

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-2nd
- Junior: 3rd (and 8 yrs. old)-5th grade
- Intermediate: grades 6th-8th
- Senior: grades 9th-12th

Deadlines: Sign up by April 30. Final entry due May 3rd-May 14th.

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 or by calling the Extension Office at 918-542-1688. An entry form is on the 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. 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:

- **Submit picture and final video entry anytime between May 3rd-May 14th.**
- Submit entry by email to 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.