

2023 PARKER CO. 4-H FOOD CHALLENGE

RULES AND GUIDELINES



ENTRY REQUIREMENTS

Review the requirements and
Parker Co. 4-H Food
Challenge Schedule


SUPPLY BOX

See supplies you'll need in
your box and the new box
size requirements.

RULES OF PLAY

Review the day of event rules
of play for each age division.

THE MEMBERS OF TEXAS A&M AGRILIFE WILL PROVIDE EQUAL OPPORTUNITIES IN PROGRAMS AND ACTIVITIES, EDUCATION, AND EMPLOYMENT TO ALL PERSONS REGARDLESS OF RACE, COLOR, SEX, RELIGION, NATIONAL ORIGIN, AGE, DISABILITY, GENETIC INFORMATION, VETERAN STATUS, SEXUAL ORIENTATION OR GENDER IDENTITY AND WILL STRIVE TO ACHIEVE FULL AND EQUAL EMPLOYMENT OPPORTUNITY THROUGHOUT TEXAS A&M AGRILIFE.

- 
- 01 Food Challenge General Information
 - 03 Teams, Categories, Attire and More
 - 04 Pantry Ingredients, Awards and Resources
 - 05 Supply Box
 - 07 Junior and Intermediate Rules of Play
 - 09 Senior Rules of Play
 - 11 FC Recipe Tips and Category Selection
 - 12 FC Team Worksheet



PARKER CO. 4-H FOOD CHALLENGE

GENERAL INFORMATION

Date: Saturday, November 4, 2023

Location: Parker County Extension Office

Time:

(Times could be subject to change due to entry numbers)

1 PM - Intermediates

2 PM - Juniors, Seniors and Clovers

Entries Due: Thursday, October 6, 2022

Entry Fee: \$5/individual

Age Divisions:

Senior Division: 9th through 12th grade

Intermediate: 6th through 8th grade

Junior Division: 3rd through 5th grade

Clovers: youth 5 years of age to 8 and not in the 3rd grade as of August 31st of the current year. ***Please note: Clover kids may participate in the Parker County 4-H Food Challenge but are not eligible to compete.***

- **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.
- **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.
- **Clarification on Food Challenge regarding items selected from the "grocery" store:** Teams must select and use at least two items and will be provided the maximum number of items they can select during orientation.

[Click Here to Enter Food Challenge](#)



FINDING THE RIGHT INGREDIENTS

Teams

First and second place teams in the three age divisions will advance to the district contest.

Members per Team:

Each team will have at least three and no more than four members.

Intermediate teams may include up to 1 junior per team.

Food Categories

There will be four food categories in which a dish may come from:

Appetizer, Main Dish, Side Dish and Healthy Dessert.

Attire

Each team will have the option of wearing coordinated clothing, aprons or hair coverings. Team members must wear closed toe shoes and hair restraints.

Resources Provided at Contest

Resource materials will be provided for each team at the contest. These include MyPlate Mini-Poster; Fight Bac – Fight Foodborne Bacteria Brochure; Know your Nutrient; Food Safety Fact Sheet; and the Food Challenge Worksheet. No other resource materials will be allowed. Teams may not use their personal copies of the resources during the contest.

Supply Box

Each team must supply their own equipment for the challenge. Junior Division team's supply box will not include the pantry ingredients listed or items that are used in heating food. Teams may bring only the supplies listed in the supply box section. 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. Supply Boxes will be certified by County Agents before arriving at the contest. Random spot checks will be done the day of the contest. Any extra equipment will be removed from the team's supply box.



Pantry Ingredients

Each **Senior and Intermediate** teams 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
- Oil (up to 17 ounces)
- 1 jar chicken bouillon
- 1 medium onion
- 2 (up to 16 ounce) cans vegetable and/or fruit (team choice)
- Rice (white or brown) or pasta (16 ounce) (team choice)

Awards

The top three high scoring food challenge teams in each food category will be recognized with ‘place ribbons’ during the awards program. The top two Senior Division, Intermediate Division and Junior Division teams will advance to the district competition on Wednesday, November 29, 2023. All District entries must be submitted on 4-H Connect (every team member) by Wednesday, November 8, 2023.

Participants with Disabilities

Any competitor who requires auxiliary aids or special accommodations must contact the Parker County Extension Office at least 2 weeks before the competition.

4-H Food Challenge Resources

In preparation for the Food Challenge, participants should not limit themselves to studying only the resources provided at the contest.

