Kentucky 4-H Culinary Challenge
Team Manual

2015 Edition (Revised 11-25-2014)

Food shows are extremely popular. The Kentucky 4-H Culinary Challenge is expected to generate interest among foodies and food show fans and add excitement to 4-H food and nutrition projects. The 4-H challenge will be similar to the Food Network’s “Chopped.”

At the state contest, teams of three to five teens* from each district will be challenged to create a serving or plate of food using a clue, common ingredients found in a pantry, and secret ingredients. Since teens need to eat more fruits and vegetables and Kentucky produces lots of fine foods, these are guaranteed to be found among the contest’s ingredients.

State Planning Committee: County Extension Agents Rachel Abney, Nicholas Co., Sherrill Bentley, Lewis Co. and Stephanie Thomas, Union Co.; Dr. Sandra Bastin and Bob Perry, Dietetics and Human Nutrition Department; Martha Welch, KY 4-H Department

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

*The number of team members has changed from 2 to 3 in 2014 to 3 to 5 in 2015 to align with the National 4-H Food Challenge.

Index
Objectives of the Event 2
The Kentucky 4-H Culinary Challenge 2
Qualifying Events 2
Participant Guidelines 3
The Contest 4
Contest Rules 5
Study Materials 6
Kitchen Safety 8
Tentative Culinary Challenge Schedule 9
Contest Schedule 10
Equipment to Bring to the Contest: Challenge Kit 11
Equipment/Supplies Provided at the Contest 12
Items Provided in the Common Pantry 12
Team Work Sheet 13
Kentucky 4-H 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 skill 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 Culinary Challenge will put everything youth have learned about FOOD PREPARATION and NUTRITION to the test.

At the state challenge, teams of three to five teens from each district will be challenged to create a serving or plate of food using a clue, secret ingredients and ingredients found in a common pantry. With an emphasis on using more Kentucky products and the need for youth to include fruits and vegetables in their diet, it’s a sure thing that these will be found among the contest's ingredients.

About the Kentucky 4-H Culinary Challenge...

The 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 and then make a presentation about it to the judges. The presentation will include information about the nutritional value, serving size, cost per serving, 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. This contest is modeled after the Oklahoma 4-H Food Showdown and Texas 4-H Food Challenge.

The Event: The 2015 State Kentucky 4-H Culinary Challenge will be held on June 9 & 10 during Kentucky 4-H Teen Conference. The contest and educational session will take place during track time on Tuesday and Wednesday mornings. One team will be selected champion and will receive a special commemorative award. Members of all teams will receive a bag of Kentucky products.

Qualifying Events: Within each Extension district, agents and volunteers will determine how the team 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 team will need to be fully prepared for the challenge at the state competition.
Participant Guidelines

Eligible participants: All team members a) must be from one county and members of 4-H in the county where he/she lives or goes to school and b) must be in grades 9-12 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 Martha Welch at martha.welch@uky.edu at least three weeks prior to the competition.

Counties may determine if the team members are required to be registered and attend all of Teen Conference. Team members who are not registered to attend Teen Conference must a) be accompanied by parents or county volunteers; b) make their own arrangements for transportation to and from the contest; and c) if lodging is required, make their own arrangements for lodging away from campus. They are permitted but not required to participate in the educational session.

Team members: Each team will be made up of three to five 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 one team in the state contest. Each district will determine how the team is selected. Generally, selection is based on a qualifying event.

Attire: Long pants, clean apron or chef’s (or lab) coat, closed toe shoes, and hair covering 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. (For example: matching aprons or matching hats) Cell phones will be turned over to contest officials for the duration of the contest. Phones will be returned to the owner after awards are presented.

Equipment to bring: Each team will arrive at the contest 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.)

Food categories: The teams will be required to make a dish representing one of the four possible food categories: Main Dish, Fruits and Vegetables, Breads & Cereals and Nutritious Snacks. All teams will be assigned the same category and the same secret ingredients. The clue will be announced about 1 month prior to the contest. The category and secret ingredients will not be announced until the start of the contest.

