



West District South Region 4-H Food Showdown

Intermediate & Senior Divisions Only

When: June 1, 2022

Location: Stephens County Fairgrounds
2002 S. 13th Street
Duncan, OK

Cost: \$45 per team

- 8:30 – 9:00 a.m.** Registration for Food Showdown Contest
- 9:00 a.m.** Orientation
- 9:30 a.m.** Contest with awards immediately after contest

**Each county may enter two Intermediate
Division Teams and two Senior Division Teams.**

Contact the Stephens County OSU Extension Office, at
580-255-0510, if you would like to enter a team.

**Registration to be completed for Food Showdown
by County Educators only no later than 4:00 p.m.
May 16, 2022**



West District South Region Food Showdown Contest

Food Showdown

4-H Food Showdown guidelines for Intermediate and Senior Teams

1. Participants must be currently enrolled in 4-H.
2. Age is determined by a participant's age as of September 1, 2021.
3. Sr. Teams: Participants in the 4-H Food Showdown at State 4-H Roundup must be Roundup delegates. Since the district 4-H Food Showdown is the qualifying event for Roundup, all team members should be planning to attend Round-up. Two teams will advance from the district contest to Roundup.
4. Intermediate Teams: must be in the 6th grade to 8th grade. Senior Teams: must be in the 9th grade to 12th grade.
5. Each team will have a maximum of 3 members and all team members must be from the same county.
6. Substitution of team members should be made only if necessary and substitute must be a Roundup delegate from the same county for senior teams. Only the same number of 4-H members qualifying at the prior competition level will be eligible to compete at the Roundup Food Showdown. No more than one team member may be substituted up to the day of the event. The substitute 4-H member must have competed in a prior 4-H Food Showdown event.
7. An Entry Fee may be required to cover the cost of ingredients for the contest – see registration information for details.
8. All team members will be assigned the same category and given the same ingredients. Category, secret ingredients, and the clue will not be announced until the start of the category. There will be four possible food categories:
 - A. Main Dish
 - B. Fruits and Vegetables
 - C. Breads and Cereals
 - D. Nutritious Snacks
9. Attire – participants should wear the following:
 - A. **Mask and gloves**
 - B. Clean aprons, lab coats or chef's coats
 - C. Closed Toe Shoes
 - D. Long pants
 - E. Hair coverings (caps, bandanas, skull caps, hair nets) are required and long hair must be tied back. Each team will have the option of wearing coordinated clothing
10. Resource materials provided for each team at the contest include:
 - A. MyPlate for Kids
 - B. FightBac
 - C. Cooking Food Safely is a Matter of Degrees, Nutrient Needs at a Glance
 - D. Altering recipes for Good Health
 - E. Kitchen Safety
 - F. 4-H Food Showdown Worksheet
 - G. Copies of grocery receiptsNo other resource materials will be allowed. Cell phones or other electronic devices will not be permitted in the contest area. Teams may not use their personal copies of the resources during the contest.
11. Supply Box. There are two supply boxes in the district for use; however, teams may choose to bring their own items from home as long as the items appear on the supply box list. Any extra equipment will be confiscated, and the team may be disqualified. You must make arrangements yourself to use the District Kits.
12. Judges reserve the right to disqualify teams practicing dangerous use of the equipment.
13. Participants with disabilities. Any participant who requires auxiliary aids, special accommodations or has food allergies must contact the District 4-H Office at least two weeks prior to the competition.
14. **Participants will not have the opportunity to clean the kits.**



