

Palo Pinto County 4-H



2025 4-H Food Challenge Rules & Guidelines

**Palo Pinto County 4-H Food Challenge
Sunday, October 19, 2025**

**Afternoon Start Time - Schedule to be Released after Entries are Received
Palo Pinto ISD Cafeteria**

Entry Deadline: Monday, October 6, 2025

**Entries can be completed at <https://forms.office.com/r/bgdYdCSg8J>
or by calling the Extension office at 940-659-1228**



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Questions?



PALO PINTO COUNTY OFFICE

PHONE: 940-659-1228

EMAIL: LYNETTE.BABCOCK@AG.TAMU.EDU

Objectives

- Provide opportunities for participants to exhibit their knowledge and skill when preparing and presenting a dish
- Provide opportunities for participants to learn from other team members
- Promote teamwork
- Give participants opportunities for public speaking
- Provide leadership opportunities

General Rules

Participation: Food Challenge contestants must be currently enrolled in 4-H and actively participating in a 4-H Food and Nutrition educational project.

Age Divisions: Age divisions will be the participant's grade level as of August 31, 2025.

- **Junior:** 3rd - 5th grades
- **Intermediate:** 6th - 8th grades
- **Senior:** 9th - 12th grades

Teams Per Club: Multiple teams may enter the county contest from each club. The first and second place teams in all three age divisions at the county food challenge will advance to the district contest. At the county contest, this will require that all teams within one age division be judged against each other and placed (not judged and placed according to food category).

Members Per Team: Each team will have at least three and no more than four members.

Registration: Teams must register by Monday, October 6, 2025. Registration can be completed at <https://forms.office.com/r/bgdYdCSg8J> by calling the Extension office at 940-659-1228. The names of team members will be required.

Participants with Disabilities: Any competitor who requires auxiliary aids or special accommodations must contact the Palo Pinto County Extension Office at least 2 weeks before the competition.

Attire:

Each team will have the option of wearing coordinated clothing, aprons, or hair coverings.

Team members must wear closed-toe shoes and hair restraints (during the food preparation portion of the contest). Examples of acceptable hair restraints include hairnets, bandanas with hair completely pulled back, Chef hats with hair restrained inside, or caps with hair completely tucked inside.

Supply Box: Each team will bring their own equipment for the contest.

Teams may bring only the supplies listed in the supply box section. Supply boxes may be checked by contest officials as teams check-in for the contest using a standard or randomized process. Any extra equipment will be removed from the team's supply box. Boxes must be completely closed and all equipment should remain inside the box until the start of the contest. Supply boxes are limited to the following dimensions (can not be larger than): 40" x 24" X 40". If the box is on wheels, the height of the wheels is not included in the dimensions. Please see the next page for supply box items.

Pantry Ingredients: Each Senior and Intermediate team may include in their equipment box approved "pantry" ingredients, which they may use when preparing their dish if desired. There is no requirement to use these items, nor is it mandatory that teams include these in their supply box.

The complete list of supply box items and pantry ingredients is available on the next page.

Food Categories: Recipes will be selected from one of four categories in each age division. These include: Appetizer, Main Dish, Side Dish, and Healthy Dessert. All teams in an age group will be given the same ingredient(s) and ingredient list.

Preparation:

- **Seniors & Intermediates:** Each team will create an entire dish/recipe (not a full meal) using the provided key ingredient and grocery store items. Teams must select and use at least two items and will be provided the maximum number of items they can select during orientation. Dishes/recipes created should include two or more servings. Teams should present the entire dish/recipe to the judges and communicate during their presentation what an individual serving size should be. Teams will be responsible for determining the number of servings their dish provides. Teams should not create side or multiple dishes with their ingredients/grocery store items.
- **Juniors:** Each team will be provided with a set of ingredients reflective of the assigned category and will create an entire dish using them. The amounts of ingredients based upon a recipe will be at each station to assist the team. Teams are challenged with being creative and developing their own recipe with the ingredients provided. Each team will create an entire dish/recipe using the provided ingredients. Dishes/recipes created should include two or more servings.

