

September 18, 2009

## MEMORANDUM

**To:** District 12 4-H Coordinators

**From:** District 12 Food Show Committee - South Cluster

Lucas Garcia, Chair	Omar Montemayor
Luisa Colin	Yolanda Morado
Brad Cowan	Adelita Muñoz
Doug Denny	Enrique Perez
Nora Garza	Marco Ponce
Rosa Guel	Tony Reisinger
Al Lopez	Vidal Saenz
Beatriz Loya	Barbara Storz
Lilian Mezquida	Ronnie Zamora

**Subject: 2010 DISTRICT 12 4-H FOOD CHALLENGE**

The District 12 4-H Food Challenge will be held on **Saturday, November 14, 2009 at Alice High School located at #1 Coyote Trail in Alice, Texas** in conjunction with the District 12 4-H Food Show. This is the first year we are offering this opportunity for competition. We encourage every county in the district to have at least one team. We are planning the activities so that 4-Her's can compete in both the Food Show and the Food Challenge if they choose.

For your convenience, we have attached a copy of the Food Challenge guide. You can also log on to the Texas 4-H website for more information at <http://texas4-h.tamu.edu/projects/foodchallenge.html>.

This contest, modeled after such competitions as the Food Network's "Iron Chef", challenges teams of 4-H members to create a dish using only a pre-determined number of ingredients. From these ingredients, team members must identify and prepare the dish, then make a presentation about it to the judges. The presentation will include information about the serving size, nutritional value, and cost of the dish. The 4-H Food Challenge allows 4-H members to demonstrate their culinary and food safety skills to judges and observers.

South District 12 4-H  
2401 E. Highway 83  
Weslaco, Texas 78596-8398

Tel. 956.968.5581  
Fax. 956.969.5639  
<http://d124-h.tamu.edu>



Below are some important components of the event that should be shared with your Food and Nutrition leaders. In addition, you can refer to the guide for more information.

#### TIME LINE

- September - October: Training of food and nutrition project volunteers and 4-H'ers
- We would like to suggest that counties or clusters come together to conduct trainings. This gives an opportunity for sharing of ideas and resources.
  - ◊ The South Cluster conducted their training on Saturday, September 19 in Pharr, TX.
- October - November: Conduct a Food Challenge event at the county level.

#### REGISTRATION INFORMATION

- 4-H'ers participating in the District 12 4-H Food Challenge must register online through 4-H CONNECT.
- There will be a registration fee of **\$6.00 per contestant**.
- Registration will open October 1 through the deadline of **October 26, 2009**. County certification deadline will be October 28, 2009. Detailed registration instructions will follow. No refunds will be given to a county and/or individual. Payment must be received prior to event date.
- **Teams** must be designated and grouped upon certification. Before certifying each registration, counties must list the names of all the 4-H'ers belonging to each team.

#### TEAM INFORMATION

- There will only be two age divisions when competing in the District 12 4-H Food Challenge. The 4-H age divisions will apply as follows:
  - ◊ Junior/Intermediate - 8 and in the 3rd grade through age 13 as of August 31, 2009
  - ◊ Senior - 14 through 18 years of age as of August 31, 2009
- Teams will have at least three and a maximum of five 4-H members.
- Junior/Intermediate Teams - the team may be combined as one age group made up of all Juniors, all Intermediates or any combination of both.
- Senior Teams - must compete at district to be eligible for a state qualifying position.

VOLUNTEERS - The County 4-H Coordinator from each participating county must contact, confirm, and submit the names and information of **two (2) confirmed adult leaders** to assist during the District 12 4-H Food Challenge. Please e-mail the contact information on the Excel form provided to the District Office at [D124H@ag.tamu.edu](mailto:D124H@ag.tamu.edu) by the deadline of October 26th.

FOOD AND REFRESHMENTS - Please note that we will be providing a light lunch for participants, judges, volunteers and agents **ONLY**.

D12 4-H COUNCIL MEETING: We will be having a District 4-H Council Meeting at 11:00 a.m. at Theatre G-601 for anyone present wishing to attend.

COMMUNITY SERVICE PROJECT: Individuals and clubs should collect canned foods, cereal, rice beans and any other non-perishable food items. Your county's two county council delegates should provide leadership for this district-wide community service project. Donations should be distributed to local needy families or a food pantry within your county. A report of your county's accomplishment is due to the District Office by the deadline of October 26th to be announced at the District Food Show & Food Challenge Awards Program.

4-H SPIRIT T-SHIRT: The District 12 4-H Council has designed a t-shirt which can be purchased by participants when they register for this event on 4-H CONNECT. (See attached flyer.) Multiple orders may be collected by the 4-H Coordinator and submitted through 4-H CONNECT with a 4-H check. Contact the District Office for details.

PREPARATION AND PRESENTATION - This contest has two parts as described below in which each team must compete.