West District South Region Food Showdown Contest

Food Showdown

Rules of Play

1. Teams will report to the designated location for check-in during their assigned time
2. Each team will be directed to a cooking/preparation station. There will be a written clue and a covered set of secret ingredients at each station. Amounts of secret ingredients will be provided, but no recipe. Do not uncover your secret ingredient box or read the clue until directed. The secret ingredients will represent a recipe from one of the following categories: Main Dish, Fruits and Vegetables, Breads and Cereal and Nutritious Snacks.
3. Educational Resources will be located at each station.
4. Each team will have 40 minutes to prepare the dish, plan a presentation and clean up the preparation area.
5. Each team may be given a challenge/obstacle to overcome during the contest.
6. Only participants and contest officials will be allowed in food preparation areas.
7. Preparation of food and presentation
 - A. **Preparation:** Each team will be given secret ingredients and will create a dish using the clue provided and items from the provided common pantry. Note cards and the food showdown worksheet may be used to write down the recipe the team invents, along with notes related to nutrition, food safety and cost analysis. Teams need to be exact on ingredients used, preparation steps, cooking time, temperature, etc.
 - B. **Kitchen safety:** Each station will have kitchen safety resources. Follow the steps listed to ensure proper kitchen safety. Be prepared to discuss safety practices used in the team presentation to the judges.
 - C. **Nutrition:** Each station will have a variety of nutrition resources/references. Each team must name key nutrients in their dish and their functions and identify where the dish belongs on MyPlate. Refer to the nutritional information provided at each station.
 - D. **Cost Analysis:** Prices will be available for each secret ingredient. Find the secret ingredient on the list and calculate the price of the dish along with the price per serving. Teams will determine the number of servings per recipe
 - E. **Presentation:** When time is called, each team will present their dish, to a panel of at least two judges, according to the criteria on the scorecard. Teams must be able to communicate with the judges effectively. All team members must participate in the presentation, with at least two of them having a speaking role. Judging time will include:
 - i. 5 minutes for the presentation:
 - 1) Introduction
 - 2) What did you prepare and why did you select that method?
 - 3) How does the dish fit into a healthy diet and MyPlate?
 - 4) How food safety concerns were addressed
 - 5) Serving Size and cost per serving (of secret ingredients only)
 - ii. Judges' questions (approximately 3 minutes)
 - iii. Time between team presentations for judges to score and write comments
 - F. **Clean-up:** Teams must clean up their preparation areas. Clean-up time is included in the 40 minute preparation allotment. Teams should plan to not have access to a kitchen facility; therefore, dirty dishes should be placed into a designated dirty dish plastic container or box to be cleaned at the conclusion of the contest. Leftover food should be disposed of properly. Common pantry items not used must be returned to the common pantry area.
8. Placing will be based on rankings of teams by judges. Judges' results are final



West District South Region Food Showdown Contest

Food Showdown

Supply Kit – Intermediate and Senior Teams

Each team will bring an equipment box containing only the following items:

- | | |
|----------------------------------|--|
| Measuring cup, liquid (1) | Whisk (1) |
| Measuring cups, dry (1 set) | Aprons (3) |
| Measuring spoons (1 set) | Baking Sheet (1) |
| Mixing Bowls (2) | Calculator (1) |
| Non-Stick cooking spray (1) | Can Opener (1) |
| Note cards (4x6) | Colander, medium (1) |
| Pancake turner (1) | Cutting boards/mats (2) |
| Pencil (1) | Bowl, small (1) |
| Plastic tub for dirty dishes (1) | Disposable tasting spoons |
| Paper towels (1 roll) | Extension Cord (1) |
| Rolling Pin (1) | Food Thermometer (1) |
| Rubber Spatula (1) | Fork (1) |
| Sanitizing wipes | Garlic press (1) |
| Saucepan w/lid (1) | Grater (1) |
| Serving bowl, medium (1) | Hand Sanitizer (1) |
| Serving platter (1) | Heat Source (can use one of the following) |
| Serving Utensil (1) | Two single-burner hot plates |
| Skillet (1) | One double-burner hot plate |
| Stirring Spoon (1) | One 12" electric skillet |
| Stock Pot (1) | Hot pads (2) |
| Storage bags or contains | Kitchen Shears (1) |
| Tongs (1) | Kitchen Timer (1) |
| Vegetable Peeler | Kitchen Towels and Wash Cloths (2 of each) |
| | Knives (3) |

