

2022 DINAH GORE 4-H HEALTHY FOOD CHALLENGE

JULY 29, 2022



The Dinah Gore 4-H Healthy Food Challenge is a contest that challenges a team of three to four 4-H members to create a dish that will serve three people using a predetermined ingredient, food category, and items from the pantry. Once the ingredient is revealed, the team will have 40 minutes to prepare the dish, clean up and prepare their presentation for the judges. The team will make a presentation to the judges covering their dish, its health benefits, and the nutrients that the dish provides to the body, about 10 minutes after the dish is ready.

Age Categories

8-10, 11-13, 14-18

**We have spaces for 5
teams in each age
group.**

Registration will open on

**June 1st, 2022 at 8:00 am and
close as soon as the slots are full
or by July 1st.**

4-H Agent must register the team.

2022 Rules & Guidelines

Location:

**Dinah E. Gore Teaching & Research Kitchens,
NC State University**

Contact your local 4-H Agent



The Dinah Gore 4-H Healthy Food Challenge

The Dinah Gore 4-H Healthy Food Challenge is a contest that challenges a team of three to four 4-H members to create a dish that will serve three people using a predetermined ingredient, food category (Appetizer, Main Dish, Side Dish and Healthy Dessert) and items from the pantry. Once the ingredient is revealed, the team will have 40 minutes to prepare the dish, clean up and prepare their presentation for the judges. The team will make a presentation to the judges after the dish is ready. The presentation, about their dish, should include its health benefits and the nutrients that the dish provides to the body. The presentations is no more than 10 minutes long.

Objectives

- Practice the importance of safe food handling.
- Improve food preparation skills
- Demonstrate food resource management including food budgeting and reducing food waste
- Recognize the importance of using seasonal local foods.
- Make wise food choices according to MyPlate.
- Practice Teamwork/Critical Thinking.
- Demonstrate presentation skills

Dinah Gore 4-H Healthy Food Challenge Rules & Policies - 2022

Participation

Participants must be 4-H members currently approved in 4-HOnline and participating in a Food and Nutrition project.

All participants must be members of 4-H in the county they are representing during the year in which the State 4-H Food Challenge is held.

Teams may enter the National 4-H Food Challenge contest only once.

Age

Age division is determined by a participant's age as of January 1 of the current year.

Each team member must be age-eligible to compete in a 14-18 level contest at the time of qualification.

Competition Divisions

8-10, 11-13, 14-18

Teams

Each team will have at least three and a maximum of four members. Teams cannot include members in different age groups. Teams must come up with a team name to represent their county.

Contest Rules

Contestants of teams must be certified as the official county entry by the County 4-H Agent or by a person designated by the County.

Food Categories & Preparation

The contest will consist of four categories:

- a. Appetizer
- b. Main Dish
- c. Side Dish
- d. Healthy Dessert

Teams will be randomly assigned to a category, which will not be announced until contest check-in the day of the contest.

- a. Please note, based upon the number of entries, it is at the discretion of the contest committee to determine if all teams will compete against each other (in

the same category) or be assigned to categories. Whether or not teams are assigned to categories will also determine if a “final round” is held. Once all entries are received, teams will be notified of the committee’s decision.

Preparation: Each team will create an entire dish/recipe (not a full meal) using the provided key ingredient and grocery store items. Dishes/recipes created should include three servings. Teams should present the dish/recipe to the judges and communicate during their presentation what an individual serving size should be. Teams will be responsible for determining the number of servings their dish provides. Teams should not create side or multiple dishes with their ingredients/grocery store items.

Each team must supply their own equipment for the Food Challenge contest. Teams may only bring the supplies listed in the contest supply box list. Supply boxes will be randomly checked by contest officials during the contest. Any unapproved equipment will be removed from supply boxes and placed at a storage location outside of the contest area. It is up to each team on what type of box is used to store their supplies.

Teams should be prepared to only use one of two heat sources at a time during the preparation phase of the contest to avoid electricity issues. Teams that experience any equipment malfunction(s) may not replace the equipment with supplies from another team, leaders, volunteers, county Extension agents or contest officials. Instead, team members must work together and be creative in completing preparation.

Each team should dress appropriately for the preparation of food (i.e. no full or draping sleeves; closed-toe shoes only; hair appropriately restrained, etc.). Each team has the option of coordinating clothing, aprons or hair coverings.

No electronic devices or jewelry (except for medically required) is allowed in the contest. This includes cell phones, smart watches, or other communication devices. Team members caught with and/or using electronic devices (except for medically required) will automatically disqualify the entire team and be asked to leave.

Contest Procedures:

1. An orientation will be provided for all participants.
2. Each team will be directed to a cooking/preparation station (one table). There will be a “key” ingredient at each station. No ingredient amounts, recipe, or instructions will be provided at the station. The “key” ingredient will be representative of the category to which the team has been assigned.

