

KENTUCKY 4-H Culinary Challenge



Senior Manual

Revised 4/28/21

The Kentucky 4-H Culinary Challenge generates interest among foodies and food show fans and adds excitement to 4-H food and nutrition projects. The 4-H challenge is similar to the Food Network’s “Chopped.”

What do teens need to know? Take baking out of the picture and concentrate on preparation skills for vegetables, fruits, pasta, grains, potatoes, milk products, eggs, dressings, quick meat cookery, mother sauces, stews, flavor profiles and seasonings. Teams create a plate of food using the three secret ingredients, supplemented with items from the pantry. The ingredients can be mixed together or some may become sides for the primary feature. Creativity in flavor and appearance on the plate are important.

Teams will present their creation to the judges, explain their decisions and the preparation skills involved, talk about the nutritive value of the food on the plate and determine the number of servings (or portions of a serving) for the food groups included.





KENTUCKY 4-H Culinary Challenge

STATE CHAMPION TEAM

**2019
Montgomery County**



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Changes from the previous year are printed in red.

This competition is modeled after the Oklahoma 4-H Food Showdown. With permission, portions of the manual and web content are replicated from Oklahoma 4-H.

Kentucky 4-H Sr. Culinary Challenge

The objectives

- To challenge youth to increase their food and nutrition knowledge base, master food preparation and safety skills, and use creativity when preparing and presenting food.
- To challenge youth to include more fruits and vegetables and Kentucky products in meals.
- To provide youth an opportunity to apply basic nutrition principles to the real-life decision-making experience of meal planning.
- To provide opportunities for youth to learn from each other and experienced mentors and to develop real-world leadership skills in working as a team.
- To give youth opportunities for public speaking.
- To give 4-H members the opportunity to participate in a food related competitive event.

The 4-H Culinary Challenge puts everything youth have learned about food preparation and nutrition to the test.

About the Kentucky 4-H Sr. Culinary Challenge

Team members must use their food preparation skills, knowledge of nutrition and food safety, leadership skills, and creativity to prepare a serving or plate of food using secret ingredients, and ingredients found in a common pantry. Then make a presentation to the judges. The presentation will include information about the nutritional value, serving size, preparation skills and decision-making behind the dish. On-site preparation of the food allows 4-H members to demonstrate their culinary skills to the judges.

State Sr. Culinary Challenge

The Kentucky 4-H Culinary Challenge will be held on Friday, **August 6th, 2021** at the Boone County Enrichment Center, Burlington, KY.

Qualifying Events

Within each Extension district, agents and volunteers will determine how the **teams** will be selected to compete in the Kentucky 4-H Culinary Challenge. Some districts may host a district challenge but other districts may come up with other unique methods. Regardless of the method, the district **teams** will need to be fully prepared for the challenge at the state competition.

Participant Guidelines

Eligible participants: All team members a) must be members of 4-H in the same county and b) must be senior members (4-H ages 14-18) during the current 4-H year. Youth who have competed in the National 4-H Food Challenge are not eligible to compete again in the national competition).

If a team member requires auxiliary aids, special accommodations or has food allergies, the agent is to email a description of the accommodations needed to [Isaac Hilpp](mailto:Isaac.Hilpp@uky.edu) at Isaac.hilpp@uky.edu at least three weeks prior to the competition.

Team: Each team is made up of two to four members.

Substitution of team members: No more than one team member may be substituted up to the day of the event. The substitute 4-H member must be from the same county and have competed in a qualifying event in the same year.

Teams per district: Each district may enter **two teams** in the state competition.

Attire: Long pants, clean apron or chef's (or lab) coat, closed-toe shoes, and hair covering, and **face masks (must be worn at all times)** are required for all team members. Appropriate clean hair coverings include: caps, bandanas, chef's hats, skullcaps and hairnets. Long hair must be tied back. Some part of the attire for each team member must be matching so the team members can be easily distinguished from other teams.

