



ARKANSAS 4-H
**FOOD
CHALLENGE**

U*of***A** DIVISION OF AGRICULTURE
RESEARCH & EXTENSION
University of Arkansas System

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RULES & GUIDELINES MANUAL

2023

RULES & GUIDELINES MANUAL

OBJECTIVES

- Opportunities to show their knowledge and skill when preparing and presenting a dish.
- Opportunities to learn from additional team members.
- Encourage teamwork.
- Opportunities for public speaking.
- Offer leadership opportunities to participate in a new, exciting, competitive event.

RULES & GUIDELINES MANUAL

PARTICIPANT RULES

- **Participation.** Participants must be 4-H members currently enrolled in an Arkansas 4-H Youth Development county program.

- **Age.** Age divisions are determined by a participant's current grade.

Junior Division:	Ages 9-13
Senior Division:	Ages 14-19

- ***Members per team.** Each team will have **2 or 4 members**. Teams may not include members in different age divisions. Please designate one team member as team captain.

- **Substitution.** Substitution of team members should be made only if necessary and must be approved by the county agent.

- **Entry fee.** Each team is required to pay a registration fee of \$160 to cover the cost of ingredients, 4-H food Challenge t-shirt, and beverages/continental breakfast for each contestant.

- **Food categories.** There are four food categories in each age division: Meat/Protein, Fruits/Vegetables, Grain, and Dairy. Teams will be randomly assigned to a category, but assignments will not be announced until the day of the contest.

- **Attire.** Team members must wear non-slip closed toe shoes, long sleeve shirt, pants and hair restraints.

- **Resource materials:** Materials are provided for each team at the contest. These include:

- MyPlate Mini Poster
- Fight Bac -Fight Food Borne Bacteria Brochure
- Know Your Nutrients
- Food Safety Fact Sheet
- Food Challenge Worksheet
- Recycling Guidelines

No other resource materials will be allowed. Teams may not use personal copies of the resources during the contest.

RULES & GUIDELINES MANUAL

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 will be checked by contest officials as teams check in for the contest. Any extra equipment will be prohibited, and the team may be disqualified.

Awards. A team and the members of that team- whether Junior or Senior - may only win their respective age division once. First, Second and Third of each food category and overall place for each division will receive awards. For Senior division, any team that has competed at the National competition can compete in the state competition under the All-Star category.

11. Participants with disabilities. Competitors who require special accommodations must contact the Arkansas 4-H office at least two weeks prior to the competition.

RULES & GUIDELINES MANUAL

ARKANSAS 4-H FOOD CHALLENGE TEAM SUPPLY BOX

Teams competing in the Arkansas 4-H Food Challenge are allowed to have the following supplies for the contest. Teams may organize their supplies in any type of box.

Please note: Only one of each item is allowed, unless otherwise noted

Beverage glass	Grater	Stirring spoon
Mixing Bowls (2)	Plastic box and trash bag for dirty supplies	Skewers (1 package –wood or metal)
Dip (1) & Serving (1) Size Bowls	Kitchen shears (1 pair)	Hot pads (up to 5)
Colander	Knives (4)	Can opener
Cookie sheet	Measuring spoons (1 set)	Tongs (1 set)
Cutting boards (2)	Storage bags (no limit)	Pancake turner
Non-stick spray	Pot with lid	Potato masher
Liquid measuring cup	Potato peeler	Whisk
Dry measuring cups (1 set)	Serving platter or plate	Serving utensil
Fork	Skillet with lid	Spatula (2)

STATE OFFICE WILL PROVIDE:

Electronic Burner Hot Plate	Kitchen timer	Food Thermometer
Calculator	Hand sanitizer	Disposable tasting spoons
Note cards	Electric skillet	Gloves
Paper towels	Extension cord	Sanitizing wipes
Pencils	First aid kit	

RULES & GUIDELINES MANUAL

ARKANSAS 4-H FOOD CHALLENGE RULES OF PLAY

- General guidelines, resources and instructions will be provided prior to the start of the contest.
- No electronic devices or jewelry (except for medically required) is allowed in the contest area. This includes cell phones, smart watches, or other communication devices.
- Each team will be assigned a cooking/preparation station.
- Each team will receive main ingredient.
- Teams will have access to a pantry of additional ingredients which should be combined with the mystery ingredient to create an original recipe/dish during the contest. Pantry items will include products commonly found in home pantries including items such as produce, seasonings, oils, etc.
- Teams must use at least two items from the pantry.
- Each team will have 40 minutes to prepare the dish, plan a presentation, and clean up the preparation area.
- Teams may only plug in one piece of equipment at a time to reduce the risk of electrical malfunction. Contest officials will announce if this is necessary during participant orientation.
- Each team will create an entire dish/recipe using the provided mystery ingredients and pantry items.

