

Culinary Challenge

The 4-H Culinary Challenge Contest will require youth to demonstrate healthy decision making through nutrition, food preparation, menu planning, and food safety, utilizing a foods and nutrition curriculum. They 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. To showcase these skills, youth will create a menu, prepare a food item, and 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. In order to highlight knowledge and skills acquired during pre-contest preparation, youth will utilize technology as part of their interview.

Rules

A. Exhibitors have the option to participate individually (county only) **OR** as a team, however county contest is not required in order to participate in the State Contest. If a county contest is held, teams **must receive a purple** in order to advance to the State Fair competition. Qualifying teams must be exhibitors aged 8 and older. Teams can be made of a Sr. and Int. Exhibitor however; they will compete in the senior division.

B. All exhibitors must be enrolled in a 4-H foods and nutrition project during the current 4-H year.

C. Judging interviews will be approximately 12 to 15 minutes for F500010 - **Junior**, F500011 - **Intermediate**, and F500012 - **Senior** Divisions. This time includes a short presentation by the teams, as well as questions from the judge.

D. Teams (or individuals) should arrive at least 15 minutes prior to your assigned time to set up their table.

E. Exhibitors must provide their own card table for the display.

F. Tables will be set prior to meeting with the judge. Only Contestants will be allowed to set up or arrange table settings.

G. During judging exhibitors may choose to dress in appropriate clothing, costume or accessories relevant to their theme.

H. All tables and table settings will need to be brought to the 4-H Building on the day of static judging and reset up for display. For Display purposes please take a photo of your food dish, this will be used in place of the real dish.

I. A challenge ingredient will be selected each year, highlighting a Nebraska food product.

J. Each county is eligible to submit up to 4 teams of 2 4-H members for the 4-H Culinary Challenge Contest State Fair 4-H Foods Event during the Nebraska State Fair.

K. 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 another 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. Please come prepared to use your own means of technology. If you do not have access to a device, please email Ashley and a laptop will be provided for you. However, you will need to have your presentation on a memory stick. The presentation will occur at your table.

L. 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.

Challenge Ingredient/Item

A challenge ingredient will be selected each year, highlighting a Nebraska commodity food product. **The 2024 challenge ingredient is soy.** 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 microwave if needed. 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. 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.

Culinary Challenge

Teams of two 4-H members will have the opportunity to participate in the 4-H Culinary Challenge Contest. Teams will be determined by the oldest 4-H'ers age and will be placed as follows:

F500010* **Junior** - ages 8 – 10

F500011* **Intermediate** – ages 11 – 13

F500012* **Senior** – ages 14 - 18.

(Age divisions will be determined by their 4-H age, the age of the youth before January 1 of the current year.)

*State Fair Eligible

Scoresheets, Forms, and Contest Study Materials

Scoresheets can be found at: <https://go.unl.edu/ne4hculinarychallenge>.