Equipment to bring: Each team will arrive at the competition with a tub/kit of specific equipment to use in preparing the dish/plate. Team members are to be familiar with each item and how to use it in a safe manner. (See list of equipment to bring in kit.) Additional items used in preparation of the food will be provided at the state level. These will be located on the teams work station or near the common pantry.

Preparation for the Challenge: Team members will need to be familiar with basic cooking skills, a wide variety of recipes, food safety, kitchen safety, nutritional value of a variety of foods, daily food requirements, serving sizes, MyPlate, teamwork, and presentation of dish. Primary sources of information are the Kentucky 4-H Core Curriculum for Food Preparation and Nutrition and Family and Consumer Science factsheets related to food and nutrition. (See list of study materials.)

Contest Rules

1. **Competition site:** The 2021 state competition will take place in a large kitchen with fourteen workstations. Each team will have a workstation with a sink, counter space, and electric cooktop, conventional oven, and microwave oven. The teams may use the appliances but use is not required. The common pantry will be set up on tables in a central location.
2. **Safety:** All team members are to be aware of and practice safe handling of food and equipment. At least one judge will observe safety practices during the food preparation phase of the challenge. Judges reserve the right to disqualify teams demonstrating unsafe food practices or dangerous use of equipment.
3. **Audience:** Only participants and contest officials will be allowed in the food preparation area. Only one person may accompany youth member into event, they will have to wait in the team area and not be able to watch the challenge, Teams will have no interaction with each other. One coach for each team will be permitted to watch from the designated spectator area. We will be livestreaming the event into the team area and provide a link for people at home to watch as well.
4. **Report:** Teams will report to the designated location for check-in during their check-in window with their equipment tub, each team will have its own check-in window.
5. **Orientation:** All teams will complete the Participant and Kitchen Safety Orientation.
6. **Start time:** Each team will draw for their start time. Start times will be staggered by 45 minutes. One at a time, a team will be directed to a preparation station. The official will set the team's timer and the competition will begin for that team. A written clue, secret ingredients, and an educational reference packet will be located on the team's station. The reference packet will be available for use during the competition however, it is important that all team members become familiar with the references prior to the contest.
7. **45 Minutes:** The team will have 45 minutes to prepare the dish/plate.

During the 45 minutes, the team will

- Look at the secret ingredients and talk about the possibilities
- Think of how the ingredients are typically paired with other foods and flavors

- Determine the cooking or preparation methods that enhance the food/ flavor combinations and can be accomplished within the time available
 - Determine the tasks to be accomplished and divide them among the team members
 - Select ingredients from the **baker's box**
 - Prepare the dish
 - Record approximate amounts used of each ingredient
 - Prepare a presentation using the worksheet in your team's packet ("recipe" created, processes/skills used, nutrition facts, serving size, safety considerations, and decisions made)
 - Place a typical serving on a plate in an attractive manner
 - Clear the work surface of everything but hot equipment and items that were on the workspace when the team arrived
8. **Food:** All foods will be provided at the competition. A list of foods in the common pantry will be available to the teams about one month prior to the competition. The secret ingredients will be revealed when the challenge begins.
9. **"Secret" Ingredients:** The secret ingredients will be used to prepare a dish/plate of food. Teams may choose additional ingredients from the common pantry to complete the dish. Each of the secret ingredients must be used in the dish. However, the whole amount of the secret ingredient does not have to be used.
10. **Pantry:** For the 2021 contest teams will be provided a "baker's box" of items they may use. They are not to leave their station.
- a. **Final List:** A final list of **baker's box** ingredients will be available one month before the challenge.
 - b. **Amount to Prepare:** Each team will make about two servings of the dish. One serving will be plated for the judges, however the team will need to make enough so that they can taste the dish during the preparation process.
 - c. **Amount to use:** Teams will only have what is provided in the **baker's box**. No additional ingredients will be supplied beyond what is in that box.
 - d. **Raw meat:** Raw meat **will** be available in the **baker's box**. Although it is not required, you may want to use vinyl gloves when handling the raw meat. Gloves will be provided. If you need clean gloves, just throw the dirty ones away and get new ones. Food safety is important.
 - e. **Nutrition information:** Packaging with nutrition information is not to be taken away from the pantry table.
 - f. **Pre-washed:** All fresh fruits, herbs and vegetables will have been pre-washed so it will not be necessary to wash them again.

