



## 2024-2025 Rules & Guidelines

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, veteran status, genetic information, sexual orientation or gender identity and will strive to achieve full and equal employment opportunity throughout Texas A&M AgriLife.

# District 1 Senior 4-H Food Challenge

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

**Date: October 29, 2024**

**See schedule for times**

**Location: Rex Baxter Building at Tri-State Fair Grounds**

**Registration: \$15 contest fee due by October 9th, 2024**

**Late Registration: October 14-18 \$50**

**Food Challenge resources can be found here: <https://texas4-h.tamu.edu/projects/food-nutrition/>**

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# PARTICIPANT RULES for FOOD CHALLENGE CONTEST



This symbol denotes a new or modified rule for 2024-2025. Read closely!

## NOTABLE CHANGES

- Supply Boxes:
  - ▷ **Added to Supply Box List:** Bench Scraper, Meat Tenderizer, and Rolling Pin
- Judging Time Changes:
  - ▷ Judges will now be allowed **4 minutes** to write comments for each team.

Updated June 2024

1. **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.
2. **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.  
Senior Division: Grades 9-12
3. **Teams per County.** Each County may bring unlimited senior teams to participate at the District 1 4-H Food Challenge Contest.
4. **Members per team.** Each team will have at least three and a maximum of four members. Teams may not include members in different age divisions.
5. **Substitution of team members.** Substitution of team members should be made only if necessary. 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, and 50% of the original team must still be intact.
6. **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.  
**Preparation:** Each team will create an entire dish/recipe (not a full meal) using the provided key ingredient and grocery store items. Teams must select and use at least two items and will be provided the maximum number of items they can select during orientation. 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
7. **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.
8. **Resource materials provided at contest.** Resource materials will be provided for each team at the contest. These include MyPlate Mini-Poster, Fight Bac - Fight Food Borne Bacteria Brochure, Know Your Nutrients, and Food Safety Fact Sheet. 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 may be checked by contest officials as teams check in for the contest using a standard or randomized process. Any extra equipment will be removed from the team's supply box. Boxes must be completely closed and all equipment should remain inside the box until the start of the contest. Supply boxes are limited to the following dimensions: 40" x 24" X 40". If box is on wheels, the height of the wheels is not included in the dimensions. The contest committee may measure any and/or all boxes to determine compliance to size. If boxes are out of compliance, teams may be disqualified. 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
- 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
- Cornstarch (up to 1 lb) or Flour (up to 1 lb) - team choice

11. **Awards.** All participants will be recognized and receive a participation gift, the top 3 teams in each category will receive awards.

**12. 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.

# SUPPLY BOX

Supply boxes are limited to the following dimensions: 40" x 24" X 40"

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

NEW

Bench Scraper

Bowls (up to 4 - any size)

Calculator

Can Opener

Colander

Cookie Cutters (up to 2 - team choice)

Cutting Boards (up to 4)

Disposable tasting spoons (no limit)

Dry measuring cups (1 set)

Electric Skillet

Extension cord (multiple outlet or strip style)

*Teams should be certain the extension cord is compatible (2-prong/3-prong) with the plugs on their electrical supplies*

First aid kit

Food thermometer

Fork

Gloves

Grater

Hand sanitizer

Hot pads (up to 5)

Kitchen shears (1 pair)

Kitchen timer

Knives (up to 6)

Liquid measuring cup

Manual pencil sharpener

NEW

Measuring spoons (1 set)

Meat Tenderizer

Non-stick cooking spray

Note cards (1 package - no larger than 5 X 7)

Paper towels (1 roll)

Pancake turner (up to 2)

Pencils (no limit)

Plastic box & trash bags for dirty equipment\*

Pot with lid

Potato masher

NEW

Potato peeler

Rolling Pin

Sanitizing wipes (1 container)

Serving dishes/utensils

1 plate/platter

1 bowl

1 utensil

Skewers (1 set)

Skillet with lid

Spatulas (up to 2)

Stirring spoon

Storage bags (1 box)

Tongs (up to 2)

Toothpicks (no limit)

Two single-burner or One double-burner hot plate (electric only!)

Whisk

## Pantry Items

Salt

Pepper

Oil (up to 17 oz)

1 jar chicken bouillon

1 medium onion

2 cans (up to 16 oz) vegetables and/or fruit (*team choice*)

Rice\* (white or brown) or pasta\* (up to 16 oz) (*team choice*)  
\**must be uncooked/dried*

Cornstarch (up to 1 lb) or Flour (up to 1 lb) (*team choice*)



# District 1 4-H FOOD CHALLENGE

## 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, Healthy Dessert.

Teams will have access to a “grocery store” of additional ingredients which can be 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. Preparation:
  - 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, and food safety. Teams should be exact on ingredients used, preparation steps, cooking time, temperature, etc.



