

4-H Grilled Cheese Challenge



The Grilled Cheese Challenge is coming to the 4-H Makers Expo!

This statewide team event is a chance to showcase *healthy living skills*; have fun in a competitive learning environment and meet other youth who love to create and build.

Join us for this exciting 4-H foods event!

Event details:

- **Open to all 4-H members ages 8-18.**
- **New this year: A team** includes two to three members.
- **An adult supervisor** per team should be for safety precautions **ONLY!**
- **One category** - *Bread, Butter & Cheese: Healthy Please!*
- **PEOPLE'S CHOICE AWARD** for Taste.
- **Updated [scoresheet](#)** promoting learning experience!

For ALL rules and event guidelines please see the attached document (4-H Grilled Cheese Challenge: Event Guidelines & Checklist).

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Event Date:
Saturday, April 13, 2019

Event Time:
9:00 AM - 3:00 PM

Event Location:
Interlakes High School
Meredith, NH

For More Information:
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4-H Grilled Cheese Challenge

Event Guidelines & Checklist

A Grilled Cheese Challenge can be a fantastic way to promote teamwork among 4-H participants and provide a fun, interactive learning experience in the area of Healthy Living. This event may be offered as a local event at different county activities such as fairs or foods events. Starting in 2018 – 19, 4-H youth may choose to participate as a team at the **4-H Makers Expo**. This statewide event is a chance to show case *healthy living skills*; have fun in a competitive *learning* environment and meet other youth who love to *create and build*. These rules and event guidelines offer a template for any group to hold a Grilled Cheese Challenge.

Getting Started Event Planning Checklist:

Space

- The Challenge could be held in a **cafeteria, gymnasium, or classroom**, access to a kitchen is nice.
- The space needs to have access to multiple **15 amp** circuits.
- Multiple **extension cords** and/or **power strips** depending on how many grills, griddles.

Set Up/ Registration (Pre-registration for the Makers' Expo Challenge is required!)

- Table and chairs** set up for someone to check in teams as they arrive.
- Registration chart** to collect team names and information. (Use Pre-registration information if available.)
- Tables for Competitors**, outlet accessible.
- Tables for storing** coolers or place to store – at least 6” off ground

Cooler Check In

- Volunteer**- who can check supply box and cooler to ensure food safety practices and adherence to contest guidelines.
- Stickers** - are helpful to mark the checked teams boxes and coolers
- Thermometer** - to check the temperature of the cooler. (40 degrees or below)

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Volunteers

→ **6-7 Volunteers** are needed for the following roles. (Some roles can be combined)

- Registration** – to check in and record all participants, first cooler check and set up score sheets with team/participant names.
- Guidelines/Best Practices Checklist**– make sure all entries are following best practices.
- Judges** – at least two for local/county events, the 4-H Makers Expo will have three judges.
- Score Keeper/Timer** – to keep score to track the event cycles.
- Designate an area** for adult supervisors during contest. The area should provide access to teams but allow for 4-H'ers to remain independent.

The 4-H Makers Expo Challenge – Equipment (to be provided by UNH Cooperative Extension/4-H)

- **Tables** for storing coolers – at least 6” off ground
- **Tables** for prepping & cooking
- **Score sheets**
- **Disposable gloves**
- **Sanitizing supplies** (hand washing stations) for clean-up in between cooking rounds
- **Chef Hats** for teams who decide to use them/please advise as part of registration

Team Guidelines/Best Practices Checklist

- A team** includes two to three members.
- An adult supervisor** per team should be present for safety precautions ONLY!

Each team must supply the following mandatory items:

- Griddle**, hot plate, electric frying pan or skillet. NO appliance can be used that cooks two sides at once like a *George Forman Grill*, Panini Press, or a toaster oven.
- Utensils**: spatulas, knives, others needed to prepare the sandwiches
- Aprons** for all team members
- Cutting Boards**
- Hand sanitizer**
- Table cloths**

- Plates/Plating material** for presentation.
- Hair bands**/elastic bands to keep hair up and away from face
- Clean caps** - if team decides not to wear chef hats

Food Product: BE PREPARED!

