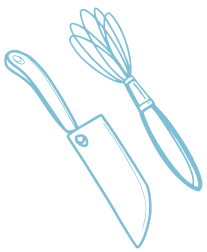
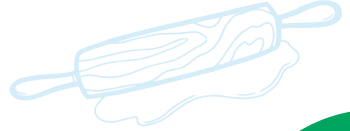


2025-2026



RULES & GUIDELINES



TEXAS A&M
AGRILIFE
EXTENSION



The Texas 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

NEW

This symbol denotes a new or modified rule for 2025-2026. Read closely!

NOTABLE CHANGES

- Supply Boxes:
 - ▷ **Additions to Supply Box Pantry:** 3 dried herbs and/or spices (up to 3 oz each – team choice)
- Resource Materials:
 - ▷ **Addition to Resource Materials:** Function of Ingredient Fact Sheet

PARTICIPANT RULES for STATE FOOD CHALLENGE CONTEST

Special Note. *The rules in this guide are for the Texas 4-H Food Challenge STATE competition held in conjunction with Texas 4-H Roundup. Please refer to county and district guidelines for information on those contests*

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.

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.

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 district.** Each district may advance four teams to compete in the state contest (the first-place team in each category at the district contest). Teams advancing to state will not automatically be assigned to the same category as they were at district.
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.** See current rules in the Texas 4-H Roundup Rules and Guidelines.
6. **Registration and entry fee.** Each team will be required to register using the standard Texas 4-H Roundup registration process and pay all registration fees associated with Texas 4-H Roundup.
7. **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

8. **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.

NEW

9. **Resource materials provided at contest.** Resource materials will be provided for each team at the contest. These include: Function of Ingredient Fact Sheet, 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
- 3 dried herbs and/or spices (up to 3 oz each – team choice)

NEW

11. Awards. State awards will be determined by the committee and are based on sponsorships.

12. Final Food Challenge. At Texas 4-H Roundup, the first-place team in each category will compete in a “Final Food Challenge,” scheduled to be held on the same day of the contest. Only teams advancing to the Final Challenge will walk the stage for awards at the nightly Texas 4-H Roundup Assembly.

During the Final Challenge at Texas 4-H Roundup, teams will only be allowed to use items from the “grocery store.” Pantry items in the supply box may need to be removed prior to the Final Challenge.

13. Participants with disabilities. Any competitor who is needing to request auxiliary aids or special accommodations should denote this in their contest registration. The County Office and/or District Extension Office should contact the Texas 4-H Roundup Food Challenge Superintendent at least two weeks before the competition to let them know of any accommodations requested by teams.

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:

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

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

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

NEW

3 dried herbs and/or spices (up to 3 oz each – team choice)

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)

TEXAS 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:
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, 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.

PARTICIPANT ORIENTATION

Note: *The rules in this guide are for the Texas 4-H Food Challenge STATE competition held in conjunction with Texas 4-H Roundup. Please refer to county and district guidelines for information on those contests.*

1. Welcome to the 4-H Food Challenge!
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.
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, or Healthy Desserts. Key ingredient examples: Appetizer (chickpeas), Main Dish (fish), Side Dish (fennel), or Healthy Dessert (Apples).

Teams will have access to a “grocery store” of additional ingredients which should be combined with the team’s “key” ingredient to create an original recipe/dish during the contest. Grocery store items will include items commonly found in grocery stores and/or home pantries, including items such as produce, seasonings, oils, 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 the cost of their recipe, nor will this be included in the presentation and 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:
Each team will create an entire dish/recipe (not a full meal) using the provided key ingredient and grocery store items. 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 developing 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: Teams will not be required to analyze the cost of their recipe, nor will this be included in the presentation and 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 these 5 minutes 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; 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. Following questions, judges will have 4 minutes to score/write comments.

11. 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.
12. 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.
13. 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.

14. 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.
15. Water jugs will be located throughout the room if needed for food preparation.
16. Trash cans are located throughout the room for your use. (Include instructions on liquid disposal.)
17. 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!
18. 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 the only thing out on the table other than the food you are presenting to the judges.
19. 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.
20. Please remain seated once time is up and do not leave the room unless escorted by your group leader to another room to wait to give your team presentation. (If needed, provide instructions on where teams will wait to give presentations.)
21. If you need to use the restroom, please let your group leader know.
22. After your team presentation, please walk back to your assigned seating area **QUIETLY** and place your dish on your table.
23. After your team presentation, 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 – taking your supply box with you! All dishes should be disposed of before you leave contest area.

NEW

24. 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, Function of Ingredients Fact Sheet, 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.
25. If you have any questions, please ask your group leader.
26. Good Luck!!!

