

Culinary Challenge Judges Orientation Outline

Introductions

Review objectives of the 4-H Food Contest:

- 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.

Definition of teams – made up of a maximum of 3 to 5 members; high school grade levels

Procedures:

- Each team will bring an equipment tub that will be used to create and prepare a dish/serving. Only items on the equipment list are allowed in the contest area.
- Ingredients and clues have been chosen from 1 of 4 categories: Main Dish, Fruits and Vegetables, Bread and Cereal, or Nutritious Snacks.
- Teams do not know what category of dish/plate they will be preparing until they arrive at their preparation table.
- Each team's work station will have their secret ingredients covered, packet of resources (show sample), and a clue to what they will prepare. Judges will be given the clue and list of secret ingredients.
- Creativity is encouraged.
- Proper kitchen safety should be observed throughout the contest and considered part of the evaluation. Judges will monitor this during a portion of the contest.
- Teams will prepare their dishes and presentation during the allotted 45 minutes. At the conclusion of the 45 minutes teams will present one portion/serving of their dish to the judges and give a 5-minute presentation, followed by questions from the judges.
- At least two members of the team must have speaking roles during the presentation and all members must participate.
- Judges are encouraged to taste the food but will do so at their discretion. Judges will be provided plates and flatware for each dish presented.
- Judges will determine the champion team. Placing of other teams will not be announced.
- Judges' results are final upon announcement.

Reference materials for presentation:

- Each team has a packet of references to use for the presentation.
- Presentations should include items outlined on the score sheet, as well as, additional information the team may feel the judges should know about their dish.

Scorecard:

- Teams will be ranked. No numerical scores are given.
- Please provide comments for each team to help them improve their future presentations. Constructive feedback gives young people a positive learning experience.
- Cost per serving will not be part of the 2015 challenge.
- Review the scorecard and determine what you will need to consider when ranking the teams.
 - Knowledge of MyPlate
 - Food Preparation and Safety
 - Serving Size Information
 - Food Appearance
 - Presentation Skills