2022 West District South Region 4-H Fruit/Vegetable Sculpting/Arrangements

June 1, 2022

Stephens County Fairgrounds
2002 S. 13th Street, Duncan, OK



**Registration via Microsoft Form due before 5:00 p.m.
on May 16, 2022, with this link:**

<https://forms.gle/YPkYAp9V7ZRkkNxT8>

Registration fee is \$21.00 per team

Please make checks payable to the **West District OSU Extension** and mail to
West District 4-H, 205 W Maple, Suite 510, Enid, OK 73701

1:00 p.m.	Registration and check equipment/supplies brought in. (Participants set out their stuff at their table.)
	Orientation for participants and judges
1:30 p.m.	Contest Begins
	Judging/presentations begins
	Awards announced when each division is done
3:00 p.m.	Conclude

PLEASE NOTE: All participants must be bona fide members of 4-H.

RULES OF PLAY: *(Teams will consist of 2-3 team members.)*

- All fruits and vegetables used in the arrangement must be edible. **NO work (cutting, scoring, slicing, etc.) can be done on fruits and vegetables before the contest. No precut fruits or vegetables can be used. All work must be done during the contest.**
 - Toothpicks or non-edible items can be used to hold arrangements together.
 - Teams will provide their own food for preparation. No electricity will be available. It is required that you bring gloves, trash bags, paper towels, and firstaid kit.
1. There will be three team divisions. The age & grade will be as of September 1, 2021:
Junior Division: minimum age 8 years old and in 3rd grade, grades 3, 4 and 5
Intermediate Division: grades 6, 7 and 8
Senior Division: grades 9, 10, 11 and 12
 2. An orientation will be provided for all participants.

3. Each team will be directed to a preparation station.
4. Each team will have thirty minutes to prepare the dish and clean up the preparation area. Teams are allowed to bring their presentation scripts with them. Teams are allowed one picture no bigger than 8 x 10 of the item they are creating. It must not have any writing or directions on the picture.
5. Electricity will not be available at the contest. Teams should select their recipe with this in mind.
6. Each team must provide their own equipment. Washing facilities will not be available for teams to wash and share equipment. NO preparation dishes or serving dishes are to be cleaned on the fairground premises.
7. Food safety: Teams should practice proper food safety and be prepared to discuss food safety practice used by their team in their presentation to the judges. Judges will observe preparation to assist in determining the score.
8. Presentation: When time is called, each team will present their dish and provide the following information:
 - Introduction including team members names and county
 - Creative dish name
 - Two major nutrients
 - Food preparation principles
 - Food Safety
 - a. All team members must participate in the presentation; all team members must have a speaking role.
 - b. Judging time will include:
 - Four minutes for the presentation (NO TASTING)
 - One minute for judges to score
 - c. No talking and no writing allowed among any team members while waiting to give the team presentation.
9. Clean-up: Teams must clean up their preparation areas. Clean-up time is included in the 30-minute preparation allotment. Teams should not plan to have access to a kitchen facility; therefore, dirty dishes should be placed in a plastic container, bag or box to be cleaned at home. Leftover food should be disposed of properly.
10. Placings will be based on rankings of teams by judges. Judges' decisions are final. 1st, 2nd and 3rd placings will be awarded.
11. An awards program will be held at the conclusion of the judging process for each group.
12. Registration is due May 16, 2022.



2022 West District South Region 4-H Cupcake War

June 1, 2022

Stephens County Fairgrounds
2002 S. 13th Street, Duncan, OK



**Registration via Microsoft Form due before 5:00 p.m.
on May 16, 2022, with this link:**

<https://forms.gle/YPkYAp9V7ZRkkNxT8>

Registration fee is \$21.00 per team

Please make checks payable to the **West District OSU Extension** and mail to
West District 4-H, 205 W Maple, Suite 510, Enid, OK 73701

1:00 p.m.	Registration and check equipment/supplies brought in. (Participants set out their stuff at their table.)
	Orientation for participants and judges
1:30 P.M.	Contest Begins
	Judging/presentations begins
	Awards announced when each division is done
3:00 p.m.	Conclude

PLEASE NOTE: All participants must be bona fide members of 4-H.

