

# **4-H FOOD SHOWDOWN**

Stilwell Grade School

**\*Schedule and Agenda to be announced\***

Registration \$10.00 per team

**-NO MORE THAN 9 TEAMS PER SCHOOL.**  
**-NO MORE THAN 3 TEAMS PER DIVISION.**

The Food Showdown is a youth culinary challenge where three member teams compete to create a dish while demonstrating their knowledge in foods and nutrition, kitchen safety, equipment and creativity in food preparation. 4-H Food Showdown teams will create their dish using only a clue, provided secret ingredients and items from the common pantry. From the secret ingredients, 4-H members must identify, prepare and then present information related to the serving size, nutritional value and cost of the dish.

## **Objectives**

- Provide opportunities for participants to exhibit their food and nutrition knowledge, skill, and creativity when preparing and presenting food.
- Provide opportunities for participants to learn from other team members, while promoting teamwork.
- Give participants opportunities for public speaking and leadership.

## **Age Divisions as Follows:**

- Junior: 8-10 years old (\*Child must be 8 years old AND in 3rd grade to compete)
- Intermediate: 11-13 years old
- Senior: 14 and up

\*\*\*ALL participants MUST be enrolled on Zsuite- NO EXCEPTIONS\*\*\*

## **Rules**

- Participants must be 4-H members enrolled in Adair County 4-H and registration form turned into county office by due date set. A Medical Release form must be done online for each Food Showdown participant.
- Each team will have a maximum of three members, the team can be mixed ages. However, team will compete in the division oldest member qualifies for. To compete as a senior at District Contest ALL team members must be 14 years old and up.
- There is a 3 minute time limit on presentation with judges.
- All teams 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 contest.
- Clean aprons, closed toed shoes; long pants and hair must be pulled back out of face. Each team will have the option of wearing coordinated clothing.
- 4-H Food Showdown Worksheet and copies of grocery prices are provided day of event. Calculators 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.
- All teams must supply their own equipment for the showdown. (See supply box list). Boxes will be checked upon arrival. Any extra equipment will be confiscated.
- Judges reserve the right to disqualify teams demonstrating unsafe food safety practices or dangerous use of the equipment.
- Any competitor who requires auxiliary aids, special accommodations or has food allergies must notify 4-H Office at pre-registration.  
\*\*Champion and Reserve Champions and 3rd place for each division will receive certificate and ribbon day of event. Top two will get invitation to annual Achievement banquet. \*\*\*

\*\*\*No parents or leaders will be permitted in the contest area. Any coaching will not be allowed. If students need help there will be adults in contest area they can ask. Judges reserve the right to disqualify teams.\*\*\*

## **Supply Box List**

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

### **Jr. & Int. Teams**

Aprons (3)  
Calculator (1)  
Can opener (1)  
Colander, medium (1)  
Cutting boards/mats (2)  
Bowl, small (1)  
Disposable tasting spoons  
Fork (1)  
Gloves disposable  
Grater (1)  
Hand sanitizer (1)  
Kitchen Shears (1)  
Kitchen Timer (1)  
Kitchen Towels (2)  
Knives (3)  
Measuring cups , dry  
Measuring cup, Liquid  
Measuring spoons  
Note Cards  
Pencil  
Pancake Turner (1)  
Rubber Spatula (1)  
Serving Platter (1)  
Serving bowl (1)  
Sanitizing wipes  
Mixing bowls  
Tub for dirty dishes  
paper towels  
serving spoon (1)  
mixing spoons (3)  
table cover  
(1) Decorative plater  
(1) serving bowl

### **Sr. Teams**

all items from Jr & Int teams Plus:

Heat Source (can use one of the following)

Seniors ONLY!

single or double burner hot plate

Electric Skillet (1)

Griddle (1)

Hot pads (2)

Baking Sheet (1)

Extension Cord

Food Thermometer (1)

Rolling pin (1)

Sauce pan w/lid

Stock pot (1)

Storage bags or containers

Tongs (1)

Vegetable peeler (1)

Whisk (1)