Main Dish Category--Foods classified as main dishes usually contain a protein source and may contain additional foods. Dishes in this category may include: beef, veal, pork, variety meats, poultry, eggs, fish and shellfish. Ingredients provided may be pre-cooked. Cheese, eggs, dry beans, peas and peanut butter are examples of meat alternates.
Fruit and Vegetable Category—These are side dishes or foods that are usually served along with a main dish or as accompaniments to the main course.

Bread and Cereal Category—Suggested dishes in this category are quick breads, rice and pasta dishes. Provided ingredients may include pre-cooked products to shorten preparation time.

Nutritious Snacks Category—Snacks are commonly eaten between meals by those with higher energy needs (such as teens and children). Snacks should provide energy and enhance diet quality. Suggested dishes for this category are milk drinks and floats, fruit drinks, dips and dippers, fondues, sandwiches, party foods and refreshments, appetizers, and nutritious no-bake cookies.

**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, and MyPlate, 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.)

The challenge supports the ideals that 1) youth should consume an appropriate number of servings of fruits and vegetables daily and 2) a wide variety of food products are produced in Kentucky. The secret ingredients will be representative of these ideals.

**The Contest**

**Contest site:** The contest will take place in a large room. Each team will have a table to use as a work space. Butane burners will be the source of heat. (Ovens will not be available at the contest.) The common pantry will be set up on a table in the center of the room. A washing station for use by all teams will be set up in the room.

**Equipment:** Each team will arrive at the contest with a tub 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.) 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.

**Food:** All foods will be provided at the contest. A list of foods in the common pantry will be available to the teams about one month prior to the contest. The secret ingredients will be revealed when the challenge begins.

**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.
Contest Rules

1. Teams will report to the designated location for check-in with their equipment tub.

2. All teams will complete the Participant and Kitchen Safety Orientation at the same time.

3. Each team will draw for their start time.

4. 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 contest 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 contest, however, it is important that all team members become familiar with the references prior to the contest.

5. The team will have 45 minutes to prepare the dish/plate. During the 45 minutes, they will set up their work area, discover the secret ingredients, create the dish, plate up a serving, prepare the presentation and clear all but hot burners off of the work surface.

6. The secret ingredients will be used to prepare a dish/plate in one of the stated categories: Main Dish, Fruits and Vegetables, Breads and Cereal, and Nutritious Snacks. 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, only a portion.

7. As the dish/plate is prepared, the amount used of each food item is to be recorded.

8. The contest may or may not be held in a kitchen. Teams will have access to a water source but it may not be a standard sink.

9. Only participants and contest officials will be allowed in food preparation area.

10. Preparation of food and presentation:
   a. Preparation: Each team will be given three or four secret ingredients and will create a dish/plate within the assigned category, using the secret ingredients and items from the common pantry. Note cards and the 4-H contest worksheet may be used to write down the recipe the team invents, preparation steps, cooking time, temperature, 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 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 in MyPlate. Refer to the nutritional information provided at each station.
   d. Cost analysis: Prices will be available for each ingredient provided to the teams. Teams will need to find the ingredients on the list and calculate the price of the dish with price per serving. Teams will need to determine the number of servings reflected in the recipe they created.
   e. Presentation: At the end of the 45 minutes, the team will present one portion/serving of their dish, according to the criteria on the scorecard, 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 three having speaking roles. The presentation judging 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
• Cost per serving

Judges’ questions (Approx. 3min)

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

f. **Clean-up:** Teams must clear the surface of the work station during the allotted 45 minutes. That means dirty dishes should be placed in a designated dirty dish plastic container or box brought from home to be cleaned at the conclusion of the contest. Leftover food should be disposed of properly. Unused common pantry items should be returned to the common pantry area.

11. **The decision of the judges is final.** The champion team will be identified. Placement of other teams will not be announced.

---

**Study Materials**

Team members will need to be 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 and Nutrition and Kentucky Cooperative Extension Family and Consumer Science factsheets related to food and nutrition.

