

# Dallas County Food Challenge

2017-2018

## Rules & Guidelines

- 1. Participation.** Participants must be 4-H members currently enrolled in a Texas 4-H and Youth Development program and actively participating in the Food & Nutrition project.
- 2. Team Members.** Age divisions are determined by a participant’s grade as of August 31, 2017 as follows:

<u>Division</u>	<u>Grades</u>	
Junior	3*, 4, or 5	*Must be at least 8 years old
Intermediate	6, 7, or 8	
Senior	9, 10, 11, or 12*	*Must not be older than 18 years old

There will be no mixed teams.

Each team will have at least three members and a maximum of five members. Substitutions should only be made if necessary. No more than two team members may be substituted, up to the day of the contest.

- 3. Entry Fee.** There will be no entry fee for the 2017-2018 contest.
- 4. Attire.** Each team will have the option of wearing coordinated clothing, aprons, or hair coverings. Be creative!
- 5. Resource Materials Provided.** Resource materials will be provided for each team at the contest. This includes *Choose My Plate – 10 tips to a great plate*, *FightBac*, *Nutrient Needs at a Glance*, *Altering Recipes for Good Health*, *Food Challenge Worksheet*, and copies of grocery receipts. No other resource materials will be allowed.
- 6. Supply Box.** Each team must supply their own equipment for the challenge. Teams may bring only the supplies listed in the supply box section. Supply boxes can be checked by contest officials. Any extra equipment will be removed and a penalty will be assessed. The supply box form must be signed and submitted to the county office by the deadline.
- 7. Advancing to District.** A maximum of four junior teams, four intermediate teams, and four senior teams may advance to the District level.
- 8. Awards.** The top four scoring teams in each age division will be recognized.



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### Rules of Play

1. **Check-in:** Teams must have all members present by check in time.
2. **Orientation:** Orientations will be provided for all participants and parents/volunteers.
3. **Stations:** 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: Main Dish, Fruits and Vegetables, Breads and Cereal, and Nutritious Snacks.
4. **Resources:** Resource materials will be at each station.
5. **Time:** Each team will have 40 minutes to prepare the dish, plan a presentation, and clean up the preparation area.
6. **Participants only:** Only participants and contest officials will be allowed in food preparation areas. Parents will be held in a separate waiting area until the awards program.
7. **Equipment:** Teams that may experience any equipment malfunctions may not replace the equipment with supplies from another team, leaders, volunteers, County Agents, or contest officials. Instead, team members must work together and be creative in completing preparation without the malfunctioning equipment.
8. **Preparation:** Each team will be provided with a set of ingredients reflective of the assigned category, and will create a dish using them. A clue will not be provided.
  - Teams are challenged with being creative and developing their own recipe with the ingredients provided.
  - Teams must incorporate each ingredient into their dish. However, teams may determine the amount of each ingredient to use.
  - There will be no contest pantry offered at the County level.
  - The ingredients provided to each team may also be used to garnish the dish.
  - Note cards and the Food Challenge worksheet 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.
  - Teams will be judged and scored during the preparation phase of the contest. This judging is based upon observation only! Refer to the preparation scorecard for details. The preparation score will be added to the presentation score to determine final rankings.



9. **Food Safety:** Each station will have food safety resources. 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.

10. **Nutrition:** Each station will have a variety of nutrition resources/references. Each team should name key nutrients in their dish and their functions.

11. **Cost Analysis:** Prices will be available for each ingredient provided to the teams. Teams will need to find the ingredients on the list and calculate the price of the dish along with the price per serving. Teams will also need to determine the number of servings per recipe.

12. **Menu Planning and Substitutions:** Teams will need to identify additional menu items that could be served along with the dish to make a complete meal. Also provide suggestions for possible substitutions.

13. **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 at least three 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 it 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 note writing is allowed among any team members while waiting to give the team presentation. Team members caught talking or writing will receive a warning. The second time, they will be dismissed.

14. **Cleanup:** Teams must clean up their preparation areas within 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, bag, or box to be cleaned at home. Left-over food should be disposed of properly.

15. **No tasting of food:** Food should not be tasted for any reason.

16. **Rankings:** Placing will be based on the rankings of teams by judges. Judges' results are final.

**I have read and understand these guidelines as they pertain to the Dallas County Food Challenge. I pledge to follow these guidelines.**

**Team Member 1:** \_\_\_\_\_

**Team Member 2:** \_\_\_\_\_

**Team Member 3:** \_\_\_\_\_

**Team Member 4:** \_\_\_\_\_

**Team Member 5:** \_\_\_\_\_

**4-H Member Signatures**

**Date**

\_\_\_\_\_  
**Coach Signature(s)**

\_\_\_\_\_  
**Date**