SUPPLY BOX

Each team will bring an equipment box (no larger than 40"x24"x40) containing only one each of the following items, unless a different quantity is noted:

- ___ Bench Scraper
- ___ Bowls Dip Size (up to 4, any size)
- ___ Calculator
- ___ Can Opener
- ___ Colander
- ___ Cookie Cutters (up to 2 – team choice)
- ___ Cutting Boards (up to 4)
- ___ Disposable tasting spoons (no limit)
- ___ Dry measuring cups
- ___ First aid kit
- ___ Fork
- ___ Gloves
- ___ Grater
- ___ Hand sanitizer
- ___ Kitchen shears (1 pair)
- ___ Kitchen timer
- ___ Knives (up to 6)
- ___ Liquid measuring cup (2 cup size)
- ___ Manual Pencil Sharpener
- ___ Measuring spoons (1 set)
- ___ Meat Tenderizer
- ___ Non-stick cooking spray
- ___ Note cards (no larger than 5 X 7, 1 package)
- ___ Paper towels (1 roll)
- ___ Pancake turner (up to 2)
- ___ Pencils (no limit)
- ___ Plastic box or trash bag for dirty equipment
- ___ Potato masher
- ___ Potato peeler
- ___ Rolling Pin
- ___ Sanitizing wipes (1 container)
- ___ Serving platter or plate
- ___ Serving dishes/utensils
 - ___ 1 plate/platter
 - ___ 1 bowl
 - ___ 1 utensil
- ___ Skewers (1 set)

- ___ Spatulas (2)
- ___ Stirring spoon
- ___ Storage bags (1 box)
- ___ Tongs (up to 2)
- ___ Toothpicks (no limit)
- ___ Whisk

An empty tub for dirty dishes may be placed on top of the equipment box.

Additional Items Only for Intermediate & Senior Divisions

- ___ Electric Skillet*
- ___ Extension cord (Teams should be certain the extension cord is compatible (2- prong/3-prong) with the plugs on their electrical supplies)
- ___ Food thermometer
- ___ Hot pads (up to 5)
- ___ Hot plate (two single burners or one double burner, electric only) *
- ___ Pot with lid
- ___ Skillet with lid

*At the county contest, teams will be asked to only use one item at a time that requires electricity.

Pantry Items

- ___ Salt
- ___ Pepper
- ___ Oil (up to 17 oz)
- ___ 1 jar chicken bouillon
- ___ 1 medium onion
- ___ 2 (up to 16 oz) cans vegetables and/or fruit (team choice)
- ___ Rice (white or brown) or pasta (16 oz) (team choice)
- ___ Cornstarch (up to 1 lb) or Flour (up to 1lb) (team choice)
- ___ 3 dried herbs and/or spices (up to 3 oz each - team choice)

Resource Materials Provided at Contest: The following resources will be provided to teams at the Food Challenge.

All are available online at: <https://texas4-h.tamu.edu/projects/food-nutrition/>

- Resource 1: MyPlate Mini-Poster
 - <https://texas4-h.tamu.edu/wp-content/uploads/MyPlate-Mini-Poster.pdf>
- Resource 2: Fight Bac – Fight Foodborne Bacteria Brochure
 - https://texas4-h.tamu.edu/wp-content/uploads/food_nutrition_food_challenge_fight_back_brochure.pdf
- Resource 3: Know Your Nutrients
 - https://texas4-h.tamu.edu/wp-content/uploads/food_nutrition_know_your_nutrients.pdf
- Resource 4: Food Safety Fact Sheet
 - https://texas4-h.tamu.edu/wp-content/uploads/food_nutrition_kitchen_safety_fact_sheet.pdf
- Resource 5: Function of Ingredient Fact Sheet
 - https://texas4-h.tamu.edu/wp-content/uploads/food_nutrition_fact_sheet_functions_of_ingredients.pdf

*No other resource materials will be allowed. Teams may not use their personal copies of the resources during the contest.

Awards: Placings will be announced on the Palo Pinto County 4-H Facebook page after the contest has been completed. The top two Senior Division, Intermediate Division and Junior Division teams will advance to the district competition on Wednesday, November 12, 2025. Winning teams need to confirm that they want to participate in the District contest.

Additional Resources for Contest Preparation: In preparation for the Food Challenge, participants should not limit themselves to studying only the resources provided at the contest. Resources that may be helpful included (but are not limited to):

- MyPlate
 - www.myplate.gov
- Fight Bac!
 - www.fightbac.org
- Resources from Texas 4-H
 - <https://texas4-h.tamu.edu/projects/food-nutrition/>

4-H Food Challenge Tips for Success:

Preparation

- Be aware of what category your team was given
- Look at all of your ingredients and work together to make a plan.
- Be organized
- Work together as a team.
- Be sure that you know how to operate your equipment.
- Remember Food Safety and Kitchen Safety
- Think about plating

Presentation

- Make each team member a “specialist” in an area.
Examples: Preparation Steps, MyPlate, Nutrients, Food Safety
- Use the scorecard as a guide as to what to include
- Be specific and include details
- Don’t talk over each other
- It is okay if you don’t know the answer to a question
Say – I am not sure, but I would be happy to research that and find out.

