



## **Participant Orientation**

**Note:** *Not all elements included in the participant orientation may be applicable to each contest offered. Therefore, this orientation may be modified based on the needs of a county/state contest.*

1. **Welcome** to the 4-H Food Challenge!
2. **Teams** will have 20 minutes to prepare a dish, plan a presentation, and clean up the preparation area. A 15 minute warning, 10 minute warning, 5 minute warning, and 1 minute warning will be given. We suggest that you start working on your presentation at the 10 minute warning. NO talking is allowed after the 20 minutes is up.
3. Each team will be provided with a **secret ingredient** and allowed to use any pantry item in reasonable quantities. The team may use one of the four ingredients they have brought but must use the secret ingredient.
  - Teams are challenged with being creative and developing their own recipe with the ingredients provided.
  - Teams must incorporate the secret ingredient into the dish and may determine the exact amount of each ingredient to use.
  - Teams must incorporate at least one dairy product from the pantry in their creation.
  - The ingredients provided to each team may also be used to garnish the dish. Additional garnishing items will not be provided.
4. 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.
5. **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.



6. All **fresh produce** (fruits and vegetables) have been washed prior to the contest.
7. Igloos/jugs full of **water** will be located throughout the room if you need it.
8. **Trash cans** are located throughout the room for your use.
9. **After the 20-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 cooling, it may be the only thing out on the table other than the food you are presenting to the judges.
  - No talking and/or 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.
  - Remain seated and wait to give your team presentation. (If needed, provide instructions on where teams will wait to give presentations.)
10. **After your team presentation:**
  - Please walk back to your assigned seating area **QUIETLY** and place your dish on your table.
  - Complete an evaluation, giving you the opportunity to share with us your experience in the 4-H Food Chef Challenge. When you are done with the evaluation, you are dismissed to leave.
11. Please **be quiet when you leave** – taking your dish and supply box with you!
12. **Good Luck!!!**