



## Travis County 4-H 2013 Food Challenge



The Texas 4-H Food Challenge Guidelines, including the official supply box list, can be accessed at:  
[http://texas4-h.tamu.edu/files/2013/08/healthy\\_food\\_challenge\\_manual.pdf](http://texas4-h.tamu.edu/files/2013/08/healthy_food_challenge_manual.pdf)

**1. Entry:** A team entry fee of \$8 made payable to Travis 4-H is required. Entries must be submitted on an official Travis County 4-H entry form and must be complete. Participation is by team entry only of 3 to 5 members

**2. Eligibility:** Contestants must meet all Junior Show Rule Requirements. This contest is open to eligible 4-H youth in the junior, intermediate and Senior age divisions – All ages are as of August 31, 2013. (*Jr.: 8-10 year olds; Int.: 11-13 year olds and Sr.: 14- 18 year olds*)

**3. Contest Format:** Contestants will be randomly assigned to a contest category (see categories below). The final challenge will be determined on the contest day and will depend on the number of teams entered in each age category.

**4. Rules of Play:** The following is a summary of the contest procedure and rules:

A) Preparation: Each team will be provided with a set of ingredients, reflective of the assigned category, and will create a dish using them. The amounts of ingredients, based upon a recipe, and a clue will be at each preparation station. Contestants are challenged with creating their own recipe with the ingredients provided. Each ingredient provided must be incorporated into the dish; however, the exact amount of each ingredient to use may be determined by the contestant.

B) Resources: Each team will be provided with nutrition and food safety resources at the food preparation station to use in preparing their presentation. Prices of each ingredient will also be provided to contestants to use in analyzing the cost of the dish created. A worksheet will be provided for contestants to write down the recipe invented, as well as other key points to highlight in the presentation to the judges.

C) Presentation: After the preparation time, each team must present their dish and give an oral presentation to a judging panel.

**5. Time:** Each team will have 40 minutes for the preparation portion of the contest (prepare a dish, plan a presentation and clean up their assigned preparation area). Five (5) minutes are allowed for the oral presentation, followed by three (3) minutes for judges' questions.

**6. Question/Answer Period:** At the conclusion of each team's presentation, judges will have three (3) minutes to ask questions of the contestant related to the dish prepared and knowledge of nutrition, food safety and food preparation.

**7. Supplies:** Each team must supply their own equipment for the Food Challenge. Contestants may only bring the supplies listed in the official supply box list (4-H Food Challenge Guidelines for 2013-2014, see link above). Supply boxes will be checked by contest officials. Contestants should plan to not have access to a kitchen facility and, therefore, should plan to clean supplies upon returning home from the contest.

**8. Dress Attire:** Contestants should dress appropriately for food preparation and presentation to the judging panel.

**9. Categories:**

**Main Dish:** Food 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.

**Fruit & Vegetable:** These are side dishes or foods that are usually served along with a main dish or as accompaniments to the main course.

**Bread & Cereal:** Examples of dishes in this category are quick breads, rice dishes and pastas.

**Nutritious Snacks:** Snacks are commonly eaten between meals by those with higher energy needs. Snacks should provide energy and enhance diet quality. Suggested dishes for this category are milk drinks and floats, fruit drinks, dips and dippers, fondues, custards, sandwiches, party foods and refreshments, appetizers, pizzas, and nutritious no-bake cookies.

Please call or email Cory with any questions: [cmtalley@ag.tamu.edu](mailto:cmtalley@ag.tamu.edu), 512-854-9600