- g. **Boiling water:** To reduce preparation time, boiling water will be available for **use at each station**.
11. **“Surprise” Ingredients:** These are items that weren’t on the pantry list but have been added. Teams are not required to use the surprise ingredients.
12. **Worksheet:** As the dish/plate is prepared, the steps and amount used of each food item should be recorded on the worksheet. This sheet can be used as presentation notes or notes can be written on the note cards provided at the competition in the resource packet. The team will have several sheets of blank paper and note cards.
13. **Water:** Some years the competition may not be held in a kitchen. Teams will have access to a water source but it may not be a standard sink.
14. **Sanitizing and Cleaning Spray:** A roll of paper towels and spray bottles of sanitizing and cleaning solution will be provided at each station. The team may use these solutions as needed to keep the work area clean and sanitized. The cleaning solution is dish detergent and water and is used when the work surface is dirty. The sanitizing spray kills bacteria. Wipe up both solutions with paper towels.
- 15. Preparation of food and presentation:**
- a. **Preparation:** Each team will create a dish/plate, using the secret ingredients and items from the pantry. The 4-H contest worksheet may be used to write down the steps followed, the recipe the team creates, cooking time, along with notes related to nutrition and kitchen safety.
 - 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’s presentation to the judges.
 - c. **Nutrition:** Each team must name key nutrients in their dish and their functions, and identify the food group in which the dish belongs in MyPlate. Refer to the nutritional information provided at each station.
 - d. **Presentation to judges:** At the end of the 45 minutes, the team will present one portion/serving of their dish to a panel of at least two judges. The plated portion should demonstrate the participants’ awareness of portion sizes. Teams must be able to communicate with the judges effectively. All team members must participate in the presentation, with at least two having speaking roles. The presentation will be approximately 5 minutes. It is to include:
 - Introduction of team members to judges
 - What you prepared and why you made that choice
 - How the dish fits into a healthy diet and MyPlate
 - How food safety concerns were addressed

- Description of the serving size

Judges' questions (Approx. 3min)

Time will be allowed between team presentations for judges to score and write comments.

16. **Clean-up:** During the 45 minutes, teams must clear the surface of the work station of everything but hot equipment and the items that were on the counter when they arrived. That means dirty dishes should be placed in a bus bin or designated plastic container to be cleaned at the conclusion of the competition. Uncontaminated leftover ingredients are to be placed in the designated area (look for a sign) near the pantry. Contaminated ingredients should be placed in a garbage can. After they have met with the judges, they may wash their equipment and repack their equipment tub. Be mindful of other teams who are still competing.
17. **The decision of the judges is final.** The champion team will be identified. Placement of other teams will not be announced.

Covid 19 Guidelines

All current University, federal, state, and local guidelines for COVID-19 including current directives from the Center for Disease Control (CDC), the Occupational Safety and Health Administration (OSHA), and the Kentucky State Government should be followed.

- Do not come to the contest if you are sick, have a fever, or have recently had close contact with a person with COVID-19. If you have been placed under a quarantine or self-isolation order by a health department, wait until you have received an official release from the health department before returning to in-person activities.
- Self-screen for fever and other symptoms of COVID-19 before coming to the contest, including:
 - Fever or chills
 - Cough
 - Shortness of breath or difficulty breathing
 - Fatigue
 - Muscle or body aches
 - Headache
 - New loss of taste or smell
 - Sore throat
 - Congestion or runny nose
 - Nausea or vomiting
 - Diarrhea
- If you believe you are sick, do not come to the contest. Testing is available and a list of drive through testing locations in Kentucky is provided in the resources section below.
- Extension programs and activities that are held in-person must strictly adhere to University of Kentucky Event Guidance.
 - Social distancing requirements of six feet between individuals will be required.
 - Hand sanitizer will be available for all participants.
 - Masks are required unless individuals are alone in a room, eating or drinking or outdoors where 6-foot social distancing is being enforced.
 - The number of attendees will be limited to the capacity of the space as set up for strict adherence to social distancing.

