

Creative Culinary Day

Entries **DUE** February 18, 2020 to the Extension Office by 4:30PM
Event Date: March 6, 2020 Location TBA 9:00AM

Cup Cake Wars

Objectives:

1. To promote self-confidence.
2. To develop public presentation ability.
3. To showcase baking and decorating ability.
4. To allow for self-expression in a safe supportive environment.



4-H members should prepare for Cupcake Wars by following the criteria below:

- ◆ Participants will bake six cupcakes at home.
- ◆ They will bring the undecorated cupcakes to decorate at the competition.
- ◆ They will then choose their best 3 cupcakes to be judged on creativity and appearance. There will be no tasting this year!
- ◆ Participants are responsible for bringing all materials they need for decorating.
- ◆ Participants need to exhibit knowledge of their recipe along with two copies of the recipe.
- ◆ If icing is made from scratch, please include that recipe on the cupcake recipe card.
- ◆ Participants will also be scored on decorating of cupcakes, appearance, and creativity.
- ◆ Cupcakes can be displayed on a plate or a stand.

There will be a 30 minute time limit on this event, not including set up.

Division: Age as of September 1, 2020

Cloverbuds (Ages 5-8/2nd grade)

Junior Class (Ages 8/3rd - 7th grade)

Senior Class (Ages 8th - 12th grade)



Food Showdown



4-H Food Showdown guidelines for: Junior Team (Ages 3rd—7th grade)

Senior Team (Ages 8th—12th grade)

What is the Food Showdown?

This contest, modeled after such competitions as “Iron Chef”, challenges teams of 4-H members to create a dish from only a clue, predetermined ingredients and a common pantry. From these ingredients, team members must use their food and nutrition knowledge, creativity and leadership skills to prepare the dish and then make a presentation to the judge.

Purpose:

- To provide opportunities for participants to exhibit their food and nutrition knowledge, skill and creativity when preparing.
 - To provide opportunities for participants to learn from other team members, while promoting teamwork.
 - To give members an opportunity to participate in a competitive event.
 - To give participants an opportunity for public speaking and leadership.
1. Participants must be currently enrolled in 4-H
 2. Age is determined by a participant’s age as of September 1, of the current year
 3. Senior Teams: Participants in the 4-H Food Showdown at Round-up must be Round-up delegates. Since the district 4-H Food Showdown is the qualifying event for Round-up, all team members should be planning to attend Round-up. Two teams will advance from the district contest to Round-up.

4. Each team will have a maximum of 3 members and all team members must be from the same county.
5. Substitution of senior team members should be made only if necessary and substitute must be a Round-up delegate from the same county. Only the same number of 4-H members qualifying at the prior competition level will be eligible to compete at the Round-up 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.
6. **An Entry Fee may be required to cover the cost of ingredients for the contest – see registration information for details**
7. 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 event.
8. 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. Clean aprons, lab coats or chef's coats
 - B. Closed Toe Shoes
 - C. Long pants
 - D. Hair coverings (caps, bandanas, skull caps, hair nets) are required and long hair must be tied back.
10. Each team will have the option of wearing coordinated clothing
11. 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 receipts
12. No 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
13. 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.

Food Showdown Supply Box:

Aprons(3) Baking Sheet(1) Calculator(1) Fork(1) Knives(3)
 Can Opener(1) Colander Med.(1) Cutting Boards(2)
 Small Bowl(1) Extension Cord(1) Garlic Press(1) Pencil(1)
 Food Thermometer(1) Grater(1) Hot Pads(2) Whisk(1)
 Kitchen Shears(1) Kitchen Timer(1) Pancake Turner(1)
 Kitchen Towels & Wash cloths(2 of each) Tongs(1)
 Measuring Cup liquid(1) Measuring Cups, dry(1 set)
 Measuring Spoons(1 set) Mixing Bowls(2) Note Cards (4x6)
 Non-stick Cooking Spray(1) Paper Towels(1 roll)
 Rolling Pin(1) Rubber Spatula(1) Sauce Pan w/lid(1)
 Medium Serving Bowl(1) Serving Platter(1) Skillet(1)
 Serving Utensil(1) Stirring Spoon(1) Stock Pot(1)
 Vegetable Peeler(1) Disposable Gloves
 Disposable Tasting Spoons Hand Sanitizer(1)
 Storage Bags or Containers Plastic tub for Dirty Dishes

Heat Source (use one of the following)

- 2 single burner hot plates
- 1 double burner hot plate
- 1 12" electric Skillet

Junior Teams will require NO heat source

14. Judges reserve the right to disqualify teams practicing dangerous use of the equipment
15. Participants with disabilities. Any participant who requires auxiliary aids, special accommodations or has food allergies must contact the state 4-H office at least two weeks prior to the competition.

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 Junior team will have 30 minutes, and each senior 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.

Meal Planning

No Separate age categories

ALL TEAMS WILL BE JUDGED TOGETHER

Meal Planning

Theme: **Valentine's Day**

A meal is a time to make a special effort. These are occasions when attention to detail and when doing things right are important. Exhibit will include invitations, proper place setting (for 4), appropriate menu and appropriate dress for the occasion (club members setting up the display should be dressed as if they were hosting the event). A meal planning form must be completed and displayed. Remember, presentation is important so think about how you're going to pack, transport and arrange the food and how you will decorate.

Table Settings

Cloverbuds (Ages 5-8/2nd grade)

Junior (Ages 8/3rd –7th grade)

Senior Ages 8th-12 grade)

Table Theme: **St. Patrick's Day**

Objectives:

1. To promote self-confidence
2. To develop public speaking and presentation skills
3. To showcase creativity and *self-expression*

Rules of Play:

1. The menu for the meal must be on the table,
2. 2 place settings must be set on the table.
3. The judge will be watching as the youth sets the table.
4. Judge will visit with the youth about the table setting and how they chose their place settings and decorations