3. With the “key” ingredient provided, along with access to a “grocery store” of additional ingredients, each team will have 40 minutes to plan and prepare a dish, plan a presentation, determine the cost of the dish, and clean up their assigned preparation area.
4. Teams must “purchase” and use at least two items from the “grocery store.” These items will be “purchased” using a pricing system and contest currency. This will enable teams to analyze the cost of their entire dish and individual serving. Teams may not exceed the provided “contest currency” or trade “currency” or grocery store items with other teams. Teams will be provided a set dollar amount to “spend” at the store; each item in the store will be priced and teams must calculate cost according to total spent. The currency system will be explained prior to the contest.
5. Teams must use at least two additional items from the “grocery store.” The items provided will be typical of what one can find in a store including, but not limited to, canned goods, dry goods, crackers, cereals, chips, and spices.
6. Teams should present the entire dish/ recipe to the judges and communicate during their presentation what an individual serving size should be. Teams will be responsible for determining the number of servings their dish provides. Teams should not create side, multiple dishes, and/or drinks with their ingredients or “grocery store” items.
7. Educational resources will be provided to teams during the preparation phase of the contest. No other educational resources are allowed at the contest. The resources provided include:
 - a. MyPlate Mini Poster
 - b. Fight Bac – Fight Foodborne Bacteria Brochure
 - c. Know Your Nutrients
 - d. Food & Kitchen Safety Fact Sheet
8. Teams will be evaluated by judges during the preparation phase of the contest on teamwork, safety concerns and practices, preparation, and management. Descriptions of each element can be found on the National 4-H Food Challenge Preparation Scorecard.
9. Only participants and contest officials will be allowed in the food preparation area; however, spectators may watch from assigned areas as space allows.
10. Contest officials are not responsible for any equipment malfunctions the team may experience during the preparation period.

11. Teams should plan to not have access to a kitchen facility; therefore, dirty dishes should be placed in a plastic container, bag or box to be cleaned at home.

12. After the preparation phase of the contest, each team will give a presentation to a panel of judges. All team members must participate in the presentation.

Judging time will include:

- 5 minutes for presentation
- 3 minutes for judges' questions
- 2 minutes between team presentations for judges to score and write comments.

13. Each team is allowed up to five (5) minutes for their presentation, during which they should highlight: knowledge of MyPlate, nutrition knowledge, chronic disease prevention, food preparation, safety concerns and practices, serving size information, and cost analysis of the dish prepared. Judges will also take into consideration the appearance and quality of the food, the team's creativity, effectiveness of communication, and teamwork when scoring the team presentation. Teams should refer to the National 4-H Food Challenge Presentation Scorecard for more details about the scoring of the team presentation.

14. Judges may taste the teams' dish at their personal discretion.

15. Following the team presentation, the judges may ask questions of the team, which will be considered by the judges when scoring the overall presentation.

16. The top team in each category will compete in a Final Challenge to determine a national champion. All contest rules and procedures apply in the Final Challenge. Note: See 2a in "Contest Rules" for additional details.

17. Teams advancing to the Final Challenge will be provided with access to a facility to wash their supplies prior to the start of the Final Challenge.

18. In the Final Challenge, teams may be presented with an additional item (equipment/appliance) to use when preparing their recipe dish.

Awards:

1. Team awards will be determined by the committee and are based on sponsorships.

2. First through third place teams in each category will be recognized. Note: See 2a in "Contest Rules" for additional details regarding number of teams and categories.

General Information:

1. When registering, each team must designate a coach. All correspondence will be sent to the designated coaches email address on the submitted form.
2. Registration will open on June 1st and close as soon as we reach the limit per age category or July 1st.
3. We will allow 5 teams per age category (this is due to the space limitations). Registration will be first come first serve.
4. All participants (contest and educational activities) are required to have adequate adult chaperones, in accordance with their respective state 4-H program's chaperoning guidelines.
5. Travel and lodging arrangements are the responsibility of each county delegation.
6. Additional information and resources for the National 4-H Food Challenge are available on the National Food Challenge Website: <http://nationalfoodchallenge.org/>
7. Questions may be directed to Shannon McCollum, Extension 4-H Associate, Youth Leadership Specialist, shannon_mccollum@ncsu.edu (919)515-8486.

Dinah Gore 4-H Healthy Food Challenge Team Supply Box

Teams competing in the Dinah Gore 4-H Healthy Food Challenge are allowed to have the following supplies for the contest. Teams may organize their supplies in any type of box, including but not limited to, a plastic storage box or a set of plastic storage drawers.

Please note: Only one of each item is allowed, unless otherwise noted.

Beverage glass

Bowls

 Dip Size (1)

 Mixing (2)

 Serving (1)

Calculator

Can opener

Colander

Cutting boards (3)

Disposable tasting spoons (no limit)

Dry measuring cups (1 set)

Electric skillet

Extension cord

First aid kit

Food Thermometer

Fork

Gloves

Grater

Hand sanitizer

Hot pads (up to 5)

Kitchen shears (1 pair)

Kitchen timer

Knives (4)

Liquid measuring cup

Measuring spoons (1 set)

Non-stick spray

Note cards (no larger than 5 x 7)

Pancake turner

Paper towels (1 roll)

Pencils (no limit)

Plastic box and/or trash bag for dirty supplies

Pot with lid

Potato masher

Potato peeler

Sanitizing wipes

Serving platter or plate

Serving utensil

Skewers (1 package – wood or metal)

Skillet with lid

Spatula (2)

Stirring spoon

Storage bags (no limit)

Tongs (1 set)

ELECTRIC hot plate (single or double burner)

Whisk

Picture resources link coming soon to see what each item looks like.