



2020 District 9 4-H Food Challenge Guidelines

*(Participants can refer to the “Texas 4-H Food Challenge Rules and Guidelines Manual, 2019-2020” for more information and to prepare for the state contest. For the District 9 4-H Food Challenge specifically, **the following rules will supersede** any rule suggestions made in the state manual. Note that the rules are very similar, but there are a few variations)*

A few notable changes are included in the written rules from the 2019 to the 2020 District 9 Food Challenge guidelines. Changes and clarifications are listed below and highlighted/bolded in the text that follows.

Notes of changes/clarifications for 2020:

****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: Main Dish, Fruits and Vegetables, Bread and Cereal, and Nutritious Snacks. Key ingredient examples: Main Dish (fish), Fruits and Vegetables (fennel), Bread and Cereal (barley), Nutritious Snacks (chickpeas).***

****Food Challenge will be held on Saturday only.***

****Team members must wear closed toe shoes and hair restraints***

****Preparation: Each team will create an entire dish/recipe (not a full meal) using the provided key ingredient and pantry items.***

****No electronic devices or jewelry (except medically required) is allowed in the contest. This includes cell phones, smart watches, or other communication devices.***

****Adjustments to schedule, divisions/categories, and award determination will be made as needed according to the number of teams entered.***

****No formal box check will be conducted prior to the contest. Boxes may be spot checked at any point during the contest.***

****Teams will consist of **3-4** members.***

****The **Supply Box** has been edited please be sure to review the new list. Gadget of the year will change each year.***

****Resource materials provided at contest. 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, and the Food Challenge Worksheet. **Resources have been updated.*****



PARTICIPATION RULES

1. Participation. Participants must be 4-H members currently enrolled in a Texas 4-H and Youth Development county program and actively participating in the Food and Nutrition project.

Any participant with known food allergies should indicate on the 4-H connect registration form. It is also helpful to send a reminder to the contest chair after the contest schedule is issued and before the contest occurs.

2. Age. Age divisions are determined by a participant's grade as of the current 4-H year.

Junior Division: Grades 3 thru 5

Intermediate Division: Grades 6 thru 8*

Senior Division: Grades 9 thru 12

**If a team has both Junior and Intermediate team members, regardless of the ratio, they must participate as an Intermediate team.*

3. Teams per county. There will be no limit on number of teams entered per county for 2020.

4. Members per team. Each team will have at least **three and no more than four** members. Teams may include a combination of members from the Junior and Intermediate age divisions. Senior teams may not include members from any other age division.

5. Substitution of team members. Substitution of team members should be made only if necessary. Only the same number of 4-H members registered for the district contest 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. A team may participate with fewer members that registered as long as there are at least 3 members participating.

6. Entry fee. Each participant will be required to pay a registration fee to cover the cost of ingredients and awards for the contest. Registration and fees are due on 4-H Connect.

7. Food categories. There are four possible food categories in each age division: Main Dish, Fruits and Vegetables, Bread and Cereal, and Nutritious Snacks. Teams will be randomly assigned to a category. Assignments will not be announced until the official start of the contest. *It is also possible all groups will have the same food category.*

8. Attire. Each team will have the option of wearing coordinated clothing and/or aprons, but it is not required. **Team members must wear closed toe shoes and hair restraints.**

9. Resource materials provided at contest. 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, Food Safety Fact Sheet, and the Food Challenge Worksheet. Optional resources will District 9 4-H Food Challenge Guidelines Revised December 2019



include copies of grocery receipts/purchase prices for age groups calculating costs. 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 as listed in the official Texas 4-H Food Challenge Guide and attached. Any extra equipment will be removed from the team's supply box. For the safety of team members, it is important that all equipment is tested, and participants are familiar with the use and functions of the equipment. The **supply box has been updated**, please review before the contest.

Supply boxes and items should be clearly marked with identification of the team/county. The contest officials are not responsible for any items not retrieved after the contest. Although, one supply box per team is ideal, more than one box is acceptable if needed to contain only the items allowed by the supply list. Teams are NOT disqualified or discounted if they do not have a complete list of supplies; they merely will only have those supplies to work with during the contest. However, anything not on the list must be removed.

NEW: No formal box check will be conducted prior to the contest. Teams will be held to the honor system. If items not on the supply list are seen in use during the contest, the team may be disqualified. Boxes may be spot checked at any point during the contest. Teams will (possibly) be responsible for moving their box from check in to prep. It is advised the boxes are easy for the members to move/roll.

Additionally, because the prep phase is held in a science lab with counter height tables, step stools can be brought and utilized for members who might prefer to use them. Just remember, everything the team brings is their own responsibility.

11. State Contest Qualification. The top four scoring Senior teams, *not necessarily each first-place team in each division*, will advance to the Texas 4-H Food Challenge.