Dishes/recipes created should include two or more servings. Teams will present the entire dish/recipe to the judges and communicate during their presentation what an individual serving size should be. Teams are responsible for determining the number of servings their dish provides. Teams should not create side or multiple dishes with their ingredients/pantry items.

Teams are challenged with being creative and developing their own recipe with the ingredients provided.

- a) Teams will determine the exact amount of each ingredient used based on their original recipe.

RULES & GUIDELINES MANUAL

- b) The main ingredient and/or pantry items selected should be used to garnish the dish.
 - c) 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 and food safety. Teams should be exact on ingredients used, preparation steps, cooking time, temperature, etc. Worksheets will be turned into the judge.
- A safe and sanitary working environment must be maintained during the contest. Each station will have food and kitchen safety resources. Teams should follow the steps listed to ensure proper food and equipment safety is followed. Judges will be scoring teams on food and equipment safety during the preparation phase of the contest. Teams should also discuss safety steps used during the presentation phase of the contest.
 - a) Gloves need to be worn throughout the contest. Proper hand sanitizing techniques are required and expected throughout the contest as well. Participants must change gloves between handling raw meats/ seafood; handling cooked items; and ready to eat items or raw vegetables to prevent cross contamination.
 - b) Each team member must wear a hat, hair net and/or other type of hair restraint during the food preparation part of the competition.
- Each station will have a variety of nutrition resources/references. Each team should highlight key nutrients in their dish and their functions during their presentation.
- Price(s) of the key ingredient and pantry items will be provided to teams. Teams will calculate the price of the dish based on the amount of ingredients used. Teams should calculate the cost of the total recipe, and the price per serving. Teams will determine the number of servings for their recipe. **Juniors will figure cost of entire recipe only.**
- Each station will be given steps and resources to discard all waste and unwanted items from the stations. Each team should highlight some key steps that were taken to recycle materials during the clean-up in their presentation.

Clean-up time is included in the 40-minute preparation allotment.

RULES & GUIDELINES MANUAL

- The Pulaski Technical Culinary Arts & Hospitality Institute is LEED-certified, green learning, zero-waste facility. A single-stream recycling system is used in which materials are collected together and later separated for reuse at a sorting facility. The food scraps, recyclables, and trash compromise will be disposed of in bag-less bins.
 - a) Red Bin: Compostable Items
 - b) Green Bin: Acceptable Recyclables Items
 - c) Black Bin: Trash Compromised Items

Further information regarding recycling can be found in the 4-H FOOD CHALLENGE RESOURCES section.

- Following the preparation phase of the contest, each team will give a 5-minute presentation to a panel of judges. A majority of team members should participate in the presentation. At the end of 5 minutes time will be called. Additional time will not be allowed. Judges will be allowed to ask questions. Judges will not ask questions related to what teams should have covered during the presentation. Judges questions will be related to general nutrition, health, chronic disease prevention or others relevant to food and nutrition.
 - a) To earn maximum points, teams must use the 5-minute presentation to address the following areas of the presentation scorecard: Knowledge of MyPlate, Nutrition Knowledge, Food Preparation, Safety Concerns, Serving Size, and recycling waste.

Please note: Once the 40 minutes of preparation time expires, team members may no longer communicate with each other. Team members may study their notes individually.

- Finished dishes MAY NOT leave the preparation/judging areas. Dishes may be discarded after teams complete the judging process to ensure teams in following heats do not see what ingredients are available to gain an advantage. Specifics will be announced they day of the contest.

RULES & GUIDELINES MANUAL

ARKANSAS 4-H FOOD CHALLENGE SCORECARD - PRESENTATION

TEAM NAME: _____ **TEAM #:** _____

ENTRY CATEGORY:

Meat/Protein Fruits & Vegetables Grain Dairy

Team Presentation	Comments	Points	Score
Knowledge of MyPlate:			
Knowledge of MyPlate		2	
Serving sizes and examples of MyPlate groups based on 2000 calorie diet		2	
Told how MyPlate represented in dish prepared		2	
Dish is representative of category		2	
Team shared personal healthy lifestyle choices based on dietary guidelines		2	
Nutrition Knowledge:			
Knows key nutrition in prepared dish		5	
Function of nutrients		5	
Healthy substitutions		3	
Food Preparation:			
Listed & explained steps in how dish was prepared		4	
Explained function of ingredients in dish		4	
Safety Concerns and Practices:			
Explained & applied food safety		4	
Explained & applied recycling		4	
Serving Size Information:			
Demonstrated knowledge of serving size (SENIOR ONLY)		4	
Shared estimated cost of the dish		2	
Food Appearance/Quality:			
Food is appealing and appetizing		3	
Appeared to be cooked properly		3	