- o Attendance will be tracked utilizing the most current Extension Attendance Roster.
- o Participants must stay home if sick or experiencing symptoms.
- o Clearly defined entrances and exits will be marked
- o Distribution of materials will be executed in a contactless method .
- o Arrival and check-in times will be staggered.
- o Only one person may accompany youth member into event, they will have to wait in the team area and not be able to watch the challenge, Teams will have no interaction with each other. One coach for each team will be permitted to watch from the designated spectator area.

Resources

¹> CDC guidelines for Social Distancing, Quarantine, and Isolation :

<https://www.cdc.gov/coronavirus/2019-ncov/pr event-getting-sick/social-distancing.html>

¹> Kentucky Coronavirus Drive Thru Testing Locations :

<https://chfs.ky.gov/agencies/dph/Pages/COVID-19-Drive-Thru-Locations.aspx>

<•CDC guidelines for use and maintenance of cloth face masks

<https://www.cdc.gov/coronavirus/2019-ncov/pr event-getting-sick/diy-cloth-face-coverings.html>

1•CDC guidelines for Cleaning and Disinfecting Your Facility

<https://www.cdc.gov/coronavirus/2019-ncov/community/disinfecting-building-facility.html>

¹> The Official Team Kentucky Source for Information Concerning COVID-19:

<https://govstatus.egov.com/kycovid19>

<•> **CDC Interim Guidance for Businesses and Employers to Plan and Respond to Coronavirus Disease 2019 (COVID-19):** <https://www.cdc.gov/coronavirus/2019-ncov/community/guidance-business-response.html>

• **OSHA Guidance on Preparing Workplaces for COVID 19:** <https://www.osha.gov/Publications/OSHA3990.pdf>

171 **University of Kentucky COVID-19 Response:** <https://www.uky.edu/coronavirus/>

11 **University of Kentucky Event Guidance** (<https://www.uky.edu/coronavirus/campus/university-events>)

Study Materials

Team members will need to become familiar with basic cooking skills and procedures; a variety of recipes and typical ingredient and flavor combinations; food safety; nutritional value of a variety of foods; daily food requirements; serving sizes; and MyPlate. Primary sources of information are the Kentucky 4-H Core Curriculum for Food Preparation/Nutrition and Kentucky Cooperative Extension Family and Consumer Sciences factsheets.

Food Preparation

- Teen Cuisine
- 4-H Cooking 101-401 (primary source)
- Super Star Chef Series

Nutrition and Nutrient Needs

- MyPlate at: www.choosemyplate.gov
 - 10 Tips at: <https://www.choosemyplate.gov/node/1924>
- Nutrient Needs at a Glance (Oklahoma) at: <http://4h.okstate.edu/literature-links/lit-online/family-consumer-science/foodshowdown/FoodNutirentNeedsataGlance.doc>
- Nutritional Value of Meat at: <http://www2.ca.uky.edu/hes/fcs/factshts/FN-SSB-113.PDF>
- Power Up Your Vegetable Choices at: <http://www2.ca.uky.edu/agc/pubs/fcs3/fcs3558/fcs3558.PDF>
- Focus on Nutrient-Dense Foods and Beverages at: <http://www2.ca.uky.edu/agc/pubs/fcs3/fcs3559/fcs3559.PDF>

Food Safety

- FightBac at: http://www.fightbac.org/wpcontent/uploads/2015/08/Basic_Fight_BAC_Brochure_Oct_2011.pdf
- Food Safety at: <https://www.choosemyplate.gov/food-safety>

Additional References

- Extension Publications located at: <http://fcs-hes.ca.uky.edu/content/publications-master-list>

References Available to Team during Challenge

These resources will be available to team members during the competition. Become familiar with the content in each in order to know how they may be useful to you.