12. Contest Schedule. A detailed contest schedule will be available during the week preceding the contest and will be sent via email to agents from each county represented as well as team captains and members for which emails are available. The number of heats and categories will depend on the total number of teams entered. The number of teams entering the contest is unlimited and the actual number is unknown until shortly before the contest. The contest schedule and food categories will be structured for maximum efficiency and fairness. Adjustments may be made to the judging times, team distribution, and age and food categories to accommodate factors present at the time of the contest. Age groups may be divided into separate categories if there are many teams in any one age division. Age groups will be divided only to keep the total number in a category at a manageable level. Any adjustments made will be designed to be fairly applied to all teams. The contest officials will make necessary adjustments for 4-H members to participate in 4-H related activities/contests on the day of the event. **If a member has a conflict they are welcome to share it with the superintendents and it will be taken into consideration (prior to the schedule being posted). Once the schedule is made and posted no non 4-H activities will be taken into consideration, at that time, only**



teams with 4-H contests/activities will be changed.

13. Participant Orientation: Because of the staggered start times, there will not be a formal group participant orientation presentation on the day of the contest. Information will be posted on the District 9 4-H website. Informational emails may also be sent to the addresses provided through 4-H Connect contest registration and to county agents. Teams will need to be familiar with written information concerning the contest. Questions should be directed to the local Extension office, or the District Office. Contest officials will also be available before and during the contest. A brief overview and question-and-answer session will be held just prior to the start of each round.

14. Preparation Observation: Teams will be observed **and scored** during the preparation phase of the contest. Observation notes will include all aspects of the preparation phase including **teamwork, safety concerns and practices, preparation, and management**. Behavior during the wait time before interviewing will also be observed. To ensure fairness to all teams, members cannot talk to each other while waiting for their interview time. Violation of the no talking rule is grounds for dismissal from the contest. The committee continues to work on strategies to move the interview process along more quickly and to provide activities during the wait time.

15. Awards- *Awards will be determined by the Big Time in D9 Food Challenge committee and are based on sponsorships. Mystery awards may also be given and are based on sponsorships and committee decision.*



RULES OF PLAY

1. Teams will report to the designated location for check-in and a brief orientation.
2. Because of the staggered start times for each heat (sometimes called “rounds”), no formal participant orientation will be conducted. Teams are responsible for thoroughly reviewing information in this packet, and available online at the District 9 4-H website. A brief review of procedure will be held 10 minutes prior to each heat.
3. NEW. No electronic devices or jewelry (except for medically required) is allowed in contest. This includes cell phones, smart watches, or other communication devices.
4. Each team will be directed to a cooking/preparation station. Contest categories will be revealed at the preparation station.
5. NEW. 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: Main Dish, Fruits and Vegetables, Bread and Cereal, and Nutritious Snacks. Key ingredient examples: Main Dish (fish), Fruits and Vegetables (fennel), Bread and Cereal (barley), Nutritious Snacks (chickpeas).
 - Teams will have access to a “pantry” of additional ingredients which should be combined with the team’s “key” ingredient to create an original recipe/dish during the contest. Pantry items will include items commonly found in grocery stores and/or home pantries, including items such as produce, seasonings, oils, etc.
 - Teams must use at least two additional items from the pantry. Teams will also receive a pricing sheet for pantry items at their station. Pantry 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 pantry items with other teams. Example: teams may be provided \$5.00 in “contest currency” to spend at the pantry; each item in the pantry will be priced and teams must calculate cost according to total spent.
6. General guidelines, resources and instructions will be available to assist the team.
7. Each team will have 40 minutes to prepare a dish, plan a presentation, and clean up the preparation area.
8. NEW. 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.
9. Teams that may experience any equipment malfunction(s) may not replace the equipment with supplies from another team, leader, volunteer, county Extension agent or contest official. Instead, team members must work together and be creative in completing preparation without the malfunctioning equipment.
10. Only participants and contest officials will be allowed in food preparation areas.
11. NEW. Preparation: Each team will create an entire dish/recipe (not a full meal) using the provided key ingredient and pantry 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/pantry 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 and/or pantry ingredients selected should be used to garnish the dish.
 - 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.
12. NEW. 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, 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 sanitizer 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.
13. Nutrition: Each station will have printed nutrition resources/references. Each team should name key nutrients in their dish and their functions.
14. NEW. Cost analysis: Price(s) of the key ingredient and pantry items will be provided to teams. Teams will calculate the price of the dish based on the amount of ingredients used. Teams should calculate the cost of the total recipe, as well as the price per serving. Teams will determine the number of servings for their recipe.
15. 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, bag or box to be cleaned at home. Left-over food should be disposed of properly. Failure to clean-up properly and within the allotted time will be included in the observation notes.
- All dirty dishes should be placed in a plastic bag. Food should not be dumped in the public restroom sinks! Hot items can be placed on top of the box and left out to cool, but it is important that everything else be put away and that the area appears to be generally neat and clean.
 - Teams will be responsible for taking their box of supplies with them to the next phase of the contest.
16. NEW. 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.
- a. 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. Review the current scorecard to make sure you are prepared to cover appropriate information.
 - b. 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.
- c. 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.
 - d. Judging time will include: 5 minutes for the presentation; 3 minutes for judges' questions; 4 minutes between team presentations for judges to score and write comments
IMPORTANT NOTE: *Interview/judging times and overall schedule may be altered to accommodate time and facility restraints. If adjustments occur, they will be applied equally to all teams in any affected category.*
 - e. Teams are allowed the use of note cards during the presentation but are discouraged to read from them, as this minimizes the effectiveness of their communication.
 - f. Judges may ask teams questions that are not directly related to the dish prepared. For example, some questions may address the general knowledge gained through the 4-H members' food and nutrition project learning experiences.
 - g. Talking and writing is NOT 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 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. *(This rule is established to ensure fairness for all teams by so that all teams are limited to the same amount of time for possible preparation discussion).*
 - h. NEW. Observation scorecards from the preparation phase will **not** be shared with the presentation judges. Overall scores are calculated from an average of observation scores and an average of presentation scores.
17. NEW. 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.
 18. To ensure food safety, judges are not allowed to taste the foods prepared. No left-over food should be shared with any participant or the audience.
 19. Placing will be based on rankings of teams by judges. Judges' results are final.
 20. Awards will be announced during the "Big Time in D9" awards assembly the evening of the contest. Teams and supporters are encouraged to stay for the entire awards presentation.