JUNIOR DIVISION DAY OF EVENT RULES OF PLAY

1. Teams will report to the designated location for check-in.
2. An orientation will be provided for all participants.
3. No electronic devices or jewelry (except for medically required) is allowed in the contest. This includes cell phones, smart watches, or other communication devices.
4. Each team will be directed to a cooking/preparation station. There will be a set of ingredients at each station, but no recipe. The ingredients will represent a recipe from one of the following categories: Appetizer, Main Dish, Side Dish, and Healthy Dessert.
5. Contest resources will be located at each station to assist the team.
6. Each team will have 40 minutes to prepare the dish, plan a presentation, and clean up the preparation area.
7. Only participants and contest officials will be allowed in food preparation areas.
8. Teams that may experience any equipment malfunction(s) may not replace the equipment with supplies from another team, leaders, volunteers, county Extension agents or contest officials. Instead, team members must work together and be creative in completing preparation without the malfunctioning equipment.
9. Preparation of food and presentation:
Preparation
Each team will be provided with a set of ingredients reflective of the assigned category and will create an entire dish using them. The AMOUNTS of ingredients based upon a recipe will be at each station to assist the team.
 - a. The ingredients provided to each team are based upon a recipe; however, teams are challenged with being creative and developing their own recipe with the ingredients provided. Each team will create an entire dish/recipe using the provided ingredients. Dishes/recipes created should include two or more servings.
 - b. Teams must incorporate each ingredient into the dish. However, teams may determine the exact amount of ingredient to use.

JUNIOR DIVISION
DAY OF EVENT RULES OF PLAY (CONTINUED)

- c. The ingredients provided to each team may also be used to garnish the dish. Additional garnishing items will not be provided.
- d. Teams will not be required to analyze the cost of their recipe, nor will this be included in the presentation and scoring of the contest.
- e. Note cards may be used to write down the recipe that the team invents, along with notes related to nutrition, and food safety. Teams should be exact on ingredients used, preparation steps, cooking time, temperature, etc.
- f. Teams will be judged during the preparation phase of the contest. This judging is based upon observation only! Refer to the Preparation Scorecard for detail.

10. Food and Equipment Safety: Each station will have food safety resources. A safe and sanitary working environment must be maintained during the contest. Each station will have food and kitchen safety resources. Teams should follow the steps listed to ensure proper food and equipment safety is followed. Judges will be scoring teams on food and equipment safety during the preparation phase of the contest. Teams should also discuss safety steps used during the presentation phase of the contest.

Gloves: Gloves do not have to be worn throughout the contest; however, there should always be a barrier between your hand and any food touched. A barrier includes gloves and/or cooking utensil. When wearing gloves, they must be changed between handling raw meats/seafood; handling cooked items; and ready to eat items or raw vegetables to prevent cross-contamination.

Hair Restraint: Each team member must wear a hat, hair net and/or other type of hair restraint during the food preparation part of the competition. Examples of acceptable hair restraints include hairnets, bandana with hair completely pulled back, chef hat with hair restrained inside, or cap with hair completely tucked inside.

11. Nutrition: Each station will have a variety of nutrition resources/references. Each team should name key nutrients in their dish and their functions. Refer to the nutritional information provided at each station.

12. Presentation: When time is called, each team will present their dish, according to the criteria on the score card, to a panel of at least two judges. Teams must be able to communicate with the judges effectively.

- a. All team members should have a speaking role in the presentation,

JUNIOR DIVISION
DAY OF EVENT RULES OF PLAY (CONTINUED)

b. Judging time will include:

- 5 minutes for the presentation – No additional time allowed
- 3 minutes for judges' questions
- 4 minutes between team presentations for judges to score and write comments.

c. Teams are allowed the use of note cards during the presentation but should not read from them, as this minimizes the effectiveness of their communication.

d. Judges may ask teams questions that are not directly related to the dish prepared. Instead, some questions may address general knowledge gained through the 4-H members' food and nutrition project learning experiences.

e. No talking and no writing are allowed among any team members while waiting to give the team presentation. Team members caught talking and/or writing will receive a warning. The second time, the team may be disqualified and asked to leave the contest facility. Team members should not have pens or pencils in their possession while waiting to give their presentation.