- Supplies cannot be borrowed** or added once the setup starts. This includes supplies from other teams, parents or spectators.
- Teams need to **bring any and all** supplies including ingredients to make 3 sandwiches.
- Cutting of garnishes** may only be done **at the competition** and can be included as part of the plating process.
- No alcoholic** beverages may be used in recipes.

FOOD SAFETY is a priority: Take Note!

- Any perishable items **MUST** be kept in a cooler with ice and be stored at safe temperatures (**below 40 degrees F**). Temperature will be checked at registration.
- All foodstuffs must be stored **at least 6"** off the ground.
- Label** your bags/coolers with your name. **Temperatures** will be checked at registration.
- Health regulations require: All competitors **must wear** the **chef hats** or clean caps, clean **aprons** and **gloves** when handling foodstuffs.
 - ➔ Exception: During grilling on hot plate/griddles, participants do not wear gloves. This is considered a safety hazard where one might burn hands.
 - ➔ After food is removed from hot surface, participants should wear gloves or use clean utensils to handle food to be served.

4-H Makers' Expo

April 13, 2019

9 am – 3 pm @ Interlakes High School, Meredith, NH

<https://extension.unh.edu/events/4-h-makers-expo>

This event open to all 4-H members ages 8-18, as of January 1st of the current year.

1. Judging Process: Three judges will officiate

- There will be one category:

➔ Create a sandwich with the basics: Bread, butter and cheese (any selection from those categories) but plan to add a healthy, tasty twist. **Think about adding ingredients which promote the 4th H: HEALTH.** *For example, fruit, vegetables, whole grain, lean protein...what else can you think of?*

- Judges can ask questions during preparation as well as during tasting.
- Teams will be judged while they are preparing the food, including nutrition, food handling and food safety.
- A third judge will float and will be watchful of all teams before, during and after the contest; making note of food safety and teamwork.
- Teams will be responsible to provide recipes including any spices, garnishes to the judging team.
- Plating is an important part of the process; this presentation is valued at 20 points and can be an opportunity to show creativity.

2. Judges' Scoring and Danish System: This process serves to provide a learning environment to build skill development and offer feedback to grow.

- The team will present a dish with **one of the three sandwiches created for the judges**
- The team should be ready with an explanation of their dish

- The team should be prepared to answer any additional questions.
- The judging team will provide feedback using [4-H Healthy Living Grilled Cheese Challenge Scoresheet/Rubric](#) with the following breakdown:
 - Cleanliness = 20 points
 - Understanding of MyPlate = 20 points
 - Food Handling / Safety = 20 points
 - Creativity/Plating = 10 points
 - Presentation by group to judges = 10 points
 - Teamwork = 10 points
 - **Taste = comments only from judging team/Taste will be part of the PEOPLE'S CHOICE judging process.**
 - Speaking & Voice = 5 points
 - Manner & Appearance = 5 points

Blue: 90-100

Red: 80-89

White: 79 and below

- 3. Time Limits** - All grilling will be done in separate 15-minute heats and each team will have 15 minutes to complete their grilling. No exceptions! Spatulas down means spatulas down. **(Please note: Teams may want to consider pre-heating electric griddles at low temperature).**

4. PEOPLE'S CHOICE: It's all about the Taste!

- The additional two sandwiches will be cut into smaller pieces to accommodate up to 25 "people's choice" judges.
- This will be determined by the audience and based on taste. Golden spatula(s) will be awarded to top People's Choice. (Numbers to be determined.)

Resources for preparing:

[The 4-H Foods Events: Recommended Links for Kitchen, Cooking Prep & Food Safety](#) will provide teams with resources to prepare for this event.

Remember, this is a celebration of creativity, ideas, science, healthy living, food safety and nutrition. It is meant to allow youth to test skills in the kitchen and their ability as Chefs!