredients 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, they may view it at the ingredient table set up in the preparation room. Teams may not take the food package from the table or incorporate any additional ingredients into their recipe.
- All fresh produce (fruits and vegetables) have been washed prior to the contest.
- Igloos/jugs full of water are located throughout the room for teams to use if needed.
- Trash cans are located throughout the room for use by teams.
- Please observe teams during the 40-minute preparation period. If you see an accident getting ready to happen, please do your best to step in and prevent it from happening.
- Each team had the opportunity to include a small first aid kit in their supply box. The contest committee also has first aid kits on-hand in case of an injury (burn, cut, etc.). If a 4-H member needs first aid due to a cut or burn, please assist them if they need help. 
  - Let group leaders know where first aid kit is located.
- After the 40-minute preparation time is up, teams’ cooking area MUST be clean and all the supplies and extra food items must be in their supply box. If they have a hot plate cooling, it may be the only thing out on the table other than the food being presented to the judges.
- 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. Group leaders are asked to monitor and observe teams for talking and/or writing and are allowed to give warnings, keeping contest officials informed of warnings given.
  - Provide instructions on where to lead teams to waiting area for presentations.
After the 40-minute preparation period, teams will give their presentation. There will be:

- 5 minutes for a presentation
- 3 minutes for judges’ questions
- 4 minutes between team presentations for scoring and comments

At least three members of the team must have a speaking role during the presentation and all members must participate.

Team presentations should highlight the elements provided on the Food Challenge Scorecard as well as additional information the team may feel the judges should know.

Teams are allowed the use of notecards during the presentation but should not read from them, as this minimizes the effectiveness of their communication.

Please send in teams to the judging room in order by team number. It’s important that we stay on time with the judging of the presentations so the entire contest can stay on time. Teams should follow the guidelines of only having five minutes for their team presentation.

If group leaders are also serving as time keepers for presentations, review responsibilities (i.e., knock on door at 5 minutes and then open door at 3 minutes).

During the preparation portion of the contest, or while teams are waiting to give their presentation – if any 4-H member has to use the restroom, you may allow them to go. There are hall monitors ensuring they do not talk to other 4-H members, parents, etc., out in the hallway. When releasing a 4-H member to use the restroom, please alert the hall monitor.
TIPS FOR SELECTING AND PREPARING FOOD CHALLENGE RECIPES

- Pick recipes that require about 30 minutes for preparation AND cook time so that 4-H’ers can prepare the item in their 40-minute time frame.

- Recipes with fewer than ten ingredients typically work best.

- Locate recipes from the Internet, food network, ADA, books, magazines, etc. Remember: Keep it healthy. Modify recipes when necessary, replacing high-fat ingredients with substitutions.

- Make sure that if the recipe requires an oven your facility has one! It is better to choose recipes that can be prepared on a portable burner, skillet, griddle, etc.

Category selection:

Main Dish Category
Foods classified as main dishes usually contain a meat or meat alternate such as cheese, eggs, dry beans or peas, or peanut butter. They may also contain other foods. Dishes in this category may include: beef, veal, pork, variety meats, poultry, eggs, fish and shellfish, dry beans, etc. Consider buying pre-cooked chicken for recipes that call for chicken.

Fruit and Vegetable Category
These are side dishes or foods that are usually served along with a main dish or as accompaniments to the main course.

Bread and Cereal Category
Suggested dishes in this category are quick breads, rice dishes and pastas. Consider buying pre-cooked rice and pastas to shorten preparation time.

Nutritious Snacks Category
Snacks are commonly eaten between meals by those with higher energy needs (such as teens and children). Snacks should provide energy and enhance diet quality. Suggested dishes for this category are milk drinks and floats, fruit drinks, dips and dippers, fondues, custards, sandwiches, party foods and refreshments, appetizers, pizzas, and nutritious no-bake cookies.

- Split up ingredients among teams to keep your costs down. If this is done, teams will need to be provided with a copy of or access to the original food package and
JUDGES’ ORIENTATION

Introductions and divide into judging groups

Objectives of the 4-H Food Challenge:
- Allow participants to exhibit their knowledge and skills when preparing and presenting a dish.
- Allow participants to learn from other team members.
- Promote teamwork.
- Help 4-H’ers gain experience in public speaking.
- Provide leadership opportunities for young people.

Definition of teams – made up of three to five members

Procedures:
- Each team will bring a box of equipment that they will use to create and prepare a recipe.
- Groups have been divided into four categories: Main Dish, Fruits and Vegetables, Bread and Cereal, or Nutritious Snacks.
- Teams do not know what category of recipe they will be preparing until they arrive at their preparation table today.
- Each team is given a brown bag that holds their ingredients, resources, and a clue to what they will prepare. You have a copy of the clue the teams have, as well as a copy of the actual recipe used to determine the ingredients. However, it should not be counted against the team if they do not prepare the recipe EXACTLY as it is written. Creativity is encouraged.
- 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.
- Teams must incorporate each ingredient into the dish. However, teams may determine the exact amount of each ingredient to use.
- **Senior Teams** will have access to a “pantry” of additional ingredients that may be incorporated into their recipe. Each team will be given tickets for
measured additional ingredients. The number of tickets will be announced at contest.

