



4-H Food Chef Challenge

Date

Time

location

Entry Fee: \$5.00 per team

Registration Information:

Registrations must be mailed, faxed, or emailed to the County Extension Office by **date of event**

Requirements: Must be a currently enrolled 4-H member, age 12 or older

Secret Food Item: One of the following three ingredients will be the secret ingredient that teams will use the day of the event: Squash, Spinach, Apples. Each team will be provided with a secret ingredient, one table, food preparation gloves, trash cans, bags and a first aid kit.

Teams: Teams will consist of 2 members and one adult advisor. The adult leader is there to supervise and advise members only. **Members are to do all food preparation.** The team is to:

- Prepare a dish using the secret ingredient.
- Use one dairy product from the supply pantry in preparation of the dish presented.
- Plate the dish for presentation.
- Provide all additional ingredients used to create their dishes.
- Provide a copy of the recipe to the judges at the completion of the preparation time. The recipe using the secret ingredient must include at least three different food groups from the USDA My Plate.
- Provide their own cooking equipment. See equipment list.
- Create a side dish to complement their main presentation, but may only use the ingredients provided and one extra ingredient they bring.
- Present their prepared items in a planned manner.
- Maintain a clean work space at all times.

The teams will have 20 minutes to prepare and cook, 5 minutes to present to the judge and 10 minutes to clean up.

Judging: There will be at least two independent judges.

The score card will be as follows:

*Taste/Flavor 20% * Originality 25% * Presentation 15%* Food Safety 10%* Cleanliness 10% (Cooking and preparation, area will be judged at the end of presenting food to the judges) *Nutrition Knowledge 20%

Awards: Awards will be given to the top three team scores.



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Registration Form:

Club Name: _____

Team 1:

4-H Member name: _____

4-H Member name: _____

Adult Volunteer name: _____

Team 2:

4-H Member name: _____

4-H Member name: _____

Adult Volunteer name: _____

Team 3

4-H Member name: _____

4-H Member name: _____

Adult Volunteer name: _____

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