



KENTUCKY 4-H Culinary Challenge

Junior Manual

Revised 4/28/2021

Food shows are extremely popular. The Kentucky 4-H Jr. Culinary Challenge generates interest among foodies and food show fans and adds excitement to 4-H food and nutrition projects.

What do youth 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 a Plate It Up! or Cook Wild Kentucky recipe card.

Teams will present their plate to the judges, explain the preparation skills involved, and talk about the nutritive value of the food on the plate.

Teams will be scored in four categories: The Dish, The Presentation, Skills displayed, Nutrition Knowledge

Changes from previous version are printed in red



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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 Jr. Culinary Challenge

The objectives

- To challenge youth to increase their food and nutrition knowledge base, and master food preparation and safety skills.
- To challenge youth to include more fruits and vegetables and Kentucky products in meals.
- 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 Jr. Culinary Challenge

Team members must use their food preparation skills, knowledge of nutrition and food safety, and leadership skills to prepare a serving or plate of food from the recipe cards provided. Then make a presentation to the judges. The presentation will include information about the nutritional value, serving size, and preparation skills. On-site preparation of the food allows 4-H members to demonstrate their culinary skills to the judges.

State Jr. Culinary Challenge

The Kentucky 4-H Jr. Culinary Challenge will be held on Saturday, August 7th at the Boone County Enrichment Center, Burlington, KY.

Qualifying Events

There will be NO qualifying event for the Jr. Culinary Challenge. The first 14 teams to register for the event will be awarded spots. Each county is limited to registering a maximum of 2 teams.

Participant Guidelines

Eligible participants: All team members a) must be members of 4-H in the same county and b) must be 4-H Ages 11-13 during the current 4-H year.

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 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.

Attire: Long pants, clean apron or chef's (or lab) coat, closed-toe shoes, hair covering, **and face masks (to 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 2020 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 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.
5. **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.
6. **Orientation:** All teams will complete the Participant and Kitchen Safety Orientation.
7. **Start time:** Each team will draw for their start time. Start times will be staggered by 10 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.
8. **45 Minutes:** The team will have 45 minutes to prepare the dish/plate.

During the 45 minutes, the team will

- Determine the tasks to be accomplished and divide them among the team members
- Gather ingredients from the pantry
- Prepare the dish
- Prepare a presentation using the worksheet in your team's packet ("processes/skills used, nutrition facts, serving size, safety considerations)
- 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
9. **Food:** All foods will be provided at the competition.
- a. **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
 - 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:** IF Raw meat is in the provided recipe it 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 if needed.
10. **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.
11. **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.
12. **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.
13. **Preparation of food and presentation:**
- a. **Preparation:** Each team will create a dish/plate. The 4-H contest worksheet may be used to write down the steps followed, 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.
- 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. The presentation will be 3-5 minutes. It is to include:
 - Introduction of team members to judges
 - What you prepared
 - 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.

14. **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.

15. **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

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

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

1² > 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>

1⁴1**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

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>

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
- 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

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)
- Electric Burners (2 burners)
- 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
- Extension Cord (2 twenty ft.)

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.

The Common Pantry

Items available in the common pantry WILL CHANGE from year to year to accommodate the recipe selected.

- All fresh produce will be washed in advance so teams do not need to wash them during competition.
- Cutting mats and knives will be available in the pantry for cutting a portion of ingredients to be used in the dish. Do not take knives from your station to the pantry.
- Cans: A can opener will be available.
- When you begin creating the dish, record the amount of each ingredient used in the dish.

All items needed to prepare the pre-selected recipe will be provided in the **Baker's Box**

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?



Kentucky 4-H Jr. Culinary Challenge Score Sheet

District:		Team:			
<i>Judges will not taste food they consider to have been prepared using unsafe food handling practices.</i>					
Created 2019	Exceeds standard	Meets standard	Need to Improve	Comments	
Nutrition (25%)					
• 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					
• Demonstrate an understanding of the nutritional value of dish.					
• Ability to provide additional nutrition beyond what was provided					
Skills (25%)					
• Time Management					
• Recipe reading					
• Mastery of preparation skills					
• Food safety risks and how team addressed each					
• Use of equipment					
Food Appearance, Quality and Appeal (25%)					
• Appearance of food					
• Creativity in presentation on plate/garnish					
• Texture					
• Level of doneness					
• Level of flavor					
Presentation Skills (25%)					
• Voice & poise					
• Each member effectively contributed to presentation					
• Professional appearance (clean attire, no jewelry, hair restrained/covered, etc.)					
• Responses to judges' questions					
• Effective use of notes and eye contact					
Overall assessment					

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