13. Clean-up: Teams must clean up their preparation areas. Clean-up time is included in the 40-minute preparation allotment. Teams should plan to not have access to a kitchen facility; therefore, dirty dishes should be placed in a plastic container or box to be cleaned at home. Leftover food should be disposed of properly.

14. Judges are not allowed to taste the foods prepared. No leftover food should be shared with any participant or the audience.

15. Placing will be based on rankings of teams by judges. Judges' results are final.

INTERMEDIATE & SENIOR DIVISION
DAY OF EVENT RULES OF PLAY

1. Teams will report to the designated location for check-in.
2. An orientation will be provided for all participants. Each team will be directed to a cooking/preparation station. Contest categories will be revealed at the preparation station.
3. No electronic devices or jewelry (except for medically required) is allowed in the contest. This includes cell phones, smart watches, or other communication devices.
4. *Each team will receive an information sheet with their contest category and "key" ingredient for that category (no ingredient amounts, recipe, or instructions will be provided at the station). The "key" ingredient will be representative of one of the following categories: Appetizer, Main Dish, Side Dish, Healthy Dessert.
Teams will have access to a "grocery store" of additional ingredients which can be combined with the team's "key" ingredient to create an original recipe/dish during the contest. The "grocery store" will include items commonly found in grocery stores such as produce, canned goods, crackers, dairy products, etc.
Teams must select & use at least two additional items from the "grocery store". Teams will not be required to analyze cost of recipe, nor will this be included in the presentation or scoring of the contest.
5. Each team will have 40 minutes to prepare the dish, plan a presentation, and clean up the preparation area.
6. Electrical: Teams should be prepared to only plug in one piece of equipment at a time to reduce the risk of electrical malfunction. Contest officials will announce if this is necessary during participant orientation.
7. Preparation: Each team will create an entire dish/recipe (not a full meal) using the provided key ingredient, pantry items, and grocery store items. Dishes/recipes created should include two or more servings. Teams should present the entire dish/ recipe to the judges and communicate during their presentation what an individual serving size should be. Teams will be responsible for determining the number of servings their dish provides. Teams should not create side or multiple dishes with their ingredients/grocery store items.

INTERMEDIATE & SENIOR DIVISION
DAY OF EVENT RULES OF PLAY (CONTINUED)

Teams are challenged to be creative and develop an original recipe with the ingredients provided.

b. Teams will determine the exact amount of each ingredient used based on their original recipe.

c. The key ingredient, pantry items, and grocery store items selected should be used to garnish the dish.

d. Note cards may be used to write down the recipe that the team creates, along with notes related to nutrition, food safety, and cost analysis. Teams should be exact on ingredients used, preparation steps, cooking time, temperature, etc.

8. Food and Equipment Safety: A safe and sanitary working environment must be maintained during the contest. Each station will have food and kitchen safety resources. Teams should follow the steps listed to ensure proper food and equipment safety is followed. Judges will be scoring teams on food and equipment safety during the preparation phase of the contest. Teams should also discuss safety steps used during the presentation phase of the contest.

Gloves: Gloves do not have to be worn throughout the contest; however, there should always be a barrier between your hand and any food touched. A barrier includes gloves and/or cooking utensil. When wearing gloves, they must be changed between handling raw meats/seafood; handling cooked items; and ready to eat items or raw vegetables to prevent cross-contamination.

Hair Restraint: Each team member must wear a hat, hair net and/or other type of hair restraint during the food preparation part of the competition. Examples of acceptable hair restraints include hairnets, bandana with hair completely pulled back, Chef hat with hair restrained inside, or cap with hair completely tucked inside.

9. Nutrition: Each station will have a variety of nutrition resources/references. Each team should highlight key nutrients in their dish and their functions during their presentation.

10. Presentation: Following the preparation phase of the contest, each team will give a 5-minute presentation to a panel of judges. A majority of team members should participate in the presentation. At the end of 5 minutes, time will be called – additional time will not be allowed. Judges will be allowed 3 minutes to ask questions. Judges will

INTERMEDIATE & SENIOR DIVISION
DAY OF EVENT RULES OF PLAY (CONTINUED)

not ask questions related to what teams should have covered during the presentation. Judge's questions will be related to general nutrition, health, chronic disease prevention or others relevant to food and nutrition. Following questions, judges will have 3 minutes to score/write comments.

