



4-H Food Chef Challenge

Rules of Play

1. Teams will report to the designated location for check-in. Supply boxes will be checked as they enter. Any unauthorized items will be removed and returned at the end of the contest.
2. An orientation will be provided for all participants.
3. Each team will be directed to a cooking/preparation station. There will be a list of the pantry item ingredients at each station, but no recipe.
4. General guidelines, resources and instructions will be located at each station to assist the team.
5. Each team will have 20 minutes to prepare the dish, 5 minutes to make their presentation and to serve the judges, and 10 minutes to clean up.
the preparation area. An additional 10 minutes will be given for final clean up.
6. Each team may be given a challenge/obstacle to overcome during the contest.
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: Each team will be provided with a list of pantry ingredients they may use in reasonable quantities.
 - Teams are challenged with being creative and developing their own recipe with the ingredients provided.
 - Teams must incorporate the secret ingredient and at least one dairy product into the dish. However, teams may determine the exact amount of each ingredient to use.
 - The ingredients provided may be used to garnish the dish. Additional garnishing items will not be provided.
 - Note cards and the Food Challenge Worksheet may be used to write down the recipe that the team invents, along with notes related to nutrition, food safety, and cost analysis. Teams should be exact on ingredients used, preparation steps, cooking time, temperature, etc.



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10. Food safety: Each station will have food safety resources. Teams should follow the steps listed to ensure proper food safety and be prepared to discuss food safety practices used in the team presentation to the judges.
11. Nutrition: Each station will have a variety of nutrition resources/references. Each team should name key nutrients in their dish and their functions, and identify where the dish belongs on MyPlate.
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.
 - All team members must participate in the presentation, with each of them having a speaking role.
 - Judging time will include:
 - 5 minutes for the presentation
 - 3 minutes for judges' questions
 - 4 minutes between team presentations for judges to score and write comments
 - 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.
 - Judges may ask teams questions that are not directly related to the dish prepared. Instead, some questions may address the general knowledge gained through the 4-H members' food and nutrition project learning experiences.
 - No talking and/or writing 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 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.
13. Clean-up: Teams must clean up their preparation areas. Clean-up time is included in the 30-minute preparation allotment. Teams should plan to not have access to a kitchen facility; therefore, dirty dishes should be placed in a plastic container, bag or box to be cleaned at home. Left -over food should be disposed of properly.
14. Judges are encouraged to taste the foods prepared. No left -over 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.
16. An awards program will be held at the conclusion of the judging process.