- Choose MyPlate—10 Tips to a Great Plate; go to: <http://www.choosemyplate.gov/sites/default/files/tentips/DGTipsheet1ChooseMyPlate.pdf>
- FightBac—Fight Foodborne Bacteria Brochure; go to: [http://www.fightbac.org/wp-content/uploads/2015/08/Basic Fight BAC Brochure Oct 2011.pdf](http://www.fightbac.org/wp-content/uploads/2015/08/Basic_Fight_BAC_Brochure_Oct_2011.pdf)
- Nutrient Needs at a Glance (Oklahoma Extension); go to: <http://4h.okstate.edu/literature-links/lit-online/family-consumer-science/foodshowdown/FoodNutirentNeedsataGlance.doc>

Equipment & Supplies provided at the State Competition

The following equipment will be available to team members at the competition and located at the team's workstation or in the common pantry.

- All food ingredients
- Detergent
- Note cards (15 cards per team)
- Paper towels (2 rolls per team)
- Pencils with erasers (5 per team)
- Cleaning spray and paper towels
- Sanitizer spray and paper towels
- Scrap paper (1 sheet per team member)
- Storage bags/containers
- Timers to track 45-minute time limit (team will be able to see the timer to gauge time left)
- Work station with counter and sink
- Conventional electric stove and oven
- Microwave oven
- Baking Sheet

Updated: 4-28-21

Equipment to Bring to the Competition

Each team is to bring the equipment on the list to the contest in a container such as a plastic tub. The equipment brought by the team should meet the specifications on the equipment list. Use of any additional equipment may result in the team being disqualified. Before the contest, be sure to inventory the items to make sure all items are present, teams will not be able to borrow items from another team. All equipment in the kit must be clean and ready for use when the competition begins.

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

- Aprons or chef's/lab coats (1 per team member)
- Baking dish for use in microwave or conventional oven, glass (1)
- Bowl – mixing bowl, about 3 qt. (1)
- Bowl – mixing bowl, about 8 qt. (1)
- Bus bin or plastic tub for dirty dishes (1)
- Calculator (1)
- Can opener, manual type (1)
- Colander, medium, for hot foods (1)
- Cutting mats or boards (1 for meats; 1 for other)
- Dish cloth (2)
- Food thermometer, instant read (1)
- Grater (1)
- Kitchen shears (1)
- Kitchen timer, for use in preparing food (1)
- Kitchen towel (2)
- Knife, serrated (12" is a good choice) (1)
- Knife, paring (6" is a good choice) (up to 3)
- Knife, chef's (8" is a good choice) (up to 3)
- Ladle (1)
- Measuring cup for liquids, 1 or 2 cup (1)
- Measuring cup for liquids, 4 cup or larger (1)
- Measuring cups for dry ingredients (1 set)
- Measuring spoons (1 set)
- Non-stick cooking spray (1)
- Oven mitt or pot holder (2)
- Pancake turner, non-stick (1)
- Sanitizing wipes (1 container)
- Sauce pan or stock pot, with lid, about 8 qt. (1)
- Sauce pan with lid, about 4 qt. (1)
- Serving dishes: white plate, soup bowl, and salad/dessert plate; small container for dressing/dipping sauce; and clear beverage glass (one of each)
- Skillet, 10" non-stick (1)
- Spatula, heat proof rubber (2)
- Spoon for stirring, solid (2)
- Spoon, slotted, (1)
- Spoons (like a soup spoon) (3)
- Spoons for tasting (no limit)
- Storage bags, plastic--sandwich or quart (4)
- Strainer, about 6.5" in diameter (1)
- Table knife or spreader type spatula (3)
- Tongs, metal (1)
- Vegetable peeler (1)
- Whisk (1)
- Optional: Gloves, vinyl, no limit

