

FOOD & NUTRITION CHALLENGE



WHAT: Participants will be given *30 minutes* to prepare a recipe. This time limit does not need to include baking, refrigeration or standing time. Points will be deducted if participants exceed 30 minutes. The recipe utilized must meet basic food safety standards (no raw eggs, meat fully cooked, etc.)

WHEN AND WHERE: *4-H Event Day*—Refer to your 4-H newsletters for more!
Typically held in June.

WHAT TO BRING:

- A copy of your recipe and all ingredients needed
- Measuring cups/spoons, utensils, bowls, pots, pans, baking dishes, mixer, etc.

WHAT WILL HAPPEN THERE:

- A judge will observe you while you prepare your recipe. You will not need to talk with the judge during your preparation.
- Following your preparation will be a conference judging. It may be appropriate to bring a finished product with you for sampling.
- Final products will be shared with all participants at a Taste Testing following the judging.

JUDGING

- Your food preparation will be judged according to the following:

Sanitation—25 points

Washed Hands
Safe Food Handling
No Cross-Contamination

Organization—20 points

Had Needed Ingredients & Tools
Knowledge of Recipe
Correct Measuring

Safety—25 points

Knife Safety
Utilized Hot Pads

Conference Judging—20 points

Identifies Food Safety Issues
Recipe Reflects Skill Level

Finished Product—10 points

Appearance (both exterior and interior)
Texture and Flavor



FOOD CHALLENGE EVALUATION SHEET

Name: _____

Club: _____ Jr. Int. Sr.

Recipe: _____ Ribbon: P B R W

Criteria	Comments	Points Possible	Score
Sanitation Washed Hands Safety Food Handling No Cross-Contamination		25	
Organization Had Needed Ingredients and Tools Knowledge of Recipe Correct Measuring		20	
Safety Knife Safety Utilized Hot Pads		25	
Conference Identifies Food Safety Issues Recipe Reflects Skill Level Accurate Preparation Skills		20	
Finished Product Appearance Texture and Flavor Adequately Cooked, Chilled, etc.		10	
Total		100	