

2022

4-H CULINARY CHALLENGE

Purple, \$7.50; Blue, \$4; Red, \$3; White, \$2

Plan a menu suitable for an indoor or outdoor meal. Members will prepare one food from the menu at home and bring it along with selected table service, two display cards and own card table/eating area.

The food may be an individual serving or for family service. Recipes may be from any source. The table service will include dishes, flatware and table linens for two place settings plus centerpiece. Paper plates are acceptable. The display cards should be approximately 4 inches by 6 inches. Print or type the theme or event title and complete menu on one card, and the recipe on another.

Dress should be appropriate for category.

4-H'er must be enrolled in the Culinary Challenge (Food Fare) project to participate. Advanced registration should be submitted to the Extension Office seven days before the contest.

Junior Class (under 12 years of age January 1 of current year):

E413020 Any Theme (Examples: Birthday, Holiday, Picnic, Breakfast, Tea, Luau, etc.)

Senior Class (12 years of age or older January 1 of current year):

E413021 Any Theme (Examples: Birthday, Holiday, Picnic, Breakfast, Tea, Luau, etc.)

Culinary Challenge Team Contest

The purpose of the Culinary Challenge Contest is for youth to demonstrate healthy decision making through nutrition, menu planning, food preparation, and food safety. 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. The contest requires teams of two youth to choose a theme, create a menu, prepare one food item (and bring it to the contest), and present their table to a judge. Youth must incorporate a CHALLENGE ingredient into their menu. The 2022 Challenge ingredient is **WHEAT**. Please keep food safety in mind when selecting the recipe used for the Challenge. Foods must 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. Technology must be incorporated into their presentation. Some possibilities include: use of an iPad, tablet or laptop with PowerPoint, picture story, video of food prep, or digital menu card. Youth are encouraged to be creative!

Judge's 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, such as 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 tablet. 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.

Considerations should be given to creatively include the following items through the multi-media presentation:

- nutritional facts of their menu
- food safety
- time management
- choice of menu
- food preparation
- cost of item/per serving
- food handling techniques
- recipe of the food item shared with the judge
- challenge ingredient (nutritional value, farm-to-fork, recipe revision, etc.)

Junior Class (10-13 years of age January 1 of current year):

*E413022 Culinary Challenge Contest

Senior Class (14 years of age or older January 1 of current year):

*E413023 Culinary Challenge Contest