11. Clean-up: Teams must clean up their preparation areas. Clean-up time is included in the 40-minute preparation allotment.

JUNIOR DIVISION
EXAMPLE PARTICIPANT ORIENTATION

1. Welcome to the Food Challenge!
2. No electronic devices or jewelry (except for medically required) is allowed in contest. This includes cell phones, smart watches, or other communication devices.
3. You will have 40 minutes to prepare your dish, plan a presentation, and clean up the preparation area. No talking will be allowed after those 40 minutes. You will receive a 20 minute warning, 10 minute warning, 5 minute warning, and 1 minute warning. We suggest that you start working on your presentation at the 10 minute warning. Remember, NO talking is allowed after the 40 minutes is up.
4. Each team will be provided with a set of ingredients reflective of the assigned category: Appetizer, Main Dish, Side Dish, Healthy Dessert and will create a dish using them.
 - a. The ingredients provided to each team are based upon a recipe; however, teams are challenged with being creative and developing their own recipe with the ingredients provided.
 - b. Teams must incorporate each ingredient into the dish. However, teams may determine the exact amount of each ingredient to use.
 - c. The ingredients provided to each team may also be used to garnish the dish. Additional garnishing items will not be provided.
5. Teams that may experience any equipment malfunction(s) may not replace the equipment with supplies from another team, leaders, volunteers, county Extension agents or contest officials. Instead, team members must work together and be creative in completing preparation without the malfunctioning equipment.
6. If electricity goes out during the preparation phase of the contest, teams are asked to turn away from the table immediately. Contest officials will stop the clock so that no preparation time is lost.
7. Ingredients have been divided among teams to minimize the cost and reduce wastefulness. If teams need to see an original food package and/or the nutrition facts label, you may view it at the ingredient table set up in the preparation room. Teams may not take the food package from the table or incorporate any additional ingredients into their recipe.

JUNIOR DIVISION
EXAMPLE PARTICIPANT ORIENTATION (CONTINUED)

8. All fresh produce (fruits and vegetables) has been washed prior to the contest; if not water stations will be supplied for participants to wash produce.
9. After your time is up, your area **MUST** be clean and all the supplies and extra food items must be in your supply box. If you have a hot plate cooling, it may be the only thing out on the table other than the food you are presenting to the judges.
10. After time is called for the 40-minute preparation period, no talking and no writing is allowed among any team members. Team members caught talking and/or writing will receive a warning. The second time, the team may be disqualified and asked to leave the contest facility. Please remain seated once time is up and do not leave the room. If you need to use the restroom, please let your group leader know.
11. Igloos full of water will be located throughout the room if you need it.
12. Trash cans and buckets for waste water will also be located throughout the room for your use.
13. Each team had the opportunity to include a small first aid kit in your supply box. If you did not bring a first aid kit, contest officials have one. If you happen to need first aid due to a cut or burn, please let your group leader know immediately so they can assist you!
14. After your team presentation, please walk back to your table **QUIETLY** and place your dish on your table.
15. You will be asked to complete an evaluation, giving you the opportunity to share with us your experience in the Food Challenge. When you are done with the evaluation, you are dismissed to leave. Please be quiet when you leave.
16. Contest officials will announce when supply boxes should be removed.
17. If you have any questions, please ask your group leader.
18. Good Luck!!!

INTERMEDIATE & SENIOR DIVISION EXAMPLE PARTICIPANT ORIENTATION

1. Welcome to the 4-H Food Challenge!
2. No electronic devices or jewelry (except for medically required) is allowed in contest. This includes cell phones, smart watches, or other communication devices.
3. Each team will be directed to a cooking/preparation station.
4. Each team will receive an information sheet with their contest category and “key” ingredient for that category (no ingredient amounts, recipe, or instructions will be provided at the station). The “key” ingredient will be representative of one of the following categories: Appetizer, Main Dish, Side Dish, or Healthy Desserts. Key ingredient examples: Appetizer (chickpeas), Main Dish (fish), Side Dish (fennel), or Healthy Dessert (Apples).

