

# LOUISIANA 4-H FOOD



# CHALLENGE

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The Louisiana 4-H Food Challenge competition which challenges teams of 4-H members to create a dish using only a key ingredient and access to a “grocery store” of other ingredients. From the ingredients, team members are challenged to create a healthy dish while practicing proper food safety, food preparation, and communication skills. Following the dish preparation, teams then present to a panel of judges who will further test their culinary and nutrition knowledge with a question and answer segment.

## CONTEST OBJECTIVES

- To develop and demonstrate: cooking skills, decision making skills, stress management, critical thinking, and public speaking skills.
- To use sound nutritional knowledge when planning meals.
- To provide a competitive group cooking experience for 4-H members grades 4-12.

## RULES AND POLICIES

### STATE CONTEST DATE AND LOCATION

Tuesday, April 11, 2023 at the State Evacuation Center, Alexandria, LA

### AGE DIVISIONS

Division I: 4<sup>th</sup> – 6<sup>th</sup> graders

Division II: 7<sup>th</sup> – 8<sup>th</sup> graders

Division III: 9<sup>th</sup> – 12<sup>th</sup> graders

### CONTEST ELIGIBILITY

- A parish is permitted to enter two teams per division into the Louisiana 4-H Food Challenge.
- All contestants must be bona fide members of Louisiana 4-H as least 30 days prior to the event and age-eligible for their respective division at the time of qualification.
- Each team must consist of 3-4 members.

### CONTEST RULES

Contestants will be given a mystery food item to use as their key ingredient and have 40 minutes to prepare a dish in front of a live audience. After the dish has been prepared, contestants will bring their dish before a panel of judges where they will discuss how the prepared the dish and the cost to make it.

1. The contest key ingredient food item will be from one of four categories:
  - a. Protein
  - b. Fruit & Vegetable
  - c. Grains
  - d. Dairy
2. Teams will be randomly assigned to a category, which will not be announced until contest check-in the day of the contest.
  - a. Please note, based upon the number of entries, it is at the discretion of the contest committee to determine if all teams will compete against each other (in the same category) or be assigned to categories. Whether or not teams are assigned to categories will also determine if a “final round” is held. Once all entries are received, teams will be notified of the committee’s decision.
3. Teams may be made up of 3-4 individuals.
4. Each team must supply their own equipment for the Food Challenge contest. Teams may only bring the supplies listed in the contest supply box list. Supply boxes will be randomly checked by contest officials during the contest. Any unapproved equipment will be removed from supply boxes and placed at a storage location outside of the contest area. It is up to each team on what type

of box is used to store their supplies. **\*List for supply box given below.**

5. Teams should be prepared to only use one heat source at a time during the preparation phase of the contest to avoid electricity issues. Teams that experience any equipment malfunction(s) may not replace the equipment with supplies from another team, leaders, volunteers, parish Extension agents or contest officials. Instead, team members must work together and be creative in completing preparation.
6. Each team should dress appropriately for the preparation of food (i.e. no full or draping sleeves; closed-toe shoes only; hair appropriately restrained, etc.). Each team has the option of coordinating clothing, aprons or hair coverings.
7. No electronic devices or jewelry (except for medically required) is allowed in contest. This includes cell phones, smart watches, or other communication devices. Team members caught with and/or using electronic devices (except for medically required) will automatically disqualify the entire team and be asked to leave.