SUPPLY BOX

Each team will bring an equipment box containing only one each of the following items, unless a different quantity is noted:

Beverage glass	Paper towels (1 roll)
Bowls: Dip Size (1) Mixing (2) Serving (1)	Pancake turner
Calculator	Pencils (no limit)
Can Opener	Plastic box and trash bag for dirty equipment
Cookie Sheet	Pot with lid
Colander	Potato masher
Cutting Boards (3)	Potato peeler
Disposable tasting spoons (no limit)	Sanitizing wipes (1 container)
Dry measuring cups (1 set)	Serving platter
Electric Skillet	Serving utensil
Extension cord (<i>Teams should be certain the extension cord is compatible [2-prong/3-prong] with the plugs on their electrical supplies</i>)	Skewers (1 set)
First aid kit	Skillet with lid
Food thermometer	Spatulas (2)
Fork	Stirring spoon
Gloves	Storage bags (1 box)
Grater	Tongs
Hand sanitizer	Two single-burner hot plates OR one double-burner plate - electric only
Hot pads (up to 5)	Whisk
Kitchen shears (1 pair)	
Kitchen timer	
Knives (4)	
Liquid measuring cup (2 cup size)	
Measuring spoons (1 set)	
Non-stick cooking spray	
Note cards (no larger than 5 X 7) (1 package)	

GADGET OF THE YEAR

Teams may have the following kitchen gadget in their box for the 2019-2020 Contest Year:

Spiralizer (manual only)

PARTICIPANT ORIENTATION NOTES

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: Main Dish, Fruits and Vegetables, Bread and Cereal, and Nutritious Snacks. Key ingredient examples: Main Dish (fish), Fruits and Vegetables (fennel), Bread and Cereal (barley), Nutritious Snacks (chickpeas).

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Teams must use at least two additional items from the pantry. Teams will also receive a pricing sheet for pantry items at their station. Pantry 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 pantry items with other teams. Example: teams may be provided \$5.00 in “contest currency” to spend at the pantry; each item in the pantry will be priced and teams must calculate cost according to total spent in pantry.

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:

Each team will create an entire dish/recipe (not a full meal) using the provided key ingredient and pantry 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/pantry 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 pantry 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, food safety, and cost analysis. Teams should be exact on ingredients used, preparation steps, cooking time, temperature, etc.
8. 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, 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 sanitizer 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.

9. **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.
10. **Cost analysis:** Price(s) of the key ingredient and pantry items will be provided to teams. Teams will calculate the price of the dish based on the amount of ingredients used. Teams should calculate the cost of the total recipe, as well as the price per serving. Teams will determine the number of servings for their recipe.
11. **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.
12. 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.
13. 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.
14. 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, you may view it in the pantry table area. Teams may not take the original food package from the table.
15. 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.
16. Igloos/jugs full of water will be located throughout the room if needed.
17. Trash cans are located throughout the room for your use. (Include instructions on liquid disposal.)
18. Each team has 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!
19. 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 or in the trash. 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.
 20. 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.
 21. 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.)
 22. If you need to use the restroom, please let your group leader know.
 23. After your team presentation, please walk back to your assigned seating area **QUIETLY** and place your dish on your table.
 24. 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.
 25. If you have any questions, please ask your group leader.
 26. Good Luck!!!