RULES OF PLAY *(Teams will consist of 2-3 team members.)*

- Each team will display three cupcakes.
- Each team will bring “naked” cupcakes. The cupcakes should have no frosting and be in the paper wrappers only.
- Each team will bring the frosting mixed in bowls. The frosting should not be tinted prior to contest. Teams will tint and place in frosting bags, if needed at the contest. Frosting can be either store bought or homemade. If store bought, can be either white or chocolate frosting.
- If teams are using fondant, they can use either homemade or purchased fondant. Teams are allowed to purchase tinted (colored) fondant to use or may tint fondant off site.
- Teams are allowed to use purchased edible decorating items. Only edible items can be used on the cupcakes.
- The age and grade will be as of September 1, 2021
 - Junior Division: minimum age 8 years old and in 3rd grade, grades 3, 4 and 5
 - Intermediate Division: grades 6, 7 and 8
 - Senior Division: grades 9, 10, 11 and 12

1. An orientation will be provided for all participants.
2. Each team will be directed to a preparation station.
3. Each team will have thirty minutes to prepare the dish and clean up the preparation area. Teams are allowed to bring their presentation scripts with them. Teams are allowed one picture no bigger than 8 x 10 of the item they are creating. It must not have any writing or directions on the picture.
4. Electricity will not be available at the contest. Teams should select their recipe with this in mind.
5. Teams must provide their own equipment. Washing facilities will not be available for teams to wash and share equipment. NO preparation dishes or serving dishes are to be cleaned on the fairground premises.
6. Food safety: Teams should practice proper food safety and be prepared to discuss food safety practice used by their team in their presentation to the judges. Judges will observe preparation to assist in determining the score.
7. Presentation: When time is called, each individual will present their dish and provide the following information:
 - Introduction
 - Creative dish name
 - Two major nutrients
 - Food preparation principles
 - Food Safety
- Judging time will include:
 - Four minutes for the presentation (THERE WILL BE NO TASTING)
 - One minute for judges to score (No comments will be given)
 - No talking and no writing allowed among any individuals while waiting to give their presentation.
8. Clean-up: Teams must clean up their preparation areas. Clean-up time is included in the 30-minute preparation allotment. Teams should not plan to have access to a kitchen facility; therefore, dirty dishes should be placed in a plastic container, bag or box to be cleaned at home. Leftover food should be disposed of properly.
9. Placings will be based on rankings of teams by judges. Judges' decisions are final. 1st, 2nd and 3rd placings will be awarded.
10. An awards program will be held at the conclusion of the judging process for each group.
11. Registration is due May 16, 2022.

2022 West District South Region 4-H

Table Setting

June 1, 2022



Stephens County Fairgrounds
2002 S. 13th Street, Duncan, OK



**Registration via Microsoft Form due before 5:00 p.m.
on May 16, 2022, with this link:**

<https://forms.gle/YPkYAp9V7ZRkkNxT8>

Registration fee is \$7.00 per person

Please make checks payable to the **West District OSU Extension** and mail to
West District 4-H, 205 W Maple, Suite 510, Enid, OK 73701

11:00 a.m.	Registration and check equipment/supplies brought in. (Participants set out their stuff at their table.)
	Orientation for participants and judges
11:30 a.m.	Contest Begins
	Judging/presentations begins
	Awards announced when each division is done
	Silent Auction of Desserts

Basic Rules for 4-H Table Setting Contest

- All contestants must pre-register by the deadline for this event and have an Active Status in ZSuite.
- Must compete in their grade division
- Contestants will be given a contest start time and have 30 minutes to complete their set-up.
- Parents or adult may help the contestant carry in supplies but will not be allowed to assist with any part of set-up and will not be allowed in the room during set-up.
- Judge will be able to watch as you set-up.
- After set-up, the judge will visit each contestant. Contestants will give their oral presentation and the judge can ask questions afterwards.
- Table setting must remain in place until judging is complete.
- Contestants will be given 10 minutes to pack and leave the contest area after judging is complete.

New Contest Addition!!!

