

TEXAS A&M  
**AGRI**LIFE  
EXTENSION



# Wise County 4-H Food Challenge

## Saturday, November 4, 2023

**Time & Location TBD**

### Registration Information

Teams must register by Monday, October 16th with a \$5 per person donation to cover the cost of ingredients & supplies



For more information please call **Karly West**, CEA-4-H 940-627-3341  
or **Amy Wagner**, CEA-FCH

Texas A&M AgriLife Extension Service, Wise County - 206 S State Street, Decatur, 76234

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**2023 WISE COUNTY FOOD CHALLENGE TEAMS  
ENTRY FORM**

DUE: MONDAY, OCTOBER 16, 2023 to Wise County 4-H  
along with \$5 donation per person for ingredients/supplies

JUNIOR TEAM	CLUB
1	
2	
3	
4	

INTERMEDIATE TEAM	CLUB
1	
2	
3	
4	

SENIOR TEAM	CLUB
1	
2	
3	
4	



## Wise County 4-H Food Challenge

Saturday, November 4, 2023

Location TBD



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

**Deadline:** Food Challenge Entry Sheet due to:

- Wise County Extension Office along with a \$5 per person donation to cover the cost of ingredients/supplies by **Monday, October 16, 2023.**  
Texas A&M AgriLife Extension Service - 206 S. State Street, Decatur, TX 76234
- Bring or email a copy of the Entry Sheet to Extension office (940-627-8070) by **Monday, October 16, 2023.**

### 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/Modified Guidelines in 2023 are indicated below and are included throughout the Food Challenge guidelines.

**HEAT SCHEDULE:** A three-heat schedule is included but will only be used if we cannot accommodate the Seniors and Juniors at the same time. After determining the number of teams per division, the final schedule for each division will be set.

**SUPPLY BOX REQUIREMENTS:** An EMPTY tub for dirty dishes may be placed on top of equipment box. Please remove the beverage glass and you can add: up to 2 cookie cutters (team choice) and Cornstarch (up to 1 lb) or Flour (up to 1 lb) (team choice)

**RULES OF PLAY REMINDER-** Clarification for Intermediates and Seniors 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. ~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. ~This year Intermediates will use the same rules as the Seniors. They will be given one item and must add at least two additional items from the “grocery store”. The maximum number of items that they can select will be given to them during orientation.



## General Rules- Food Challenge

1. **Participation.** A Wise County 4-H Food Challenge contestant must be enrolled in 4-H and have actively participated in a 4-H Food and Nutrition educational project.
2. **Age Division.** Age divisions will be the participant's age as of August 31, 2023
  - Junior-** 3rd grade thru 5th grade
  - Intermediate-** 6th grade thru 8th grade
  - Senior-** 9th grade thru 12th grade
3. **Members per team.** Each team will have at least three and no more than four members. \*Intermediate teams may include up to two Juniors per team. See rule #2.
4. **Substitution of team members.** Substitution of team members should be made only if necessary. Only the same number of 4-H members qualifying at the county level will be eligible to participate at the district level. No more than two team members may be substituted, up to the day of the Food Challenge. The substitute 4-H member must have participated in the county Food Challenge to be eligible.
5. **Entry fee.** Each person entered will provide a \$5 donation to cover the cost of ingredients/supplies. Checks will be payable to **4-H Council Fund**. Submit to Wise County Extension Office, 206 S. State, Decatur, TX 76234, along with Food Challenge Entry Sheet by Monday, October 16, 2023.
6. **Food categories and 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, but assignments will not be announced until check-in the day of the contest.

### Preparation:

**Seniors & Intermediates:** 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.

**Juniors:** 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 will be at each station to assist the team. Teams are challenged with



being creative and developing their own recipe with the ingredients provided. Each team will create an entire dish/recipe using the provided ingredients. Dishes/recipes created should include two or more servings

7. **Attire.** Each team will have the option of wearing coordinated clothing, aprons or hair coverings. Team member must wear closed toe shoes and hair restraints. 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.
8. **Resource materials provided at contest.** The following resources will be provided to teams at the Food Challenge. All are available online at:

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

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

\*No other resource materials will be allowed. Teams may not use their personal copies of the resources during the contest

#### 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 include (but are not limited to):

- MyPlate - [www.myplate.gov](http://www.myplate.gov)

- Dietary Guidelines for Americans, 2015  
<https://health.gov/dietaryguidelines/2015/guidelines/>
- Fight Bac! [www.fightbac.org](http://www.fightbac.org)
- Nutritional Concepts
- Cooking Basics for Dummies, 3rd edition

9. **Supply box.** Each team must supply their own equipment for the challenge. \* The 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. 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. 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 the boxes are out of compliance, teams may be disqualified. An **EMPTY** tub or dirty dishes may be placed on top of equipment box.



