

# 4-H Top Chef

## Virtual Contest



OSU EXTENSION  
**OTTAWA COUNTY**  
**4-H YOUTH DEVELOPMENT**

**4-H Top Chef** is a culinary challenge for 4-H members to create a recipe using secret ingredients utilizing their creativity, food preparation skills, kitchen safety and presentation skills.

**Divisions:** The age and grade will be as of September 1 of the current 4-H year.

- Cloverbud: ages 5-8, or Kindergarten-2<sup>nd</sup>
- Junior: 3<sup>rd</sup> (and 8 yrs. old)-5<sup>th</sup> grade
- Intermediate: grades 6<sup>th</sup>-8<sup>th</sup>
- Senior: grades 9<sup>th</sup>-12<sup>th</sup>

**Deadlines: Sign up by April 30 & Final entry due May 3<sup>rd</sup>-May 14<sup>th</sup>.**

**Sign Up:** Participants must sign up by April 30 to receive the required ingredients list. Sign up by providing Name, Club, Grade and Contest Name by email to [ottawaco.extension@gmail.com](mailto:ottawaco.extension@gmail.com) or by calling the Extension Office at 918-542-1688. An entry form is on the [extension.okstate.edu/Ottawa](http://extension.okstate.edu/Ottawa) website, but you do not have to use the entry form to enter. We will need the publicity release section of form completed by entry deadline.

### Contest Guidelines:

Contestants will submit a picture of final product and (3) videos for judging competition.

Video 1: Introduction—no longer than 5 minutes. Include information about self, dish, and main ingredients.

Video 2: Dish Preparation—no longer than 10 minutes. Show main highlights of preparing dish.

Video 3: Dish Presentation—no longer than 5 minutes. Show a serving of the dish, tell how dish fits into healthy diet/MyPlate, what safety practices you followed, and cost per serving of 4 main ingredients.

Combined time of videos cannot exceed 20 minutes. It's easier to send 3 short videos rather than 1 long video.

**Food Categories:** There will be four possible food categories. Main Dish, Fruits & Vegetables, Breads and Cereal, and Nutritious Snacks. All competitors will be assigned the same category and a list of 4 required main ingredients that must be used in the recipe. The 4 items will be common items that should be available at most grocery stores or even your own pantry. You may add to your recipe with other items from your own kitchen. Participants will be responsible for purchasing their own ingredients.

- **Creativity** will be a part of the scoring and can be shown in a variety of ways.
- **Attire:** Clean apron/chef's coat, closed toe shoes, and hair coverings (and long hair tied back) are required.
- **Kitchen Safety:** Demonstrate and follow proper kitchen safety while preparing your recipe.
- **Resource Materials:** (posted on [extension.okstate.edu/Ottawa](http://extension.okstate.edu/Ottawa). Scroll down to Ottawa County 4-H then scroll down again to County Contest Days) *Food Safety Brochure, Healthy Eating with MyPlate, Food & Nutrient Needs at a Glance, Healthful Recipe Substitutions, Kitchen Safety*. Copies of your grocery receipts will help you determine cost per serving.

**PLEASE NOTE: Others may assist with videoing but should not coach, assist with preparation, etc.**

### To Enter:

- **Submit picture and final video entry anytime between May 3<sup>rd</sup>-May 14<sup>th</sup>.**
- Submit entry by email to [ottawaco.extension@gmail.com](mailto:ottawaco.extension@gmail.com) or through Facebook Messenger – Ottawa County OSU Extension. Include Name, 4-H Club, & Grade with entry.
- Please check with the Extension Office to make sure your entry was received.

**If you need help with video, make arrangements 1 week prior to the deadline with the Extension Office.**

**Awards:** The Danish system of awarding each entry a blue, red, or white award will be used. Plaques will be awarded to the top two entries in each division.

Oklahoma State University, as an equal opportunity employer, complies with all applicable federal and state laws regarding non-discrimination and affirmative action. Oklahoma State University is committed to a policy of equal opportunity for all individuals and does not discriminate based on race, religion, age, sex, color, national origin, marital status, sexual orientation, gender identity/expression, disability, or veteran status with regard to employment, educational programs and activities, and/or admissions. For more information, visit <https://eeo.okstate.edu>.

# 4-H Cupcake Wars



OSU EXTENSION  
OTTAWA COUNTY  
4-H YOUTH DEVELOPMENT

## Virtual Contest

4-H Cupcake Wars is a contest for 4-H members to practice their culinary, creativity, and presentation skills.

**Divisions:** The age and grade will be as of September 1 of the current 4-H year.

- Cloverbud: ages 5-8, or Kindergarten-2<sup>nd</sup>
- Junior: 3<sup>rd</sup> (and 8 yrs. old)-5<sup>th</sup> grade
- Intermediate: grades 6<sup>th</sup>-8<sup>th</sup>
- Senior: grades 9<sup>th</sup>-12<sup>th</sup>

**Deadlines:** Sign up by April 30 & Final entry due May 3<sup>rd</sup>-May 14<sup>th</sup>.

**Sign Up:** Participants must sign up by April 30. Sign up by providing Name, Club, Grade and Contest Name by email to [ottawaco.extension@gmail.com](mailto:ottawaco.extension@gmail.com) or by calling the Extension Office at 918-542-1688. An entry form is on the [extension.okstate.edu/Ottawa](http://extension.okstate.edu/Ottawa) website, but you do not have to use the entry form to enter. We will need the publicity release section of form completed by entry deadline.