- **Food Preparation**
  - **Super Star Chef Series**—available from your county’s 4-H agent
  - **Fantastic Foods Series**—available from your county 4-H agent or order from the 4-H Mall at: [www.4-hmall.org](http://www.4-hmall.org). The publication titles include Level A: **Six Easy Bites**; Level B: **Tasty Tidbits**; Level C: **You’re the Chef**; Level D: **Foodworks**; **Helper’s Guide for Instructors**.
  - **Preserving Nutrients in Food** at: [http://www2.ca.uky.edu/hes/fcs/factshts/FN-SSB.006.PDF](http://www2.ca.uky.edu/hes/fcs/factshts/FN-SSB.006.PDF)
  - **Cheese Basics** at: [http://www2.ca.uky.edu/hes/fcs/factshts/FN-SSB.030.PDF](http://www2.ca.uky.edu/hes/fcs/factshts/FN-SSB.030.PDF)

- **Nutrition and Nutrient Needs**
  - **MyPlate for Kids** at: [www.choosemyplate.gov](http://www.choosemyplate.gov)
    - **Food Groups** at: [http://www.choosemyplate.gov/food-groups/](http://www.choosemyplate.gov/food-groups/). Be sure to look at all information at the hot links on the left—What’s in the food group?; How much is needed?; What Counts as a Cup?; Health benefits and nutrients; and Tips to help you eat.
    - **10 Tips Nutrition Education Series** at: [http://www.choosemyplate.gov/healthy-eating-tips/ten-tips.html](http://www.choosemyplate.gov/healthy-eating-tips/ten-tips.html)
  - **WIN Kentucky**—available at: [http://www2.ca.uky.edu/hes/internal/Wellness.php](http://www2.ca.uky.edu/hes/internal/Wellness.php)
- Food Safety
  - A Guide to Microorganisms at: http://www2.ca.uky.edu/ges/fcs/factshts/FN-SSB.011.PDF
  - Safe Temperatures
  - Fruits and Vegetables: Food Safety at: http://www2.ca.uky.edu/ges/fcs/factshts/FN-JSK-159.pdf
  - Safe Food to Go at: http://www2.ca.uky.edu/ges/fcs/factshts/FN-SSB.105.PDF

- Altering recipes
  - Adapting Recipes at: http://www2.ca.uky.edu/ges/fcs/factshts/FN-SSB.001.pdf
  - Cooking with Sugar Substitutes at: http://www2.ca.uky.edu/ges/fcs/factshts/FN-SSB-160.pdf
  - Altering Recipes for Good Health at: https://www.google.com/url?q=http://oklahoma4h.okstate.edu/foodshowdown/resources/docs/alternating%2520recipes%2520for%2520good%2520health.pdf&sa=UTF&ei=hJaQU_25NoK9ugTCnKACw&ved=0CAUQFjAA&usg=AFQjCNNpJeNH3WlqF89 besteht

- Kentucky Farm Products

Resources Available to Team during Challenge

- Choose MyPlate—10 Tips to a Great Plate; go to: http://www.choosemyplate.gov/food-groups/downloads/TenTips/DGTipsheet1ChooseMyPlate.pdf

- FightBac—Fight Foodborne Bacteria Brochure; go to: http://www.fightbac.org/storage/documents/flyers/fightbac_color_brochure.pdf

- Nutrient Needs at a Glance (Oklahoma Extension); go to: https://www.google.com/url?q=http://oklahoma4h.okstate.edu/foodshowdown/resources/docs/Food%2520%26%2520Nutrient%2520Needs.pdf&sa=U&ei=hJaQU_25NoK9ugTCnlKACw&ved=0CAUQFjAA&client=internal-uds-cse&usg=AFQjCNFRiieNJbMqiqkYMQXEOItuukhKxA

- Altering Recipes for Good Health at: https://www.google.com/url?q=http://oklahoma4h.okstate.edu/foodshowdown/resources/docs/altering%2520recipes%5B5%5D.pdf&sa=U&ei=paQU--uN8qQyATbvoKgBA&ved=0CAUQFjAA&client=internal-uds-cse&usg=AFQjCNFbnUFT0XOEkljBPpao2wV3o74vQ

- Grocery Receipts

Kitchen Safety

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.

2. Wash all fresh fruits and vegetables before eating or adding to dishes/recipes using clear, clean water—no soap.

3. 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.