10. **Pantry Ingredients** - Each Senior and Intermediate 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
  - Oil (up to 17oz)
  - 1 jar chicken bouillon
  - 1 medium onion
  - 2 (up to 16 oz) cans vegetable and/or fruit (team choice)
  - Rice (white or brown) or pasta (16 oz) (team choice)
  - Cornstarch (up to 1 lb.) or Flour (up to 1 lb.) (team choice)
11. **Awards** - The first and second place teams in both age divisions will advance to the district contest. At the county contest, this will require that all teams within one age division be judged against each other and placed (not judged and placed according to food category). *Mystery awards* may also be given based on sponsorships and committee decision.
12. **Participants with disabilities** - Any competitor who requires auxiliary aids or special accommodations must contact the Wise County Extension Office at least 2 weeks before the competition.



## SUPPLY BOX

Each team will bring an equipment box (40" x 24" x 40") 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



### Intermediate and Senior 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 1 lb.) (team choice)



## DAY OF EVENT RULES OF PLAY

### JUNIOR DIVISION

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, and 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, leaders, volunteers, county Extension agents or contest officials. Instead, team members must work together and be creative in completing preparation without the malfunctioning equipment.
9. **Preparation of Food**

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 will be at each station to assist the team.

- a. The ingredients provided to each team are based upon a recipe; however, teams are challenged with being creative and developing their own recipe with the ingredients provided. Each team will create an entire dish/recipe using the provided ingredients. Dishes/recipes created should include two or more servings. **Intermediate teams may use the Pantry Items in their supply box.**
- b. Teams must incorporate each ingredient into the dish. However, teams may determine the exact amount of ingredient to use.



- c. The ingredients provided to each team may also be used to garnish the dish. Additional garnishing items will not be provided.
- d. 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.
- e. Note cards may be used to write down the recipe that the team invents, along with notes related to nutrition and food safety. Teams should be exact on ingredients used, preparation steps, cooking time, temperature, etc.
- f. 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 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 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.

12. **Presentation of Food**: 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.

13. All team members should have a speaking role in the presentation.

14. 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.

15. 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.

16. 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.

17. No talking and no writing is allowed among any team members while waiting to give the team presentation. Team members caught talking and/or writing will receive a warning. The second time, the team may be disqualified and asked to leave the contest facility. Team members should not have pens or pencils in their possession while waiting to give their presentation.

18. 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.

19. Judges are not allowed to taste the foods prepared. No left-over food should be shared with any participant or the audience.

20. Placing will be based on rankings of teams by judges. Judges' results are final.



## DAY OF EVENT RULES OF PLAY

### INTERMEDIATE AND SENIOR DIVISION

1. Teams will report to the designated location for check-in.
2. An orientation will be provided for all participants. Each team will be directed to a cooking/preparation station. Contest categories will be revealed at the preparation station.
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 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 and use at least two additional items from the “grocery store”. Teams will not be required to analyze cost of recipe, nor will this be included in the presentation or scoring of the contest. Each team will have 40 minutes to prepare the dish, plan a presentation, and clean up the preparation area.

5. **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.
6. **Preparation:** 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.
  - 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, pantry items, and grocery store items 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, food safety, and cost analysis. 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 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 inside.
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. **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.
10. **Clean-up:** Teams must clean up their preparation areas. Clean-up time is included in the 40-minute preparation allotment. Teams will report to the designated location for check-in.



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.

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.





## TIPS FOR SELECTING AND PREPARING FOOD CHALLENGE RECIPES

- Pick recipes that require about 30 minutes for preparation AND cook time so that 4-H'ers can prepare the item in their 40-minute time frame.
- Recipes with fewer than ten ingredients typically work best.
- Locate recipes from the Internet, food network, ADA, books, magazines, etc. Remember: Keep it healthy. Modify recipes when necessary, replacing high-fat ingredients with substitutions.
- 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 DESSERTS**

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.

- Split up ingredients among teams to keep your costs down. If this is done, teams will need to be provided with a copy of or access to the original food package and nutrition facts label. Include a simple clue to guide teams in using the ingredients. Do not give them preparation steps.



- 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 having 5 minutes for their team presentation.
- Provide instructions on time: Group leaders will serve as timekeeper, knocking on door after 5 minutes and then opening the door after another 3 minutes-OR- each judging team will be given a timer and asked to monitor time.

Thank you!