Teams will have access to a “grocery store” of additional ingredients which should be combined with the team’s “key” ingredient to create an original recipe/dish during the contest. Grocery store items will include items commonly found in grocery stores and/or home pantries, including items such as produce, seasonings, oils, etc. Teams must select & use at least two additional items from the grocery store. Teams can also utilize items from their pantry. Teams will not be required to analyze the cost of their recipe, nor will this be included in the presentation and scoring of the contest.
5. Each team will have 40 minutes to prepare the dish, plan a presentation, and clean up the preparation area.
6. Electrical: Teams should be prepared to only plug in one piece of equipment at a time to reduce the risk of electrical malfunction. Contest officials will announce if this is necessary during participant orientation.
7. Preparation: Each team will create an entire dish/recipe (not a full meal) using the provided key ingredient and pantry items. Teams should present the entire dish/recipe to the judges and communicate during their presentation what an individual serving size should be. Teams will be responsible for determining the number of servings their dish provides. Teams should not create side or multiple dishes with their key ingredients/grocery store items/pantry items.
 - a. Teams are challenged to be creative and developing an original recipe with the ingredients provided.

INTERMEDIATE & SENIOR DIVISION
EXAMPLE PARTICIPANT ORIENTATION (CONTINUED)

- b. Teams will determine the exact amount of each ingredient used based on their original recipe.
- c. The key ingredient, pantry ingredients from the supply box and/or grocery store ingredients selected should be used to garnish the dish.
- d. Note cards may be used to write down the recipe that the team creates, along with notes related to nutrition, food safety, and cost analysis. Teams should be exact on ingredients used, preparation steps, cooking time, temperature, etc.

8. Food and Equipment Safety: A safe and sanitary working environment must be maintained during the contest. Each station will have food and kitchen safety resources. Teams should follow the steps listed to ensure proper food and equipment safety is followed. Judges will be scoring teams on food and equipment safety during the preparation phase of the contest. Teams should also discuss safety steps used during the presentation phase of the contest.

Gloves: Gloves do not have to be worn throughout the contest; however, there should always be a barrier between your hand and any food touched. A barrier includes gloves and/or cooking utensil. When wearing gloves, they must be changed between handling raw meats/seafood; handling cooked items; and ready to eat items or raw vegetables to prevent cross contamination.

Hair Restraint: Each team member must wear a hat, hair net and/or other type of hair restraint during the food preparation part of the competition.

9. Nutrition: Each station will have a variety of nutrition resources/references. Each team should highlight key nutrients in their dish and their functions during their presentation.

10. Cost Analysis: Teams will not be required to analyze the cost of their recipe, nor will this be included in the presentation and scoring of the contest.

11. Presentation: Following the preparation phase of the contest, each team will give a 5-minute presentation to a panel of judges. A majority of team members should participate in the presentation. To earn maximum points, teams must use these 5 minutes to address the following areas of the presentation scorecard: Knowledge of MyPlate, Nutrition Knowledge, Food Preparation, Safety Concerns, and Serving Size.

INTERMEDIATE & SENIOR DIVISION
EXAMPLE PARTICIPANT ORIENTATION (CONTINUED)

At the end of 5 minutes, time will be called – additional time will not be allowed. Judges will be allowed 3 minutes to ask questions; however, judges will not ask questions related to what teams should have covered during the presentation. Judges questions will be related to general nutrition, health, chronic disease prevention or others relevant to food and nutrition.

12. Teams that experience any equipment malfunction(s) may not replace the equipment with supplies from another team, leaders, volunteers, county Extension agent contest officials. Instead, team members must work together and be creative in completing preparation without the malfunctioning equipment.

13. If electricity goes out during the preparation phase of the contest, teams are asked to turn away from the table immediately. Contest officials will stop the clock so that no preparation time is lost.

14. Ingredients have been divided among teams to minimize the cost and reduce wastefulness. If teams need to see an original food package and/or the nutrition facts label, you may view it in the grocery store table area. Teams may not take the original food package from the table.

15. All fresh produce (fruits and vegetables) has been washed prior to the contest; if not, water stations will be supplied for participants to wash produce.

16. Igloos/jugs full of water will be located throughout the room if needed.

17. Trash cans and buckets for waste water will also be located throughout the room for your use.

18. Each team had the opportunity to include a small first aid kit in your supply box. If you did not bring a first aid kit, contest officials have one. If you happen to need first aid due to a cut or burn, please let your group leader know immediately so they can assist you!

INTERMEDIATE & SENIOR DIVISION
EXAMPLE PARTICIPANT ORIENTATION (CONTINUED)

19. After the 40-minute preparation time is up, your area **MUST** be clean and all the supplies and extra food items must be in your supply box. If you have a hot plate or other items cooling, it may be the only thing out on the table other than the food you are presenting to the judges.