## CONTEST PROCEDURES:

1. An orientation will be provided for all participants.
2. Teams will be separated into a closed off area upon the completion of orientation. Adults will be allowed into an observation area not to interact with a team until after their presentation has been given.
3. Each team will be directed to a cooking/preparation station (one table). There will be a “key” ingredient at each station. No ingredient amounts, recipe, or instructions will be provided at the station. The “key” ingredient will be representative of the category to which the team has been assigned.
4. With the “key” ingredient provided, along with access to a “grocery store” of additional ingredients, each team will have 40 minutes to plan and prepare a dish, plan a presentation, determine the cost of the dish, and clean up their assigned preparation area.
5. Teams must “purchase” and use at least two items from the “grocery store.” These 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. 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. The currency system will be explained prior to the contest.
6. Teams must use at least two additional items from the “grocery store.” The items provided in the will be typical of what one can find in a store including, but not limited to, canned goods, dry goods, crackers, cereals, chips, and spices.
7. 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, multiple dishes, and/or drinks with their ingredients or “grocery store” items.
8. Educational resources will be provided to teams during the preparation phase of the contest. No other educational resources are allowed at the contest. The resources provided include:
  - a. MyPlate Mini Poster
  - b. Fight Bac – Fight Foodborne Bacteria Brochure
  - c. Know Your Nutrients
  - d. Food & Kitchen Safety Fact Sheet
9. Teams will be evaluated by judges during the preparation phase of the contest on teamwork, safety concerns and practices, preparation, and management. Descriptions of each element can be found on the Louisiana 4-H Food Challenge Presentation Scorecard.
10. Only participants and contest officials will be allowed in the food preparation area; however, spectators may watch from assigned areas.
11. Contest officials are not responsible for any equipment malfunctions the team may experience during the preparation period.
12. After the preparation phase of the contest, each team will give a presentation to a panel of judges. All team members must participate in the presentation.
  - a. Judging time will include:
    - i. 5 minutes for presentation
    - ii. 3 minutes for judges’ questions
    - iii. 2 minutes between team presentations for judges to score and write comments.
13. Each team is allowed up to five (5) minutes for their presentation, during which they should highlight: knowledge of MyPlate, nutrition knowledge, chronic disease prevention, food preparation, safety concerns and practices, serving size information, and cost analysis of the dish prepared. Judges will also take into consideration the appearance and quality of the food, the team’s creativity, effectiveness of communication, and teamwork when scoring the team presentation. Teams should refer to the Louisiana 4-H Food Challenge Presentation Scorecard for more details about the scoring of the team presentation.
14. Judges may taste the teams’ dish at their personal discretion but taste will not be factored into the score.
15. Following the team presentation, the judges may ask questions of the team, which will be considered by the judges when scoring the overall presentation.

**If a final round is necessary the following rules will be followed:**

15. The top team in each category may compete in a Final Challenge to determine a state champion in each division. All contest rules and procedures apply in the Final Challenge. Note: See 2a in “Contest Rules” for additional details.
16. Teams advancing to the Final Challenge will be provided with access to a facility to wash their supplies prior to the start of the Final Challenge. Note: See 2a in “Contest Rules” for additional details.
17. In the Final Challenge, teams may be presented with an additional item (equipment/appliance) to use when preparing their recipe dish. Note: See 2a in “Contest Rules” for additional details.

**In the event of a tie the following rules will be followed:**

18. The time of presentation will be taken into consideration and 1 point will be taken if presentation time exceeds 5 minutes or is under 4 minutes.
19. Creativity of the dishes will be considered by the Food Challenge committee and a winner will be chosen.

**AWARDS:**

- Division I & II awards will be determined by the committee and are based on sponsorships.
- Division III First prize will advance to the National Food Challenge Competition.

## TEAM SUPPLY BOX

Teams competing in the Louisiana 4-H Food Challenge are allowed to have the following supplies for the contest. Teams may organize their supplies in any type of box, including but not limited to, a plastic storage box or a set of plastic storage drawers.

***Please note: Only one of each item is allowed, unless otherwise noted.***

Beverage glass	Gloves	Pot with lid
Bowls	Grater	Potato masher
Dip Size (1)	Hand sanitizer	Potato peeler
Mixing (2)	Hot pads (up to 5)	Sanitizing wipes
Serving (1)	Kitchen shears (1 pair)	Serving platter or plate
Calculator	<u>DIGITAL Kitchen timer</u>	Serving utensil
Can opener	Knives (4)	Skewers (1 package – wood or metal)
Colander	Liquid measuring cup	Skillet with lid
Cutting boards (3)	Measuring spoons (1 set)	Spatula (2)
Disposable tasting spoons (no limit)	Non-stick spray	Stirring spoon
Dry measuring cups (1 set)	Note cards (no larger than 5 x 7)	Storage bags (no limit)
Electric skillet	Pancake turner	Tongs (1 set)
Extension cord	Paper towels (1 roll)	ELECTRIC hot plate (single or double burner)
First aid kit	Pencils (no limit)	Whisk
Food Thermometer	Plastic box and/or trash bag for dirty supplies	
Fork		