- Each team is provided with educational resources on nutrition and food safety. These resources can be used to help the team members prepare their presentation. Teams are not allowed to bring in their own resources.
- Teams are also provided with a receipt for their ingredients to determine the total cost of the dish and the cost per serving.
- Judges will receive:
  - A copy of the ingredient list and clue the teams have been given. The ingredients provided to each team are based upon a recipe; however, teams are challenged with being creative and developing their own recipe with the ingredients provided.
  - A copy of the receipt and cost analysis for the set of ingredients provided to the teams in the category you are judging.
  - A copy of the educational resources teams are given to reference as needed.
- Teams will prepare their dishes and also prepare presentations. There will be
  - 5 minutes for a presentation
  - 3 minutes for judges’ questions
  - 4 minutes between team presentations for scoring and comments

*At least three members of the team must have a speaking role during the presentation and all members must participate.*

- Team presentations should highlight the elements provided on the Food Challenge Scorecard as well as additional information the team may feel the judges should know.
  - If time allows, review the scorecard with the judges.
- 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.
- When asking questions of the teams, please be sure to keep them age-appropriate. While each presentation will vary, it’s also important to try your best to be consistent with the questions you ask each team.
- Please be sure to provide comments on the scorecard for each team. This will help them improve their presentation in the future. Constructive feedback gives young people a positive learning experience.
District 3 4-H Food Challenge Guide

- Judges are not allowed to taste the foods prepared.
- Placing will be based on the order in which you rank teams. Judges’ results are final upon announcement.
- Please stay on time with the judging of the presentations so the entire contest can stay on time. Teams should follow the guidelines of only have five minutes for their team presentation.
- Provide instructions on time: Group leaders will serve as timekeeper, knocking on door after 5 minutes and then opening the door after another 3 minutes – OR – each judging team will be given a timer and asked to monitor time.

Thank you!
## Overview of MyPlate:
- General Knowledge of MyPlate
- Food group of individual ingredients
- Serving amount needed from each group daily
- Food group that dish falls into
- Number of servings provided by dish

## Nutrient Knowledge:
- Key nutrients
- Function of key nutrients
- Ingredient(s) providing nutrients
- Healthy substitutions

## Food Preparation and Safety:
- Steps in preparation
- Food safety concerns
- Food safety practices

## Serving Size Information:
- Number of servings in dish
- Size of serving
- Cost of entire dish
- Cost per serving

## Food Appearance/Quality:
- Appearance of food
- Garnishing
- Creativity

## Presentation Skills:
- Voice
- Poise
- Number of members presenting
- Overall effectiveness of communication

## Clean-up Preparation Area
4-H FOOD CHALLENGE TEAM WORKSHEET - Use back of sheet for additional space

<table>
<thead>
<tr>
<th>Knowledge of MyPlate (Write the food and in what food group it belongs):</th>
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<tbody>
<tr>
<td>Food</td>
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<thead>
<tr>
<th>Nutrient Knowledge (Know what this dish contributes to the diet):</th>
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<tbody>
<tr>
<td>Food</td>
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<tr>
<th>Food Preparation (Know the steps in the preparation of the food):</th>
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<tr>
<td>Steps</td>
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<tr>
<th>Food Safety (List food safety concerns associated with this dish):</th>
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<tr>
<th>Serving Size Information (Accurately calculate the cost of the dish and the cost per serving):</th>
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<tbody>
<tr>
<td>Ingredient</td>
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<tr>
<td>TOTAL</td>
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<td>Total cost per serving</td>
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2014 DISTRICT 3 FOOD CHALLENGE TEAMS
ENTRY SHEET

COUNTY_______________________

DUE: October 22, 2014 to Jack County, along with $15 donation per team for ingredients/supplies
Fax: 1 copy of this entry sheet to District Office by October 22.

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<tr>
<th>JUNIOR/INTERMEDIATE TEAM 1</th>
<th>JUNIOR/INTERMEDIATE TEAM 2</th>
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District 3 4-H Food Challenge Guide

VOLUNTEER JUDGES/HELPER INFORMATION FORM

Due to: Jack County Extension office October 22, 2014

Please list adult leaders from your county who have confirmed they will be willing to judge or assist as a helper on November 13, 2013. Be sure to list category division their child is entered in where applicable

NAME: ___________________________________________________________________

ADDRESS: ___________________________________________________________________

EMAIL: ___________________________________________________________________

CITY AND ZIP: ________________________________________________________________

CIRCLE ALL THAT APPLY: 4-H LEADER HOME ECONOMIST FORMER 4-HER

PREFER TO SERVE AS A: JUDGE HELPER

AVOID: JUNIOR/INTERMEDIATE DIVISION SENIOR DIVISION

NAME: ___________________________________________________________________

ADDRESS: ___________________________________________________________________

EMAIL: ___________________________________________________________________

CITY AND ZIP: ________________________________________________________________

CIRCLE ALL THAT APPLY: 4-H LEADER HOME ECONOMIST FORMER 4-HER

PREFER TO SERVE AS A: JUDGE HELPER

AVOID: JUNIOR/INTERMEDIATE DIVISION SENIOR DIVISION
County: __________________________  District:  Rolling Plains – 03

County Extension Agent Reporting: _____________________________________________

Total Number Enrolled in the Food & Nutrition Project: _________________________

LOCAL OR CLUB 4-H FOOD CHALLENGE CONTESTS:

   Number of local or club food challenges held: __________

   Total number participating: ________________________________

COUNTY 4-H FOOD CHALLENGE:

   Number of contestants in County Food Challenge:

       Junior Division ______________________

       Intermediate Division ______________________

       Senior Division ______________________

   Number of persons observing County Food Challenge (not participants) _________

Please return to your District Office by October 22, 2014. Thank you for your cooperation in compiling this report.

_____________________________
County Extension Agent