Resources that may be helpful included (but are not limited to):

MyPlate www.myplate.gov

Dietary Guidelines for Americans, 2015 <https://health.gov/dietaryguidelines/2015/guidelines/>

Fight Bac! www.fightbac.org

Nutritional Concepts

Cooking Basics for Dummies, 3rd edition





4-H FOOD CHALLENGE SUPPLY BOX

District 3 4-H Food Challenge Guide

SUPPLY BOX

Each team will bring an equipment box (40"x24"x40) containing only one each of the following items, unless a different quantity is noted:

Bowls Dip Size (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
First aid kit
Fork
Gloves
Grater
Hand sanitizer
Kitchen shears (1 pair)
Kitchen timer
Knives (up to 6)
Liquid measuring cup (2 cup size)
Manual Pencil Sharpener
Measuring spoons (1 set)
Non-stick cooking spray
Note cards (no larger than 5 X 7, 1 package)
Paper towels (1 roll)
Pancake turner (up to 2)
Pencils (no limit)
Plastic box or trash bag for dirty equipment
Potato masher
Potato peeler
Sanitizing wipes (1 container)
Serving platter or plate
Serving dishes/utensils
• 1 plate/platter
• 1 bowl
• 1 utensil
Skewers (1 set)

Spatulas (2)
Stirring spoon
Storage bags (1 box)
Tongs (up to 2)
Toothpicks (no limit)
Whisk

EMPTY tub for dirty dishes may be place on top of equipment box.

Int & Sr Division Only

- Electric Skillet
- Extension cord (Teams should be certain the extension cord is compatible (2-prong/3-prong) with the plugs on their electrical supplies)
- Food thermometer
- Hot pads (up to 5)
- Hot plate (two single burner or one double burner, electric only)
- Pot with lid
- Skillet with lid

Pantry Items

- Salt
- Pepper
- Oil (up to 17 oz)
- 1 jar chicken bouillon
- 1 medium onion
- 2 (up to 16 oz) cans vegetables and/or fruit (team choice)
- Rice (white or brown) or pasta (16 oz) (team choice)
- Cornstarch (up to 1 lb) or Flour (up to 1lb) (team choice)



DAY OF EVENT

RULES OF PLAY

JUNIOR AND INTERMEDIATE

RULES OF PLAY

Note: These rules of play are taken directly from the D3 4-H Food Challenge Guide

1. Teams will report to the designated location for check-in.
2. An orientation will be provided for all participants.
3. No electronic devices or jewelry (except for medically required) is allowed in the contest.
This includes cell phones, smart watches or other communication devices.
4. 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: Appetizer, Main Dish, Side Dish, Healthy Dessert.
5. General guidelines, resources and instructions will be located at each station to assist the team.
6. Each team will have 40 minutes to prepare the dish, plan a presentation, and clean up the preparation area.
7. Only participants and contest officials will be allowed in food preparation areas.
8. Teams that may experience any equipment malfunction(s) may not replace the equipment with supplies from another team, leader, volunteer, county agent or contest official. Instead, team members must work together and be creative in completing preparation without the malfunctioning equipment.
9. Preparation of food and presentation: Each team will be provided with a set of ingredients reflective of the assigned category and will create an entire dish using them, the amounts of ingredients based upon a recipe and a clue will be at each station to assist the team.
 - 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. (*Intermediate teams may use the “pantry items” in their supply box). Each team will create an entire dish/recipe using the provided ingredients. Dishes/recipes created should include two or more servings.
 - Teams must incorporate each ingredient into the dish. However, teams may determine the exact amount of ingredient to use.
 - The ingredients provided to each team may also be used to garnish the dish. (*Intermediate teams may use the “pantry items” in their supply box). Additional garnishing items will not be provided.
 - 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.
 - Teams will be judged during the preparation phase of the contest. This judging is based upon observation only. Refer to the preparation scorecard for detail.
10. Food and Equipment Safety: Each station will have food safety resources. 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, proper hand sanitizing techniques will be required and expected throughout the contest. If the participants decide to wear gloves, they must be changed between handling raw meats/seafood; handling cooked items; and ready to eat items or raw vegetables to prevent cross contamination. Hand sanitizers should be used during the preparation phase of the contest to further 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 inside.
11. 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.

Note: These rules of play are taken directly from the D3 4-H Food Challenge Guide

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 should have a speaking role in the presentation.**
 - b. Judging time will include:
 - 5 minutes for the presentation – No additional time allowed
 - 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 are 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.