7. 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.*

**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 in.

**Supply Boxes:** Boxes must be completely closed and all equipment should remain inside the box until the start of the contest. Supply boxes are limited to the following dimensions: 40" x 24" X 40". If box is on wheels, the height of the wheels is not included in the dimensions. The contest committee may measure any and/or all boxes to determine compliance to size. If boxes are out of compliance, teams may be disqualified.

An EMPTY tub for dirty dishes may be placed on top of equipment box

8. 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.
9. Cost analysis: Team will not be required to analyze cost of the recipe, nor will this be included in the presentation or scoring of the contest.
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 4 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 is included in the 40-minute preparation allotment.
12. Finished Dishes: Finished 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.

# 4-H FOOD CHALLENGE WORKSHEET

This worksheet is designed to be used to prepare for Food Challenge contests. This worksheet may be utilized as a resource at county, district, or contests; however, will not be used at the state 4-H contest.

Knowledge Of MyPlate		
Ingredient	MyPlate Group	Number of Servings Needed Each Day

Knowledge Of Dietary Guidelines	
Key Message of Dietary Guidelines	How Does This Message Align with Your Dish?

Nutrition Knowledge		
Ingredient & Healthy Substitution	Key Nutrient(s)	Nutrient Function, Benefit, & Deficiency Risks

Food Preparation	
Steps In Preparation	What was Performed in This Step and Why is This Step Important?
Main Ingredient in Dish	What Is the Role of This Main Ingredient?

Food Safety (List Any Food Safety Concerns Associated with The Dish and/or Specific Ingredients)

Serving Size Information	
How Many Total Servings Are in Dish?	What Is the Serving Size for One Person?

Additional Information (List Any Additional Information You Think is Important)

# 4-H FOOD CHALLENGE SCORECARD - PRESENTATION

Team Name: \_\_\_\_\_

Team #: \_\_\_\_\_

Entry Category:    \_\_\_ Appetizer            \_\_\_ Main Dish            \_\_\_ Side Dish            \_\_\_ Healthy Dessert

Team Presentation	Comments	Points	Score
<b><i>Knowledge of MyPlate and Dietary Guidelines:</i></b>			
Knowledge of MyPlate		5	
Knowledge of Dietary Guidelines for Americans		5	
<b><i>Nutrition Knowledge:</i></b>			
Knows key nutrition in prepared dish		6	
Knowledge of nutrient functions, effects, and deficiency risks		6	
Healthy substitutions and modifications		3	
<b><i>Food Preparation:</i></b>			
Explained key steps in how dish was prepared		4	
Role of main ingredients in dish		2	
<b><i>Safety Concerns and Practices:</i></b>			
Explained food safety according to Fight BAC		8	
<b><i>Serving Size Information:</i></b>			
Demonstrated knowledge of serving size for prepared dish		4	
<b><i>Food Appearance/Quality:</i></b>			
Food is appealing and appetizing		3	
Appeared to be cooked properly		3	
Attractive and appropriate garnish		2	
<b><i>Creativity:</i></b>			
Used ingredients in a creative way		5	
Incorporated grocery store items into dish or garnish		3	
<b><i>Effectiveness of Communication:</i></b>			
Displayed effective communication skills		6	
Poise and personal appearance		4	

## 4-H FOOD CHALLENGE SCORECARD - PREPARATION

<b>Questions:</b>			
Accurately and appropriately answered questions		6	
<b>Additional Comments:</b>		Total Points (75)	

Team Name: \_\_\_\_\_ Team #: \_\_\_\_\_

Entry Category:    \_\_\_ Appetizer            \_\_\_ Main Dish            \_\_\_ Side Dish            \_\_\_ Healthy Dessert

Effective use of communication among team members		2	
Each team member played a key role in the preparation phase, whether cooking or preparing presentation		3	
<b>Safety concerns and practices:</b>			
Exhibited knowledge of how to use equipment safely (heat, utensils, sharps, etc.)		3	
Handled ingredients appropriately to avoid cross contamination		3	
Personal Hygiene (hair, nails, jewelry, etc.)		3	
<b>Preparation:</b>			
Practiced correct cooking procedures based upon ingredients provided		3	
Completed tasks efficiently and in a logical order		2	
<b>Management:</b>			
Used workspace efficiently		2	
Effective use of time		2	
Preparation table was clean at the conclusion of the preparation period		2	

\_\_\_\_\_  
Judges Initials

<i>Additional Comments: (based on observation)</i>	Total Points (25)	
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REVISED

*August 2024*

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