20. After time is called for the 40-minute preparation period, no talking and no writing is allowed among any team members. Team members caught talking and/or writing will receive a warning. The second time, the team will be disqualified and asked to leave the contest facility. Team members should not have pens or pencils in their possession while waiting to give their presentation.

21. Please remain seated once time is up and do not leave the room unless escorted by your group leader to another room to wait to give your team presentation. (If needed, provide instructions on where teams will wait to give presentations.)

22. If you need to use the restroom, please let your group leader know.

23. After your team presentation, please walk back to your assigned seating area **QUIETLY** and place your dish on your table.

24. After your team presentation, you will be asked to complete an evaluation, giving you the opportunity to share with us your experience in the Food Challenge. When you are done with the evaluation, you are dismissed to leave. Please be quiet when you leave – taking your supply box with you! All dishes should be disposed of before you leave contest area.

25. If you have any questions, please ask your group leader.

26. Good Luck!!

DISTRICT 3 4-H FOOD CHALLENGE

Junior Scorecard - Preparation



Team Name: _____ Team #: _____

Entry Category: _____Appetizer _____Main Dish _____Side Dish _____Healthy Dessert

Team Observation	Rating				Comments
	Outstanding	Good	Fair	Needs Improvement	
Teamwork: <ul style="list-style-type: none"> Effective use of communication among team members Each team member played a key role in the preparation phase, whether cooking or preparing presentation 					
Safety concerns and practices: <ul style="list-style-type: none"> Exhibited knowledge of how to use equipment safely (utensils, sharps, etc.) Handled ingredients appropriately to avoid cross contamination Personal Hygiene (hair, nails, jewelry, etc.) 					
Preparation: <ul style="list-style-type: none"> Practiced correct cooking procedures based upon ingredients provided Completed tasks efficiently and in a logical order 					
Management: <ul style="list-style-type: none"> Used workspace efficiently Effective use of time Preparation table was clean at the conclusion of the preparation period 					
Additional Comments: (Based on observation)					

DISTRICT 3 4-H FOOD CHALLENGE

Junior Scorecard – Presentation



Team Name: _____ Team #: _____

Entry Category: ____Appetizer ____Main Dish ____Side Dish ____Healthy Dessert

Team Presentation	Rating				Comments
	Outstanding	Good	Fair	Needs Improvement	
Knowledge of MyPlate: <ul style="list-style-type: none"> • Basic Food Groups according to MyPlate • How MyPlate is represented in the dish prepared 					
Nutrition Knowledge: <ul style="list-style-type: none"> • Knows key nutrition in prepared dish • Basic functions of nutrients • Healthy substitutions and modifications 					
Food Preparation: <ul style="list-style-type: none"> • Explained key steps in how dish was prepared 					
Safety Concerns and Practices: <ul style="list-style-type: none"> • Explained food safety according to Fight BAC 					
Serving Size Information: <ul style="list-style-type: none"> • Demonstrated knowledge of serving size for prepared dish 					
Food Appearance/Quality: <ul style="list-style-type: none"> • Food is appealing and appetizing • Appeared to be cooked properly • Attractive and appropriate garnish 					
-Creativity: <ul style="list-style-type: none"> • Used ingredients in a creative way • Incorporated grocery store items into dish or garnish 					
Effectiveness of Communication: <ul style="list-style-type: none"> • Displayed effective communication skills • Poise and personal appearance 					
Questions: <ul style="list-style-type: none"> • Accurately and appropriately answered questions 					
Additional Comments:					

DISTRICT 3 4-H FOOD CHALLENGE

Intermediate Scorecard - Preparation



Team Name: _____ Team #: _____

Entry Category: ___Appetizer ___Main Dish ___Side Dish ___Healthy Dessert

Team Observation	Rating				Comments
	Outstanding	Good	Fair	Needs Improvement	
Teamwork: <ul style="list-style-type: none"> Effective use of communication among team members Each team member played a key role in the preparation phase, whether cooking or preparing presentation 					
Safety concerns and practices: <ul style="list-style-type: none"> Exhibited knowledge of how to use equipment safely (heat, utensils, sharps, etc.) Handled ingredients appropriately to avoid cross contamination Personal Hygiene (hair, nails, jewelry, etc.) 					
Preparation: <ul style="list-style-type: none"> Practiced correct cooking procedures based upon ingredients provided Completed tasks efficiently and in a logical order 					
Management: <ul style="list-style-type: none"> Used workspace efficiently Effective use of time Preparation table was clean at the conclusion of the preparation period 					
Additional Comments: (Based on observation)					