RULES & GUIDELINES MANUAL

Attractive and appropriate garnish		3	
Creativity:			
Used ingredients in a creative way		5	
Incorporated pantry items into dish or garnish		3	
Effectiveness of Communication:			
Displayed effective communication skills		4	
Poise and personal appearance		4	
Teamwork:			
Each team member contributed to the presentation		5	
Questions:			
		5	
Additional Comments: <i>(use back of sheet for additional space)</i>			
		Total Points (80)	

RULES & GUIDELINES MANUAL

4-H FOOD CHALLENGE SCORECARD - PREPARATION

TEAM NAME: _____ **TEAM #:** _____

ENTRY CATEGORY:

Meat/Protein Fruits & Vegetables Grain Dairy

Team Observation	Comments	Points	Score
Teamwork:			
Effective use of communication among team members		2	
Each team member played a key role in the preparation phase, whether cooking or preparing presentation		3	
Safety concerns and practices:			
Exhibited knowledge of how to use equipment safely (heat, utensils, sharps, etc.)		3	
Handled ingredients appropriately to avoid cross contamination		1	
Personal Hygiene (hair, nails, jewelry, etc.)		1	
Preparation:			
Displayed a logical process in mixing and assembling ingredients		2	
Practiced correct cooking procedures based upon ingredients provided		1	
Completed tasks efficiently and in a logical order		2	
Management:			
Used workspace efficiently		2	
Effective use of time		2	
Preparation table was clean at the conclusion of the preparation period		1	
Additional Comments: (based on observation)		Total Points (20)	

RULES & GUIDELINES MANUAL

TEAM WORKSHEET-USE BACK FOR ADDITIONAL SPACE

Knowledge of MyPlate (Write the food and in what food group it belongs):

Food Number of servings needed each day	MyPlate

Nutrient Knowledge (Know what this dish contributes to the diet):

Food	Nutrients/Vitamins	What do they do for my body?

RULES & GUIDELINES MANUAL

TEAM WORKSHEET-USE BACK FOR ADDITIONAL SPACE

Food Preparation (Know the steps in the preparation of the food):	
Steps:	What was prepared/Performed in this step?

RULES & GUIDELINES MANUAL

TEAM WORKSHEET-USE BACK FOR ADDITIONAL SPACE

Food Safety (List food safety concerns associated with this dish):

Serving Size Information (Accurately calculate the cost of the dish and the cost per serving):

Ingredient	Total cost of ingredient	Cost per measurement
Total		
Total cost per serving*Senior		

RULES & GUIDELINES MANUAL

4-H FOOD CHALLENGE RESOURCES

In preparation for the Food Challenge, participants should not limit themselves to studying only the resources provided at the contest. Resources that may be helpful include (but are not limited to):

- MyPlate
www.myplate.gov
- Dietary Guidelines for Americans,
<https://www.health.gov/dietaryguidelines/2015/guidelines>
- Fight Bac!
www.fightbac.org
- Cooking Basics for Dummies, 3rd edition
- [Preparation Principles and Functions of Ingredients](#)
- [Calorie Dense vs. Nutrient Dense](#)
- [Nutritional Concepts](#)

The following resources will be provided to teams at the Food Challenge. All are available online at: <https://texas4-h.tamu.edu/projects/food-nutrition/>

Resource 1: [My Plate Mini-Poster](#)

<https://app.box.com/s/w3ce6j40pch1kvtensu6tfh2385lvxd>

Resource 2: [Know Your Nutrients](#)

<https://app.box.com/s/xf3qapi0ghuvztjhh3ggjcx6tqgnqfgw>

Resource 3: [Fight Bac-Fight Foodborne Bacteria Brochure](#)

<https://app.box.com/s/a9ivygypg7znxyuijx482qtyinw2j0w9>

Resource 4: [Food Safety Fact Sheet](#)

<https://app.box.com/s/nejguenw7r564cuuwrq3du82hlinuo71>

Resource 5: [Recycling, Compost, and Waste](#)

<https://app.box.com/s/ygd2torkz1fjll4fx5ai7mvtb26onuqw>

**The majority of the Arkansas 4-H Food Challenge Rules and Guidelines Manual was constructed using National 4-H Food Challenge Rules/Guidelines.*