GROUP LEADER ORIENTATION

Note: *The rules in this guide are for the Texas 4-H Food Challenge STATE competition held in conjunction with Texas 4-H Roundup. Please refer to county and district guidelines for information on those contests.*

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 four 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: Appetizer, Main Dish, Side Dish, Healthy Dessert. They do not know what category they have been assigned until they arrive today.
 - Each team will be directed to a cooking/preparation station.
 - Teams will have 40 minutes to prepare a 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. NO talking is allowed after the 40 minutes is up.
 - There will be a “key/main” ingredient at each station, but no recipe or instructions. The “key/main” ingredient will be representative of one of the following categories: Appetizer, Main Dish, Side Dish, or Healthy Desserts.
 - Teams will not be required to analyze the cost of their recipe, nor will this be included in the presentation and scoring of the contest
6. Each team will create an entire dish (not a full meal) using the provided key ingredient and grocery store items. Teams should not create side or multiple dishes with their ingredients/grocery store items.
 - Teams are challenged to be creative and developing 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.
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.

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.

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. Only those resources provided by contest officials should be used.
9. 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.
10. If electricity goes out during the preparation phase of the contest, teams will be asked to turn away from the table immediately. Contest officials will stop the clock so that no preparation time is lost.
11. 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, teams may view these in the grocery store table area. Teams may not take the original food package from the table.
12. Water jugs of water will be located throughout the room for teams to use if needed in recipe preparation.
13. Trash cans are located throughout the room for teams to use. (Include instructions on liquid disposal.)
14. Each team had the opportunity to include a small first aid kit in their supply box. If they did not bring a first aid kit or have a major injury, please direct them to the contest First Aid area (review where this is).
15. After the 40-minute preparation time is up, the team's area MUST be clean, and all the supplies and extra food items must be in their supply box. If they have a hot plate or other items cooling, it may be the only thing out on the table other than the food the team is presenting to the judges.
16. 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. 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.
17. Provide instructions on where to lead teams to waiting area for presentations.
 - 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 timekeepers for presentations, review responsibilities (i.e., knock on door at 5 minutes and then open door at 4 minutes).

18. During the preparation portion of the contest, or while teams are waiting to give their presentation – if any 4-H member must 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.

19. All dishes should be disposed of before teams leave contest area. Dishes MAY NOT be removed from the contest area for photos and/or public viewing.

20. If you have any questions, please see the contest or group leader coordinator.

NEW

21. 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, Function of Ingredients Fact Sheet, 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.

22. Thank you for spending your day with us!

JUDGES' ORIENTATION

Note: *The rules in this guide are for the Texas 4-H Food Challenge STATE competition held in conjunction with Texas 4-H Roundup. Please refer to county and district guidelines for information on those contests.*

1. Welcome!
2. Introductions and divide into judging groups
 - Need 2-3 judges per category
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 four members
5. Contest and Judging Procedures:
 - Groups have been randomly assigned to one of four categories: Appetizer, Main Dish, Side Dish, Healthy Dessert.
 - Teams do not know what category they have been assigned until they arrive today.
 - 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. Please note that teams are encouraged to study additional resources to adequately prepare for this contest.
 - Judges will need to refer to the Food Safety Fact Sheet regarding recommended food safety practices teams should follow.

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

- Judges should use Fight BAC as the resource for recommended minimum internal cooking temperatures.
- Judges will receive:
 - The name of the key ingredient teams has been given for their category.
 - A copy of the educational resources teams are given to reference as needed.
- 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

6. Preparation Phase Overview:

- There will be a “key” ingredient provided to each team at their station; no ingredient amounts, recipe or instructions will be provided. The “key” ingredient will be representative of one of the following categories: Appetizer, Main Dish, Side Dish, or Healthy Desserts.
- Teams will have access to a “grocery store” of additional ingredients which should be combined with the team’s “key” ingredient to create an original recipe/dish during the contest. Teams must 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 the cost of their recipe, nor will this be included in the presentation and scoring of the contest.
- Each team will create an entire dish/recipe (not a full meal) using the provided key ingredient and grocery store items. 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.
- 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.
- Judges should initial scorecard as the judge they were designated (ie. Judge 1, Judge 2, Judge 3).

7. Presentation Phase Overview:

- A majority of team members should participate in the 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.

- 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 may not ask questions related to what teams should have covered during the presentation.
- Judges questions should be related to general nutrition, health, chronic disease prevention or others relevant to food and nutrition.
- 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.
- Judges should ask consistent questions to each team they are judging. Questions SHOULD NOT be related to any area that should have been included in the team presentation which includes Knowledge of MyPlate, Nutrition Knowledge, Food Preparation, Safety Concerns, and Serving Size.
- Judges should refrain from conversations and comments unrelated to Food Challenge with teams and/or each other.
- 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 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.
- Judges are not allowed to taste the foods prepared.
- Placing will be based on combined preparation and presentation judge scores. Placing based on scores will be final upon tabulation. Judges should not leave judging area until dismissed. Judges' results are final upon announcement.
- Judges should initial scorecard as the judge they were designated (ie. Judge 1, Judge 2, Judge 3).