# LOUISIANA 4-H FOOD CHALLENGE TEAM WORKSHEET



**KNOWLEDGE OF MYPLATE (Write the food and in what food group it belongs):**

FOOD	MYPLATE	NUMBER OF SERVINGS NEEDED PER DAY

**NUTRITION 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 COST OF INGREDIENT	COST PER MEASUREMENT
<b>TOTAL:</b>		
<b>TOTAL COST PER SERVING:</b>		

**\*\*To be used for practice only. This WILL NOT be provided the day of the contest\*\***



# LOUISIANA 4-H FOOD CHALLENGE PRESENTATION SCORECARD



PARISH: \_\_\_\_\_ TEAM #: \_\_\_\_\_

CATEGORY: \_\_\_\_\_ Protein \_\_\_\_\_ Fruit & Vegetable \_\_\_\_\_ Grains \_\_\_\_\_ Dairy

	Rating				Comments	Points
	Outstanding	Good	Fair	Needs Improvement		
<b>I. TEAM PRESENTATION</b>						
<b>Knowledge of MyPlate:</b> Exhibits knowledge of food group of individual ingredients, serving amount needed from each group daily, and food group(s) represented in an individual serving of the dish. Dish prepared is representative of entry category. Team also shared personal healthy lifestyles choices based on dietary guidelines.						<i>(Max 15)</i>
<b>Nutrition Knowledge:</b> Team members know the key nutrients the dish contributes to the diet and the functions of the nutrients, as well as possible healthy substitutions that could be made.						<i>(Max 15)</i>
<b>Food Preparation:</b> Knows and can list the key steps in preparation of dish and function of ingredients.						<i>(Max 10)</i>
<b>Safety Concerns &amp; Practices:</b> Knows and applied food safety concerns in preparation and storage of dish, as well as kitchen safety measures taken in preparation of dish.						<i>(Max 10)</i>
<b>Serving Size Information:</b> Knows and included in presentation the appropriate size of serving and number of servings per dish.						<i>(Max 5)</i>
<b>Cost Analysis:</b> Correctly figured and discussed the total cost of the dish and cost per serving.						<i>(Max 5)</i>
<b>Food Appearance/Quality:</b> Appearance of food (texture, uniformity) is appealing and appetizing; appears to be cooked thoroughly, and has an attractive and appropriate garnish.						<i>(Max 5)</i>
<b>Creativity:</b> Utilized ingredients provided in a creative way and incorporated pantry items into dish.						<i>(Max 5)</i>
<b>Effectiveness of Communication:</b> Displayed effective public speaking skills, including use of voice, poise, and personal appearance.						<i>(Max 5)</i>
<b>Teamwork:</b> Each team member contributed to the team presentation.						<i>(Max 5)</i>
<b>II. PREPARATION SCORE</b>	Transfer from preparation scoresheet <i>(Maximum Points - 20)</i>					
<b>ADDITIONAL COMMENTS:</b>						<b>TIME:</b> _____



# LOUISIANA 4-H FOOD CHALLENGE PREPARATION SCORECARD



PARISH: \_\_\_\_\_ TEAM #: \_\_\_\_\_

CATEGORY: \_\_\_\_\_ Protein \_\_\_\_\_ Fruit & Vegetable \_\_\_\_\_ Grains \_\_\_\_\_ Dairy

	Rating				Comments	Points
	Outstanding	Good	Fair	Needs Improvement		
<b>I. TEAM OBSERVATION</b>						
<b>Teamwork:</b> Effective use of communication among team members; each team member has a key role in the preparation phase, whether cooking or preparing presentation						<i>(Max 5)</i>
<b>Safety Concerns &amp; Practices:</b> Team members exhibit knowledge of how to use utensils properly, handle ingredients appropriately to avoid cross contamination, and use caution and safety with heat source and utensils.						<i>(Max 5)</i>
<b>Preparation:</b> Team members display a logical process in mixing and assembling ingredients, practice correct cooking procedures based upon ingredients provided, and complete tasks efficiently and in a logical order.						<i>(Max 5)</i>
<b>Management:</b> Team members use work space efficiently and manage time appropriately. This effective use of time and space should also allow for the preparation table to be clean and picked up at the conclusion of the preparation period.						<i>(Max 5)</i>
<b>TOTAL PREPARATION SCORE</b> <i>(Maximum Points - 20)</i>						
<b>ADDITIONAL COMMENTS (based on observation):</b>						