### Contest Guidelines:

- Contestants may have 1 entry in their division.
- Contestants will submit a picture of their final product and (2) videos for judging competition.
- Participants will be responsible for purchasing their own ingredients.
- Members will start with three pre-baked “naked” cupcakes. The cupcakes should have no frosting and be in the paper wrappers only.
- Members can use icing or fondant, either homemade or store bought.
- Icing should not be tinted with color prior to contest. You may start with vanilla or chocolate icing.
- Fondant can be purchased tinted (colored) or may be tinted prior to contest.
- Only edible items can be used on the cupcakes. Purchased items are allowed.
- Select a theme and/or name for cupcakes. Three cupcakes should be presented as a group. They can each be decorated the same or different but should relate to theme/name.
- **Video 1: Preparation** – no longer than 10 minutes. Introduce yourself and show yourself decorating the three cupcakes.
- **Video 2: Presentation** – no longer than 5 minutes. Show your final product, share the name of your cupcakes, two major nutrients, food preparation skills used, and food safety practices you followed.
- **Judging:** Cupcakes will be judged on theme representation, neatness, technical difficulty, creativity, and safety.
- **Creativity** will be a part of the scoring and can be shown in a variety of ways.
- **Attire:** Clean apron/chef’s coat, closed toe shoes, and hair coverings (and long hair tied back) are required.
- **Kitchen Safety:** Demonstrate and follow proper kitchen safety while preparing your cupcakes.

**PLEASE NOTE:** Others may assist with videoing but should not coach, assist with preparation, etc.

### To Enter:

- **Submit picture and final video entry anytime between May 3<sup>rd</sup>-May 14<sup>th</sup>.**
- Submit entry by email to [ottawaco.extension@gmail.com](mailto:ottawaco.extension@gmail.com) or through Facebook Messenger – Ottawa County OSU Extension. Include Name, 4-H Club, & Grade with entry.
- Please check with the Extension Office to make sure your entry was received.

If you need help with video, make arrangements 1 week prior to the deadline with the Extension Office.

**Awards:** The Danish system of awarding each entry a blue, red, or white award will be used. Plaques will be awarded to the top two entries in each division.

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# 4-H Fruit & Vegetable Sculpting

## Virtual Contest



OSU EXTENSION  
OTTAWA COUNTY  
4-H YOUTH DEVELOPMENT

**4-H Fruit & Vegetable Sculpting** is a culinary challenge for 4-H members to create a unique piece of food art for judging. Showing creativity, food knowledge, and kitchen safety.

**Divisions:** The age and grade will be as of September 1 of the current 4-H year.

- Cloverbud: ages 5-8, or Kindergarten-2<sup>nd</sup>
- Junior: 3<sup>rd</sup> (and 8 yrs. old)-5<sup>th</sup> grade
- Intermediate: grades 6<sup>th</sup>-8<sup>th</sup>
- Senior: grades 9<sup>th</sup>-12<sup>th</sup>

**Deadlines:** Sign up by April 30. Final entry due May 3<sup>rd</sup>-May 14<sup>th</sup>.

**Sign Up:** Participants must sign up by April 30. Sign up by providing Name, Club, Grade and Contest Name by email to [ottawaco.extension@gmail.com](mailto:ottawaco.extension@gmail.com) or by calling the Extension Office at 918-542-1688. An entry form is on the [extension.okstate.edu/Ottawa](http://extension.okstate.edu/Ottawa) website, but you do not have to use the entry form to enter. We will need the publicity release section of form completed by entry deadline.

### Contest Guidelines:

Contestants will submit a picture of their final product and (2) videos for judging competition.

**Video 1:** Preparation—no longer than 10 minutes. Introduce yourself and show yourself preparing your item following safety guidelines.

**Video 2:** Presentation—no longer than 5 minutes. Show your final product, share the name of your item, two major nutrients found in the foods used and explain the safety practices you followed.

Combined time of the videos cannot exceed 15 minutes. It is easier to send 2 short videos rather than 1 long video.

- Participants will be responsible for purchasing their own ingredients.
- Only edible fruits and vegetables are allowed in the sculpture/arrangements.
- Toothpicks or non-edible items can be used to hold the arrangements together.
- **Creativity** will be a part of the scoring and can be shown in a variety of ways.
- **Attire:** Clean apron/chef's coat, closed toe shoes, and hair coverings (and long hair tied back) are required.
- **Kitchen Safety:** Demonstrate and follow proper kitchen safety while preparing your recipe.
- **Resource Materials:** (posted on [extension.okstate.edu/Ottawa](http://extension.okstate.edu/Ottawa). Scroll down to Ottawa County 4-H then scroll down again to County Contest Days and you will see the resources listed) *Food Safety Brochure, Healthy Eating with MyPlate, Food & Nutrient Needs at a Glance, Healthful Recipe Substitutions, Kitchen Safety.*

**PLEASE NOTE:** Others may assist with videoing but should not coach, assist with preparation, etc.

### To Enter:

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- Please check with the Extension Office to make sure your entry was received.

If you need help with video, make arrangements 1 week prior to the deadline with the Extension Office.

**Awards:** The Danish system of awarding each entry a blue, red, or white award will be used. Plaques will be awarded to the top two entries in each division.