4. When you finish measuring perishable foods, put the remainder back in the refrigerator or ice chest.

5. If you spill something, take the time to clean it up or tell a contest official so it can be cleaned up properly.

6. Keep paper towels, dish towels and potholders away from burners or heat source so they won’t cause a fire.

7. Turn pot handles toward the back where no one will knock them off the heat source or table.

8. 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.

9. 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.

10. 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.
11. 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.
12. 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.
13. 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.
14. Electricity and water don’t mix. Keep electric appliances and cords away from water. Use dry hands to plug in or unplug cords.
15. Turn off appliances and unplug them as soon as you finish using them.
16. If you have oil or pan drippings that need to be disposed, contact an adult volunteer. He/she will provide you with appropriate equipment (a metal can and turkey baster) for proper disposal.

Tentative Culinary Challenge Schedule

Note that the following may vary from the typical Teen Conference Schedule.

7:30am  Contest agents and volunteers set up rooms, common pantry, stations
8:00am  Volunteer orientation, Judge’s orientation
8:15am  Teams check-in and turn in cell phone.
8:30am  Participant orientation and safety review. Teams draw for start time.
8:50-10:35 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 of work area.
9:35- 10:45 When the timer signals the end of 45 minutes, team members will immediately proceed to the photo and judges’ area. The team will make about a 5-minute presentation and then respond to questions. After meeting with the judges, team members will return to the preparation area to finish cleanup of the equipment. They are not allowed to talk to other teams during this process. When finished, they will return to the designated waiting area.
10:45 – 11:00 Judges make decision.
11:15 – 11:30 Awards will be announced and given.
**Tentative Contest Schedule**

7:00am  Breakfast for team members who are registered for Teen Conference: Teen conference youth may go to breakfast as early as 7:00am

8:15am  Teams check-in

8:30am  Participant orientation and safety review. Draw for start time.

8:50am  Challenge begins. Teams report to contest area as called. Start times will be staggered by 10 minutes. One or two judges observe preparation and safety practices of teams throughout cooking. When preparation of plate is complete, prepare for presentation to judges. Begin cleanup of work area.

8:50 – 9:35  Team 1 reports to station and begins (Official will set timer on 45 minutes)
9:00 – 9:45  Team 2 reports to station and begins (Official will set timer on 45 minutes)
9:10 – 9:55  Team 3 reports to station and begins (Official will set timer on 45 minutes)
9:20 – 10:05 Team 4 reports to station and begins (Official will set timer on 45 minutes)
9:30 – 10:15 Team 5 reports to station and begins (Official will set timer on 45 minutes)
9:40 – 10:25 Team 6 reports to station and begins (Official will set timer on 45 minutes)
9:50 – 10:35 Team 7 reports to station and begins (Official will set timer on 45 minutes)

When timer indicates that time is up, team members immediately proceed to photo and judges area.

9:35 – 9:45  Team 1 will go to photo area, give presentation & respond to judges’ questions.
9:45 – 9:55  Team 2 will go to photo area, give presentation & respond to judges’ questions.
9:55 – 10:05 Team 3 will go to photo area, give presentation & respond to judges’ questions.
10:05 – 10:15 Team 4 will go to photo area, give presentation & respond to judges’ questions.
10:15 – 10:25 Team 5 will go to photo area, give presentation & respond to judges’ questions.
10:25 – 10:35 Team 6 will go to photo area, give presentation & respond to judges’ questions.
10:35 – 10:45 Team 7 will go to photo area, give presentation & respond to judges’ questions.

After meeting with the judges, return to the preparation area and complete cleanup of work space and equipment. (No talking to other teams.)

Return to waiting room.

10:45 – 11:00  Judges make decision.

11:15 – 11:30  Awards will be announced and given.
Equipment to Bring to the Contest: The Challenge Kit

Each team is to bring the equipment on the list to the contest in a container such as a plastic tub. This tub of equipment will be referred to as a “kit.” The equipment brought by the team must meet the specifications on the equipment list. It is not necessary to purchase restaurant type equipment; household type equipment will work fine. Other items are not to be added to the kit. Use of any additional equipment may result in the team being disqualified. The state contest will not involve the use of an oven; the heat source at the state event will be butane burners.