Updated 4/28/21

Kitchen Safety during the Competition

1. Wash hands often. To do this properly, use warm water and lather up with hand soap. Scrub the back and front of your hands, between the fingers and your fingernails. Wash for at least 20 seconds. Rinse under running water and dry with a clean paper towel. Wash hands often during the food preparation process.
2. Gloves: Use of gloves is not required. When handling raw meat, some may prefer using gloves. Be sure to throw the gloves away before touching other items. Wash your hands after disposing of gloves.
3. Wash all fresh fruits and vegetables before eating or adding to dishes/recipes using clear, clean water—no soap. (For the competition, this step can be skipped since fresh produce was properly washed in advance.)
4. During preparation, don't place cooked food on the same plate, tray or cutting board as raw or ready-to-eat food to prevent cross contamination and the spread of bacteria.
5. When you finish measuring perishable foods, put the container back in the refrigerator or ice chest.
6. If you spill something, take the time to clean it up or tell a contest official so it can be cleaned up properly.
7. Keep paper towels, dish towels and potholders away from burners or heat source so they won't cause a fire.
8. Turn pot handles toward the back where no one will knock them off the heat source or table.
9. Do NOT add water to a pan that contains hot oil or fat. Hot fat will splatter out of the pan and could cause a burn.
10. Never put water on a cooking fire. Quickly ask an adult to put out the fire. Don't try to move a burning object to another place.
11. Use knives safely.
 - a. If you don't feel comfortable with the knife, ask for help.
 - b. When using a knife to cut food, always cut away from your body and toward a cutting board.
 - c. If the cutting board moves when in use, secure it by putting a damp towel between it and the counter top or table.
 - d. Use the knife for cutting, not gesturing or pointing.
 - e. Stand still while holding knives. If you must move from one place to another, hold the knife blade downward, tell people you are coming through with a knife and walk carefully. Never run.
 - f. Place knives away from the edge of the table and positioned so that the blade is facing down or on its side.
 - g. Don't put knives or other sharp objects into a full sink where someone could reach in and get hurt.
 - h. Note: Knives are available at the pantry for use while collecting ingredients.

12. Dress for safety. Wear shoes that cover your feet (no sandals). Avoid loose fitting clothing. Take off jewelry that might fall into the food, such as earrings, necklaces, bracelets and rings.
13. Keep hair out of the food. Wear some kind of clean head covering such as a ball cap, bandana, chef's hat or hairnet. If you have long hair, tie it back, then cover your head with a clean head covering.
14. Be careful not to get burned.
 - a. Open pan lids away from you to safely vent steam.
 - b. Turn off burners and other hot equipment as soon as you finish with them.
 - c. Keep hands out of hot pans.
 - d. When transporting hot items, let people know you are coming through with something hot.
 - e. Walk slowly when you carry something hot.
 - f. Use dry pot holders.
15. Electricity and water don't mix. Keep electric appliances and cords away from water. Use dry hands to plug in or unplug cords.
16. Turn off appliances as soon as you finish using them.
17. If you have oil or pan drippings that need to be disposed, contact an adult volunteer.

Tentative Culinary Challenge Schedule

- 9:15 Teams check-in.
- 9:30 Participant orientation and safety review. Teams draw for start time.
- 9:50 Challenge begins. Teams report to contest area as called. Start times will be staggered by 10 minutes. One or two judges will observe preparation and safety practices of teams throughout preparation time. When creation of the dish/plate is complete, team members will prepare for the presentation to judges and cleanup the work area.
- | | |
|---------------|---|
| 9:50 – 10:35 | Team 1 reports to station and begins |
| 10:00 – 10:45 | Team 2 reports to station and begins |
| 10:10 – 10:55 | Team 3 reports to station and begins |
| 10:20 – 11:05 | Team 4 reports to station and begins |
| 10:30 – 11:15 | Team 5 reports to station and begins |
| 10:35 – 10:45 | Team 1 will go to photo area, give presentation |
| 10:45 – 10:55 | Team 2 will go to photo area, give presentation |
| 10:55 – 11:05 | Team 3 will go to photo area, give presentation |
| 11:05 – 11:15 | Team 4 will go to photo area, give presentation |
| 11:15 – 11:25 | Team 5 will go to photo area, give presentation |
- After meeting with the judges, team members finish cleanup of the equipment.
- 11:45 – 12:00 Judges make decision.
- 12:15 – 12:30 Awards will be announced.