DISTRICT 3 4-H FOOD CHALLENGE

Intermediate Scorecard – Presentation



Team Name: _____ Team #: _____

Entry Category: ____Appetizer ____Main Dish ____Side Dish ____Healthy Dessert

Team Presentation	Rating				Comments
	Outstanding	Good	Fair	Needs Improvement	
Knowledge of MyPlate and Dietary Guidelines: <ul style="list-style-type: none"> Knowledge of MyPlate Knowledge of Dietary Guidelines for Americans 					
Nutrition Knowledge: <ul style="list-style-type: none"> Knows key nutrition in prepared dish Knowledge of nutrient functions, effects, and deficiency risks Healthy substitutions and modifications 					
Food Preparation: <ul style="list-style-type: none"> Explained key steps in how dish was prepared Role of main ingredients in dish 					
Safety Concerns and Practices: <ul style="list-style-type: none"> Explained food safety according to Fight BAC 					
Serving Size Information: <ul style="list-style-type: none"> Demonstrated knowledge of serving size for prepared dish 					
Food Appearance/Quality: <ul style="list-style-type: none"> Food is appealing and appetizing Appeared to be cooked properly Attractive and appropriate garnish 					
Creativity: <ul style="list-style-type: none"> Used ingredients in a creative way Incorporated grocery store items into dish or garnish 					
Effectiveness of Communication: <ul style="list-style-type: none"> Displayed effective communication skills Poise and personal appearance 					
Questions: <ul style="list-style-type: none"> Accurately and appropriately answered questions 					
Additional Comments:					

DISTRICT 3 4-H FOOD CHALLENGE

Senior Scorecard - Preparation



Team Name: _____ Team #: _____

Entry Category: ___Appetizer ___Main Dish ___Side Dish ___Healthy Dessert

Team Observation	Rating				Comments
	Outstanding	Good	Fair	Needs Improvement	
Teamwork: <ul style="list-style-type: none"> Effective use of communication among team members Each team member played a key role in the preparation phase, whether cooking or preparing presentation 					
Safety concerns and practices: <ul style="list-style-type: none"> Exhibited knowledge of how to use equipment safely (heat, utensils, sharps, etc.) Handled ingredients appropriately to avoid cross contamination Personal Hygiene (hair, nails, jewelry, etc.) 					
Preparation: <ul style="list-style-type: none"> Practiced correct cooking procedures based upon ingredients provided Completed tasks efficiently and in a logical order 					
Management: <ul style="list-style-type: none"> Used workspace efficiently Effective use of time Preparation table was clean at the conclusion of the preparation period 					
Additional Comments: (Based on observation)					

DISTRICT 3 4-H FOOD CHALLENGE

Senior Scorecard – Presentation



Team Name: _____ Team #: _____

Entry Category: ____Appetizer ____Main Dish ____Side Dish ____Healthy Dessert

Team Presentation	Rating				Comments
	Outstanding	Good	Fair	Needs Improvement	
Knowledge of MyPlate and Dietary Guidelines: <ul style="list-style-type: none"> Knowledge of MyPlate Knowledge of Dietary Guidelines for Americans 					
Nutrition Knowledge: <ul style="list-style-type: none"> Knows key nutrition in prepared dish Knowledge of nutrient functions, effects, and deficiency risks Healthy substitutions and modifications 					
Food Preparation: <ul style="list-style-type: none"> Explained key steps in how dish was prepared Role of main ingredients in dish 					
Safety Concerns and Practices: <ul style="list-style-type: none"> Explained food safety according to Fight BAC 					
Serving Size Information: <ul style="list-style-type: none"> Demonstrated knowledge of serving size for prepared dish 					
Food Appearance/Quality: <ul style="list-style-type: none"> Food is appealing and appetizing Appeared to be cooked properly Attractive and appropriate garnish 					
Creativity: <ul style="list-style-type: none"> Used ingredients in a creative way Incorporated grocery store items into dish or garnish 					
Effectiveness of Communication: <ul style="list-style-type: none"> Displayed effective communication skills Poise and personal appearance 					
Questions: <ul style="list-style-type: none"> Accurately and appropriately answered questions 					
Additional Comments:					