

FAVORITE FOODS REVIEW- Nuckolls County ONLY

Scoresheet: CF020

Premium Code: CONTESTS

Note: If you do want to compete as an individual and NOT give a multi-media presentation, choose the Favorite Foods Review. If you want to compete as a team, make a multimedia presentation, and have the option to go to state fair, choose culinary challenge (see below).

1. Plan a menu suitable for an indoor or outdoor meal. Participants will need to prepare at home one food described in their menu and bring it along with a selected table service, two display cards (see #3) and card table. During judging, 4H members may choose to dress in appropriate clothing, costume, or accessories relevant to the theme.
2. The food may be an individual serving or family service. Recipes may be from any source. Food should be served as it would be for a meal. The table service will include dishes, flatware, & table linens for one place setting, and centerpiece. Paper plates are acceptable.
3. The display cards should be approximately 4" x 6". Print the situation (i.e. lunch for bike hike) and complete menu on one card and the recipe on another.
4. Displays will be set up independent of adults. Members will be asked questions concerning the preparation according to method, time management, the menu, or their choice of table service.

Dept F Division 500

Class

28* Favorite Foods Review Contest

CULINARY CHALLENGE CONTEST- Nuckolls County ONLY

Scoresheet: CF020

Premium Code: CONTESTS

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.

Criteria:

1. **The challenge ingredient for 2024 is Soy** to highlight a Nebraska commodity food product. 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. 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.
2. 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.
3. 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.)

Rules:

1. A team will consist of two members to be eligible to compete. Exhibitors must both be 8 years old as of January 1 to compete at the State Fair.
2. All team members must be enrolled in a 4-H Foods and Nutrition project during the current 4-H year.
3. The judging interviews will be approximately 12-15 minutes. This time includes a short presentation by the teams, as well as questions from the judge.
4. Teams should arrive at least 15 minutes prior to contest time to set up their table.
5. Only contestants will be allowed to set up or arrange table settings and are responsible for items placed on the table.
6. During judging, 4H members may choose to dress in appropriate clothing, costume, or accessories relevant to the theme.

Dept F Division 500
Class
97 Culinary Challenge

THAYER COUNTY CULINARY CHALLENGE
Formerly Favorite Foods Contest

Rules:

1. Plan a menu suitable for an indoor or outdoor meal. Participants will need to prepare at home one food described in their menu and bring it along with a selected table service, two display cards (see #3) and card table. During judging, 4H members may choose to dress in appropriate clothing, costume, or accessories relevant to the theme.
2. The food may be an individual serving or family service. Recipes may be from any source. Food should be served as it would be for a meal. The table service will include dishes, flatware, & table linens for one place setting, and centerpiece. Paper plates are acceptable.
3. The display cards should be approximately 4" x 6". Print the situation (i.e. lunch for bike hike) and complete menu on one card and the recipe on another.
4. Displays will be set up independent of adults. Members will be asked questions concerning the preparation according to method, time management, the menu, or their choice of table service.

General Rules: A challenge ingredient will be selected each year. **The 2024 challenge ingredient is Soy.** Each participant **MUST** incorporate the challenge ingredient into recipe or creatively incorporating an item into their overall table theme. Participants may plan an event using any theme for any occasion (i.e. themselves, a family member, a pet etc).

Dept F Division 500
Class
55 Culinary Challenge- Thayer County ONLY