Items provided in the **baker's box (sample)**

Items available in the **baker's box** MAY CHANGE to compliment the secret ingredients. A list will be available approximately 1 month prior to the state competition (**it will be scaled down from previous years because of the need to provide each team with an individual box, you should expect for the final list distributed in July to be smaller than the sample one provided here**).

Contest officials may add "Surprise Ingredients" to the pantry on the day of the competition. Teams are **NOT** required to use **surprise** ingredients.

- ❖ All fresh produce will be washed in advance so teams do not need to wash them during competition.
- ❖ Cans: A can opener will be available.
- ❖ When you begin creating the dish, record the amount of each ingredient used in the dish.

- | | | |
|--|---|--|
| <ul style="list-style-type: none">• Artisanal bread• Beans, canned (pinto, kidney)• Beef (Ground)• Bread crumbs or croutons• Broccoli• Broth, chicken• Butter• Carrots• Celery• Cheese block, (white & yellow)• Chicken, raw, breast• Eggs• Flour, all-purpose• Garlic, fresh | <ul style="list-style-type: none">• Herbs (dried)<ul style="list-style-type: none">○ Basil○ Dill○ Parsley○ Oregano○ Thyme○ Sage• Honey• Lemon• Lettuce, leaf• Oil—canola, olive• Olives, black• Onion, fresh (various)• Pasta• Pepper, fresh• Potato• Salt• Sauce<ul style="list-style-type: none">○ Hot sauce○ Soy sauce• Sesame seeds | <ul style="list-style-type: none">• Spices<ul style="list-style-type: none">○ Cayenne pepper○ Chili powder○ Cinnamon (ground)○ Cumin (ground)○ Ginger (ground)○ Mustard (ground)○ Paprika○ Pepper, black• Sugar, granulated and powdered• Vanilla extract• Vinegar: cider and balsamic |
|--|---|--|

Food Safety

List food safety risks associated with preparing this dish.

Risk:	Steps taken to reduce risk.

Knowledge of MyPlate

Write the foods included in the plated serving and where each falls on MyPlate. (Your dish may not include all food groups)

Food	MyPlate Food Group	Number of servings needed each day	Portion of a standard serving included on the plate

Knowledge of Nutrients (Tell how this dish contributes to a healthy meal)

Write the foods included in your dish and where it falls on MyPlate.

Food	Nutrients/Vitamins	What does it do for your body?

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Kentucky 4-H Sr. Culinary Challenge Score Sheet

District:		Team:			
<i>Judges will not taste food they consider to have been prepared using unsafe food handling practices.</i>					
Revised 2016	Exceeds standard	Meets standard	Need to Improve	Comments	
Knowledge of MyPlate, Nutrition, & Serving Size:					
• Knowledge of number of servings needed daily from the food groups					
• Amount of servings per food group that are provided in the serving plated up for the judges					
• Primary nutrients in dish & their benefit to health					
Food Preparation:					
• Steps/skills involved in preparation of dish					
• Decision making related to ingredients/flavors					
• Evidence of ingredients chosen for health benefits					
• Mastery of preparation skills					
Food/Kitchen Safety Practices:					
• Food safety risks and how team addressed each					
• Use of equipment					
Teamwork:					
• Decision making					
• Division of tasks among members					
• Effectiveness of working together toward goal					
Food Appearance, Quality and Appeal:					
• Appearance of food					
• Creativity in presentation on plate/garnish					
• Texture					
• Creativity in combination of flavors/taste					
• Level of doneness					
Presentation Skills					
• Voice & poise					
• Each member effectively contributed to presentation					
• Professional appearance (clean attire, no jewelry, hair restrained/covered, etc.)					
• Responses to judges' questions					
Overall assessment					

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