Team members should practice using the equipment in the kit in case it is different to that used at home. Before the contest, be sure to inventory the items to make sure all items are present. If the team discovers during the contest that a tool is not in the kit, they will not be able to borrow from another team but will have to improvise with what they have. All equipment in the kit must be clean and ready for use when the contest begins.

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

- Aprons or chef’s/lab coats (1 per team member)
- Bowl – mixing bowl, about 3 qt. (1)
- Bowl – mixing bowl, about 8 qt. (1)
- Bus ben or plastic tub for dirty dishes (1)
- Butane burner (2)
- Butane fuel canister (full; one for each burner)
- 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) (1)
- Knife, chef’s (8” is a good choice) (1)
- Ladle
- 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 mit 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)
- Skillet, 10” non-stick (1)
- Spatula, heat proof rubber (2)
- Spoon for stirring, solid (2)
- Spoon, slotted, (1)
- Spoons (3) (like a soup spoon)
- Storage bags, plastic—sandwich or quart (4)
- Strainer (about 6.5” in diameter)
- Table knife or spreader type spatula (3)
- Tongs, metal (1)
- Vegetable peeler (1)
- Whisk (1)

List updated: 10-15-2014
Equipment & Supplies provided at the State Contest

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

- All food ingredients
- Butane canister (extra)
- Detergent
- Extension cords (1 per team)
- Hand sanitizer (1 per team)
- Note cards (15 cards per team)
- Paper towels (1 roll per team)
- Pencils with erasers (3 per team)
- Sani-bucket, red for sanitizing surfaces
- Sanitizing wipes
- Scrap paper (3 sheets per team)
- Serving dishes for finished product—white plate and bowl, beverage glass (one each per team)
- Spoons, disposable for tasting (6 per team)
- Storage bags/containers
- Timers to track 45 minute time limit (team will be able to see the timer to gauge time left)
- Water source or pitcher of water and small plastic tub
- Wash station (series of 3 bus tubs with large water container)


Items provided in the Common Pantry (tentative)

Items available in the common pantry may change from year to year to compliment the secret ingredients. A list will be available 1 month prior to the state event.

- Beans, canned (pinto, kidney)
- Broccoli
- Butter
- Carrots
- Cayenne pepper
- Celery, fresh
- Cheese, shredded reduced fat
- Chicken broth
- Chili powder
- Cider vinegar
- Cilantro
- Cinnamon, ground
- Cumin, ground
- Cups, disposable cups (to transport the portion needed to the team’s station)
- Eggs
- Flour, all-purpose
- Garlic
- Ginger, ground
- Hot sauce
- Leaf lettuce
- Lemons
- Maple syrup
- Nonstick vegetable spray
- Oil, canola
- Oil, olive
- Olives, black
- Onion
- Orange juice
- Parsley
- Pepper
- Pineapple tidbits, canned
- Plates, disposable (to transport the portion needed to the team’s station)
- Raisins
- Ranch dressing, bottled
- Salt
- Sesame seeds
- Soy sauce
- Sugar, granulated
- Sugar, powdered
- Vanilla extract

List updated 10-15-2014
Kentucky 4-H Culinary Challenge Team Worksheet

This page is intended to serve as a guide for teams preparing for their presentation to the judges. This page will be turned in to the judges but will not be used as part of the judging criteria. *Use the back of the sheet for additional space.*

Knowledge of MyPlate
Write the foods included in your dish/plate and where it falls on MyPlate.

<table>
<thead>
<tr>
<th>Food item</th>
<th>MyPlate</th>
<th>Number of servings needed per day</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Knowledge of Nutrients
Write the foods included in your dish/plate and where it falls on MyPlate.

<table>
<thead>
<tr>
<th>Food item</th>
<th>Nutrients/Vitamins</th>
<th>What does it do for your body?</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Food Preparation
Know the steps in the preparation of the dish.

<table>
<thead>
<tr>
<th>Steps:</th>
<th>What was prepared/performed in this step?</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
</tbody>
</table>
**Food Safety**
List food safety risks associated with this dish.

<table>
<thead>
<tr>
<th>Risk</th>
<th>Steps taken to reduce risk</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Serving Size**
Write the foods included in your dish/plate and where it falls on MyPlate.

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Total Cost</th>
<th>Cost of amount used</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Total cost of dish
Total cost per serving