Please prepare a dessert to follow your theme that will also need to be listed as a part of your menu. Items can be made from scratch or commercial mixes. They must be individually wrapped and will be sold/auctioned to benefit Change for Change.

Tips for Oral Presentation

Contestants should play the role of the host for the meal they have planned and should be dressed appropriately. They should introduce themselves and describe the meal as they envision it, including the type of occasion and theme they have chosen. The presentation should also include basic nutrition and “My Plate” information, their favorite part of the table setting and meal, and one possible etiquette downfall associated with their meal.

Table Setting Information

Select a Theme and Occasion

What is the occasion...a family dinner, a holiday, or lunch with friends? Is this a casual or formal occasion? Select a theme which fits the occasion. Possibilities can run from picnic in the park to a formal Mother’s Day dinner.

Formal – use candles (may or may not be able to lit for competition), more than three pieces of flatware, china (no stoneware), tablecloth and/or mats are acceptable and cloth napkins.

Casual – be creative! Theme can be indoors or outdoors. Use any type of cover (tablecloth, paper etc.) and any type of table service. Overall place setting should be an expression of your creativity; homemade touches are encouraged.

Table Covering

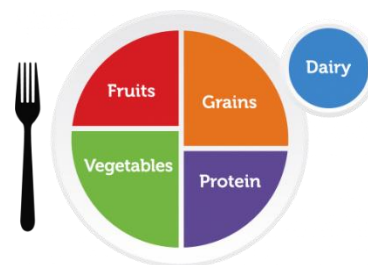
This is the background for the meal. It protects the table and makes for less noise. Placemats and/or tablecloths may be used. Choose a covering which is appropriate for the occasion. You may match or blend colors and textures in the dishes – or use something quite different for contrast.

Centerpiece

The centerpiece (if used) should be coordinated with the place setting and be appropriate for the occasion. Even though a single place setting is set, the centerpiece should be visible to all as if the entire table was set and should not obstruct anyone’s view of each other.

Menu Planning

An appropriately planned menu should follow the MyPlate guidelines. As a general guideline, a meal should have at least 3 different food groups to balance what the body needs each day. MyPlate illustrates the five food groups that are the building blocks for a healthy diet. For more information about MyPlate, go to www.choosemyplate.gov/.



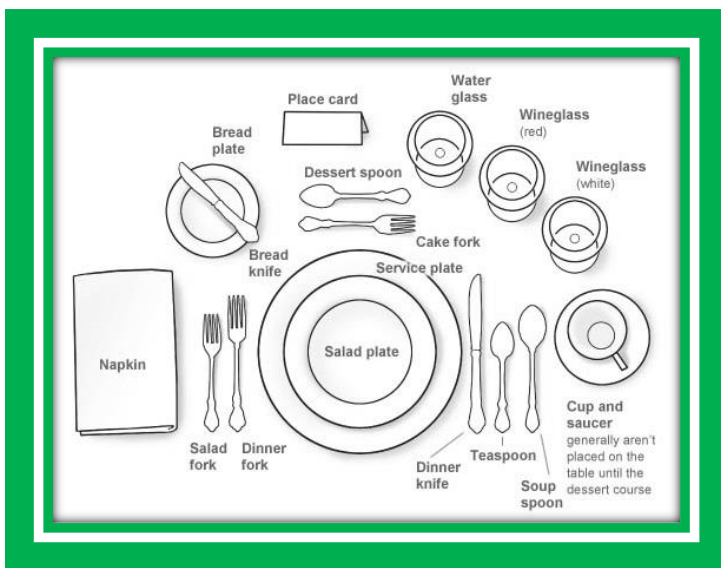
Place Setting

Allow at least 20 inches of space for each person’s place setting. The place setting or cover contains the dinnerware and flatware for the meal. Remember that only utensils used in the meal should be included in the table setting.