8. TIMING: 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.

Group leaders will serve as timekeeper, at the end of the 5-minute presentation time, timekeeper will say "stop" to indicate presentation should cease. They will then allow 3 minutes for judges' questions, announcing "stop" at the end of this time. Following questions, judges will have 4 minutes to score/write comments. Another option may be for judges to be given a timer or use their cell phone and asked to monitor time.

NEW

9. 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, Function of Ingredients Fact Sheet, 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. Thank you!

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
<i>Knowledge of MyPlate and Dietary Guidelines:</i>			
Knowledge of MyPlate <i>(based on 2,000 calorie diet)</i>		5	
Knowledge of Dietary Guidelines for Americans		5	
<i>Nutrition Knowledge:</i>			
Knows key nutrition in prepared dish		6	
Knowledge of nutrient functions, effects, and deficiency risks		6	
Healthy substitutions and modifications		3	
<i>Food Preparation:</i>			
Explained key steps in how dish was prepared		2	
Role and function of main ingredients in dish		4	
<i>Safety Concerns and Practices:</i>			
Explained food safety according to Fight BAC		8	
<i>Serving Size Information:</i>			
Demonstrated knowledge of serving size for prepared dish		4	
<i>Food Appearance/Quality:</i>			
Food is appealing and appetizing		3	
Appeared to be cooked properly		3	
Attractive and appropriate garnish		2	
<i>Creativity:</i>			
Used ingredients in a creative way		5	
Incorporated grocery store items into dish or garnish		3	
<i>Effectiveness of Communication:</i>			
Displayed effective communication skills		6	
Poise and personal appearance		4	
<i>Questions:</i>			
Accurately and appropriately answered questions		6	
<i>Additional Comments:</i>		Total Points (75)	

Judge 1 _____ Judge 2 _____ Judge 3 _____

4-H FOOD CHALLENGE SCORECARD

PREPARATION

Team Name: _____

Team #: _____

Entry Category: ___ Appetizer ___ Main Dish ___ Side Dish ___ Healthy Dessert

Team Observation	Comments	Points	Score
<i>Teamwork:</i>			
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	
<i>Safety concerns and practices:</i>			
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	
<i>Preparation:</i>			
Practiced correct cooking procedures based upon ingredients provided		3	
Completed tasks efficiently and in a logical order		2	
<i>Management:</i>			
Used workspace efficiently		2	
Effective use of time		2	
Preparation table was clean at the conclusion of the preparation period		2	
<i>Additional Comments: (based on observation)</i>		Total Points (25)	

4-H FOOD CHALLENGE RESULTS FORM

Age Division _____

Category _____

PLACING	TEAM NUMBER	COUNTY
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		
11		
12		
13		
14		
15		
16		
17		
18		
19		
20		
21		
22		
23		
24		

Signature, Judge 1

Signature, Judge 2

Signature, Judge 3

4-H FOOD CHALLENGE WORKERS

The Food Challenge does require some “assembly” beforehand to ensure that all the ingredients are assembled and all resources are carefully placed with the package of contest materials. However, once the contest starts, it is all fun, for both the 4-H members and those working the contest. Below is a list of the average number of officials and judges needed to facilitate the 4-H Food Challenge. Of course, these numbers will vary depending on the number of heats conducted and the number of participants entered at each level.

REGISTRATION	three to four to check in teams and check supply boxes a random box check process may be used
TIME KEEPER	one to give time warnings during preparation phase of contest
GROUP LEADERS	one per category, per age division
JUDGES	two to three for the junior/intermediate age division two to three per category for senior age division one or two per category for preparation judging
RUNNERS	two to four based on number of participants, size of contest area, and location of judging stations
HALL MONITORS	one to two to monitor halls in case participants must leave contest room (to use restroom)

4-H FOOD CHALLENGE RESOURCES

In preparation for the Food Challenge, participants should not limit themselves to studying only the contest resources provided at the contest. Resources that may be helpful can be found at:

- <https://texas4-h.tamu.edu/projects/food-nutrition/>

4-H FOOD CHALLENGE CONTEST RESOURCES

 Resource materials will be provided for each team at the contest. These include Function of Ingredient Fact Sheet, MyPlate Mini-Poster, Fight Bac - Fight Food Borne Bacteria Brochure, Know Your Nutrients, Function of Ingredients Fact Sheet, 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.

- Resource 1: MyPlate Mini-Poster
- Resource 2: Fight Bac – Fight Foodborne Bacteria Brochure
- Resource 3: Know Your Nutrients
- Resource 4: Food Safety Fact Sheet
-  Resource 5: Function of Ingredient Fact sheet

REVISED

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