Note: These rules of play are taken directly from the D3 4-H Food Challenge Guide

1. Teams will report to the designated location for check-in.
2. An orientation will be provided for all participants.
3. No electronic devices or jewelry (except for medically required) is allowed in the contest.
This includes cell phones, smart watches or other communication devices.
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 “purchased” and combined with the team’s “key” ingredient to create an original recipe/dish during the contest. The “grocery store” will include items commonly found in grocery stores such as produce, canned goods, crackers, dairy products, etc.
 - Teams must “purchase” at least two additional items from the “grocery store”. Teams will receive a pricing sheet for “grocery store” items at their station. “Grocery Store” items will be “purchased” using a pricing system and “contest currency.” This will enable teams to analyze the cost of their entire dish and individual serving. The currency system will be explained prior to the contest. Teams may not exceed the provided “contest currency” or trade “currency” or grocery store items with other teams. Teams will be provided a set dollar amount to “spend” at the store; each item in the store will be priced and teams must calculate cost according to total spent.
5. Each team will have 40 minutes to prepare the dish, plan a presentation, and clean up the preparation area.
6. Electrical: Teams should be prepared to only plug in one piece of equipment at a time to reduce the risk of electrical malfunction. Contest officials will announce if this is necessary during participant orientation.
7. Preparation of food and presentation: Each team will create an entire dish/recipe (not a full meal) using the provided key ingredient, pantry items, and grocery store items. Dishes/recipes created should include two or more servings. Teams should present the entire dish/ recipe to the judges and communicate during their presentation what an individual serving size should be. Teams will be responsible for determining the number of servings their dish provides. Teams should not create side or multiple dishes with their ingredients/grocery store items.
 - Teams are challenged to be creative and develop an original recipe with the ingredients provided.
 - Teams will determine the exact amount of each ingredient used based on their original recipe.
 - The key ingredient, pantry items, and grocery store items selected should be used to garnish the dish.
 - 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.
8. Food and Equipment Safety: Each station will have food safety resources. 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, proper hand sanitizing techniques will be required and expected throughout the contest. If the participants decide to wear gloves, they must be changed between handling raw meats/seafood; handling cooked items; and ready to eat items or raw vegetables to prevent cross contamination. Hand sanitizers should be used during the preparation phase of the contest to further 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 inside.
9. Nutrition: Each station will have a variety of nutrition resources/references. Each team should name key nutrients in their dish and their functions during their presentation.

Note: These rules of play are taken directly from the D3 4-H Food Challenge Guide

10. 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 should have a speaking role in the presentation.**
 - b. Judging time will include:
 - 5 minutes for the presentation – No additional time allowed
 - 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 are 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.
11. 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.
12. Judges are not allowed to taste the foods prepared. No left-over food should be shared with any participant or the audience.
13. Placing will be based on rankings of teams by judges. Judges' results are final.
14. An awards program will be held at the conclusion of the judging process.

TIPS FOR SELECTING AND PREPARING FOOD CHALLENGE RECIPIES

- 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.
- Choose recipes that can be prepared on a portable burner, skillet, griddle, etc.

CATEGORY SELECTION

Appetizer

Small dish of food or drink taken before the meal or the main course. Examples include dips and spreads, vegetables, finger sandwiches, canapes, deviled eggs, crackers,

Main Dish

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.

Side Dish

Side dishes are foods that are usually served along with a main dish or as accompaniments to the main course. Dishes may include salads, vegetables, fruit, pasta or rice dishes and/or combination vegetable dishes.

Healthy Dessert

Dishes in this category are usually served at the end of the meal or for special occasions. Healthy desserts are packed with nutrients and are lower in fat and sugar than typical desserts. Suggested dishes: fruit dishes, nutritious no bake cookies, yogurt dishes.



Knowledge of MyPlate (Write the food and in what food group it belongs):		
Food	MyPlate	Number of servings needed each day

Nutrient Knowledge (Know what this dish contributes to the diet):		
Food	Nutrients/Vitamins	What do they do for my body?

Food Preparation (Know the steps in the preparation of the food):		
Steps		What was prepared/performed in this step?

Food Safety (List food safety concerns associated with this dish):

Serving Size Information (Accurately calculate the cost of the dish and the cost per serving):		
Ingredient	Total quantity needed	Cost per measurement
TOTAL		
Total cost per serving		

WORKSHEET