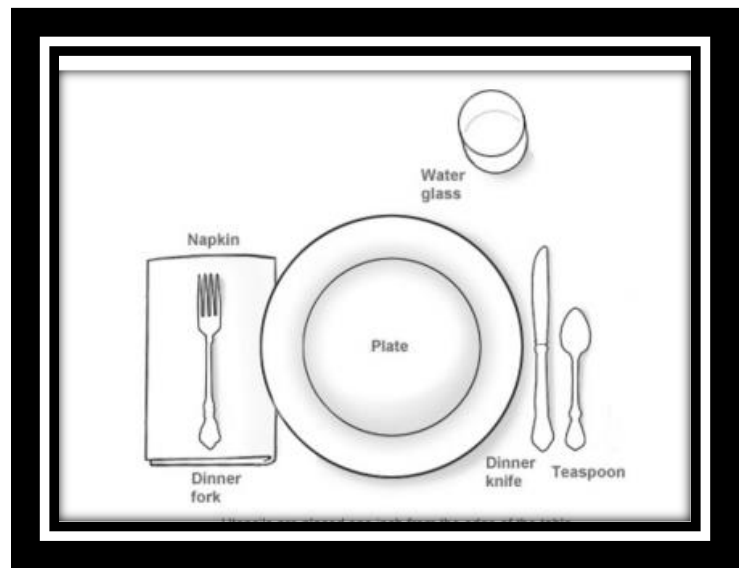
- The flatware, plate and napkin should be one inch from the edge of the table. Please refer to the following diagram
- The plate (2) is always in the center of the place setting.
- The dinner fork (3) is placed at the left of the plate.

- If a salad fork (4) is used, it is placed to the left of the dinner fork.
- The knife (6) is placed to the right of the plate with the sharp blade facing in towards the plate.
- The teaspoon (7) is placed to the right of the knife.
- If a soup spoon (8) is needed, it is placed to the right of the teaspoon.
- The soup bowl (9) may be placed on the dinner plate.
- Only utensils used in the meal should be at the table setting. Example: if soup is not on your menu, then you don't need to put a soup spoon at your table setting.)
- The drinking glass (10) is placed at the tip of the knife.
- If salad, bread and/or dessert plate(s) – or bowl(s) – is used (11), place at the top of the fork(s).
- If coffee or tea is served, the cup is placed on the saucer (12) and set to the right of the spoon. Have the handle pointing to the right. The cup and saucer are generally not included in the initial table setting, they are added at the time of coffee or tea service usually during the dessert course.

Formal Table Setting



Casual Table Setting



Etiquette Information

Here are few Etiquette tips for napkin, table setting and soup, etiquette scholar (https://www.etiquettescholar.com/dining_etiquette/business_etiquette.html) has a complete guide to table manners and setting for a variety of occasions. This would be an excellent website for contestants to review.

Napkin

At informal meals, place the napkin in your lap immediately upon seating. During formal occasions, before unfolding the napkin, wait for the host or hostess to remove his or her napkin from the table and unfold it in his or her lap.

- Place the napkin in your lap upon seating.
- When leaving the table temporarily, put the napkin on your chair.
- At the meal's end, fold your napkin and place it to the left of your place setting.

Table Setting

Deciding which knife, fork or spoon to use is made easier by the outside-in rule – use utensils on the outside first and work your way inward. So, if you are served a salad first, use the fork set to the far left of your plate.

Your water glass is the one above the knife in your place setting and your bread plate is to the left. To

remember which bread plate belongs to you and if the glass in front of you belongs to you or your neighbor, use “b” and “d”. Touch the index finger on your right hand to your right thumb. Touch the index finger on your left hand to your left thumb. The “**b**” formed by your **left** hand is for “**bread**” (your bread plate is always at the left of your place setting). The “**d**” formed by your **right** hand is for “**drink**” (your drinking glasses are always at the right of your place setting).

Soup Etiquette

Hold the soup spoon by resting the end of the handle on your middle finger, with your thumb on top. Dip the spoon sideways at the near edge of the bowl, then skim away from you. Sip from the side of the spoon. To retrieve the last spoonful of soup, slightly tip the bowl away from you.

Informal dinner party men

Plan a well-balanced meal.

Don't serve heavy, sweet, or spice dishes back-to-back.

Balance rich dishes with a simple one.