

# 4-H CULINARY CHALLENGE

Superintendent – Abby Elder  
Jr. Superintendent – Roz Bolek

## Purpose of the Contest

- Youth will 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 create a menu, prepare one food item from their menu, choose an appropriate theme, and provide nutrition and food safety knowledge during their presentation.
- In order to highlight knowledge and skills acquired during pre-contest preparation, youth will utilize technology as part of their interview.

## General Rules

- A. All exhibitors must be enrolled in a 4-H foods and nutrition project during the current 4-H year.
- B. Exhibitors have the option to participate individually OR as a team with the understanding that only teams receiving a purple qualify to advance to the State Fair Contest. No individual presentations are allowed at the State Fair contest. Qualifying teams must be exhibitors age 10 and older. Teams can be made of a Sr. and Jr. Exhibitor however, they will compete in the senior division.
- C. Judging interviews will be approximately 8-10 minutes for the Junior Division (age 8-12 years of age) and 12 to 15 minutes for Senior Division (age 13 and older)
- D. Exhibitors must provide their own card table & table setting.
- E. Tables will be set prior to meeting with the judge. Participants must have their table setting ready according to their assigned order.
- F. During judging exhibitors may choose to dress in appropriate clothing, costume or accessories relevant to their theme.
- G. All tables and table setting will be removed following a designated time for display.
- H. A challenge ingredient will be selected each year, highlighting a Nebraska food product. **The 2019 Challenge Ingredient is dairy.** Please keep food safety in mind when selecting the recipe used for the Challenge. Foods must be able to be kept chilled during transport to the contest, then be able to be re-heated in a slow cooker or microwave. 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: apple fritters, applesauce muffins, apple-based salad, etc.) The challenge ingredient must also be included in the interview presentation,

demonstrating knowledge of the ingredient, such as nutritional value, a farm-to-fork concept, or how to adapt a recipe to include the ingredient.

- I. Judges Interview: The team or individual should view themselves as the hosts, welcoming the judge, with teams cooperatively presenting the table to the judge, incorporating multi-media resources and answering any questions from the judge. You must be prepared to present to the judge using technology such as power point, picture story or other multi-media resource. Presentations may include photos, clip art, animation, video or audio sound. Teams should cooperatively present a verbal presentation to the judge that is highlighted by their multi-media presentation via computer or tablet. A laptop will be provided for your use if needed, however you will need to have your presentation on a memory stick. Presentation will occur at your table.
- J. Considerations should be given to creatively include the following items through the multi-media presentation:
  - Nutritional facts of your menu
  - Food safety
  - Time management
  - Choice of menu
  - Food preparation
  - Food handling techniques
  - Recipe of the food item shared with the judge
  - Challenge ingredient (nutritional value, farm-to-form, recipe revision, etc.

At the conclusion of the contest, the dishes prepared will be shared (“a tasting”) with the audience.

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### **Division E430**

Team members should each register for the division listed below on your Fair Registration. There are no numbers to register as a team.

**E430001 Senior** (Ages 12-18 as of Jan. 1)

**E430002 Junior** (Ages 8-11 as of Jan. 1)