

DIVISION 418 4-H FOOD REVUE

Premium: Purple - \$4, Blue - \$3, Red - \$2,
White - \$1.50

NOTE: Contest will be held July 19 at the Fairgrounds.

The contest is open to any 4-H member currently enrolled in a food and nutrition project. Individuals 11 years of age and under as of January 1, of the current year will participate in the Junior Division. Individuals 12 years of age or older as of January 1, of the current year will participate in the Senior Division. Each participant should plan their own exhibit to fit on a standard card table, provided by the exhibitor. The exhibit should include the following:

a. Two posters (8 ½" x 11")

Poster One: A recipe of the food

Poster Two: A menu for the meal featuring the food item.

b. One place setting for the menu featured. Use tableware (dishes, silverware, etc.) appropriate for the planned occasion.

c. A center piece appropriate for the planned occasion.

d. One serving of the prepared food on/in the appropriate dish.

e. Table covering, appropriate for the occasion (tablecloth, placemats).

Each 4-H member is responsible for bringing their own card table the day of the revue and setting up their own display. Interview judging will be used to evaluate each exhibit. Participants may be asked questions about preparation of the recipe, selection and management of the menu or nutritional information in regard to the menu exhibited. No alcoholic beverages should be used as ingredients in foods, displayed, nor included in Food Revue menus. (If the ingredient cannot be legally purchased by the 4-H member, it should not be part of the exhibit; not in a food product, on the menu nor on display.) Each participant must remove the food from the display following the judging. Superintendent will give 4-H'er permission to remove food.

900. Jr. Division Food Revue (11 years of age and younger as of January 1, of the current year).

910. Sr. Division Food Revue (12 years of age or older as of January 1, of current year).

DIVISION 500 4-H CULINARY CHALLENGE CONTEST

Premium: Purple- \$4, Blue -\$3, Red - \$2,
White -\$1.50

Purpose of the contest:

The 4-H Culinary Challenge Contest will require youth to demonstrate healthy decision making through nutrition, food preparation, menu planning, and food safety, utilizing foods and nutrition curriculum. Youth will apply healthy living knowledge and skills by planning a nutritious menu, demonstrating their understanding of time management skills in the kitchen, and expressing their originality and creativity through an appropriate themed and properly set table. Youth will:

A. Create a menu

B. Prepare one food item

C. Choose an appropriate theme for their occasion while expressing their food, nutrition, and food safety knowledge during a live interview with a judge at the contest.

D. In order to highlight knowledge and skills acquired during pre-contest preparation, youth will utilize technology as part of their interview.

Eligibility:

Winners at a county contest (Table Toppers, Favorite Foods or other such contest) may advance to the 4-H Culinary Challenge Contest, but participation at the county level is not required. The 4-H'er must be enrolled in at least one Foods and Nutrition project to enter the Contest. Each County is eligible to submit up to 4 teams of two 4-H members for the 4-H Culinary Challenge Contest to be held during the Nebraska State Fair. Selection of such eligible teams shall be at the discretion of the county.

Challenge Ingredient/Item:

A challenge ingredient will be selected each year, highlighting a Nebraska commodity food product. **The 2017 challenge ingredient is dried beans, peas and lentils. These may be used in any form, including dry-packaged or canned. More information about the Nebraska Dry Bean Commission may be found at <http://nebraskadrybean.com/>.** Each team must incorporate the challenge ingredient into their food item they will be presenting during the contest. This may require altering a recipe or creatively incorporating an item into their overall table theme. (For example: hummus, bean salads, soups, baked beans, or any other recipe using dried beans, peas or lentils in a creative way. The challenge ingredient must also be included in the interview presentation, demonstrating youth knowledge of the ingredient, such as nutritional value, a farm-to-fork concept, or how to adapt a recipe to include the ingredient.

Judges Interview:

The team should view themselves as the hosts, welcoming the judge, cooperatively presenting the table to the judge, incorporating multi-media resources, and answering any questions from the judge. Teams must be prepared to present to the judge utilizing technology. (PowerPoint, picture story, or other multi-media resource. Presentations may include photos, clip art, animation, video or audio sound.) The 4-H members should cooperatively present a verbal presentation to the judge that is highlighted by their multi-media presentation via computer or iPad. Participants must provide their own computer or other equipment needed for their 4-H Foods Event judging interview. Presentations will occur at participants' tables. Please do not bring projectors or other equipment which will require extra space.

General Rules/Guidelines

1. All teams must be enrolled in a 4-H foods or nutrition project during the current year.
2. Provide your own card table.
3. Upon arriving, check-in at the registration table. Teams will be assigned a specific area to set up.
4. Only contestants will be allowed to set up or arrange table settings.
5. Participants must have their table setting ready by the assigned time. Once tables are set, contestants should stay with their tables, as they are responsible for items placed on tables.
6. During judging, 4-H members may choose to dress in appropriate clothing, costume, or accessories relevant to the theme. A 4-H chevron or 4-H emblem must be visible on clothing.

Contest resources:

SF 4-H Culinary Challenge Contest Score Sheet. More information regarding proper table setting guidelines, recipe development resources, and food safety guidelines are also available through the website at <http://food.unl.edu/youth/projects>.

97. + Intermediate- ages 10-13

98. + Senior – ages 14-18