### **Preparation**

- Set of ingredients provided for each team
- Ingredients will be representative of 1 of 4 categories
  - Main Dish
  - Fruits & Vegetables
  - Nutritious Snacks
  - Grains
- From ingredients, 4-H members:
  - Develop recipe
  - Prepare dish
  - Prepare presentation for judges
  - Clean up work space
- Preparation Time: 40 minutes

### **Presentation**

- Teams highlight:
  - Steps taken to prepare dish
  - Nutrients found in dish and their functions
  - Food safety practices and concerns related to preparation and storage
  - Cost analysis (prices provided)
  - Refer to scorecard for more topics to highlight! (p.9)
- Presentation Guidelines:
  - 5 minutes – presentation
  - 3 minutes – judges' questions
  - All team members must participate
  - A minimum of 3 team members must have a speaking role

### ADVANCING TO NEXT COMPETITIVE LEVEL (District & State)

- How many teams can advance from county to district?
  - 2 junior/intermediate teams (1st & 2nd place)
  - 2 senior teams (1st & 2nd place)
    - At county, teams are not judged and placed by category
- How many teams can advance from district to state?
  - Seniors only
  - Four teams per district
  - 1st place team from each of the four categories \*

*\* Note: Teams advancing to state will **not** automatically be assigned to the same category*

RULES OF PLAY

- Each team is required to provide their own supply box (list provided)
- Teams will be provided with a copy of the official educational resources and cannot bring their own resources into the contest
- A challenge/obstacle may be presented to each team to overcome during the contest
- Only participants and contest officials are allowed in the food preparation area
- Tasting is not allowed by judges
- Placing is based on ranking of teams by judges using the appropriate scorecard and evaluation criteria.

SUPPLY BOX

- All teams will be responsible for bringing their own supply box to district contest
- Make sure teams have ALL items in supply box because there is no way to know what will be needed
- Boxes will be checked upon arrival at the contest.
- Each team will bring an equipment box containing only the following items:

Two-burner hot plates	1 skillet
2 mixing bowls	1 pot
1 medium serving bowl	1 grater
1 dip size bowl	1 roll of paper towels
2 cutting boards	1 rolling pin
1 medium serving platter	1 pair of kitchen shears
Dry measuring cups	Disposable tasting spoons
Liquid measuring cup	Food thermometer
Measuring spoons	Non-stick cooking spray
1 serving utensil	Gloves
1 medium colander	Sanitizing wipes(for tables)
2 sharp knives	Hand sanitizer
1 cookie sheet	Storage bags and/or containers
1 whisk	Pencil
2 hot pads	Calculator
1 rubber spatula	Extension cord
1 pancake turner	Can opener
1 set of tongs	Kitchen timer
1 stirring spoon	Note cards (5X7)
1 potato peeler	<b>1 plastic box or trash bag for dirty equipment</b>
1 fork	

Here are some suggestion on getting resources to put together supply boxes:

- Get a sponsor to purchase supplies
- Have 4-Hers bring items to club or project meetings
- Give awards at county level that can be used in team's supply box
- Visit discount stores (Wal-Mart and Dollar Stores) for better prices
- Apply for program grants through 4-H Foundation/Friends & Alumni Association
- Conduct food and nutrition project fundraisers

RULES OF PLAY the day of the contest:

1. Teams will report to the designated location for check-in.
2. Each team will be directed to a cooking/preparation station. There will be a set of ingredients at each station, but no recipe. The ingredients will represent a recipe from one of the following categories: Main Dish, Fruits and Vegetables, Bread and Cereal, and Nutritious Snacks.
3. General guidelines, resources and instructions will be located at each station to assist the team.
4. Each team will have 40 minutes to prepare the dish, plan a presentation, and clean up the preparation area.
5. Each team may be given a challenge/obstacle to overcome during the contest.
6. Only participants and contest officials will be allowed in food preparation areas.
7. Preparation of food and presentation:
  - a) Preparation: Each team will have ingredients and will create a dish using them. The AMOUNTS of ingredients and a CLUE will be at each station to assist the team. Note cards and the Food Challenge Worksheet may be used to write down the recipe that the team invents, along with notes related to nutrition, food safety, and cost analysis. Be exact on ingredients used, preparation steps, cooking time, temperature etc.
  - b) Food safety: Each station will have food safety resources. Follow the steps listed to ensure proper food safety. Be prepared to discuss food safety practices used in the team 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 on My Pyramid. Refer to the nutritional information provided at each station.
  - d) Cost analysis: Prices will be available for each ingredient. Find the ingredients on the list and calculate the price of the dish along with the price per serving. Teams will determine the number of servings per recipe.

FOOD CHALLENGE Workers

The Food Challenge “does” require some “assembly” beforehand to ensure that all the ingredients are assembled and all resources are carefully placed with the package of contest materials. However, once the contest starts, it is all fun, for both 4-H members and those working the contest. Below is a list of the average number of officials and judges needed. Of course, these numbers will vary depending on the “number” of heats conducted and the number of participants entered at each level.

- Group Leaders - two per category, per age division
- Judges - two to three for the Junior/Intermediate age divisions and two to three per category for Senior age division
- Runners - two to four based on number of participants, size of contest area, and location of judging stations

We hope that each and every county gets 4-Hers to participate in this “highly charged” food experience. The 4-H Food Challenge allows 4-Hers to develop teamwork skills while also demonstrating their culinary, food safety and presentation skills to the judges.

## D12 4-H FOOD CHALLENGE AGENDA

(Signs will be posted throughout the building for direction - map attached.)

- 7:30 a.m. . . . . Alice High School opens  
- Everyone Please Enter through the Parking Area Foyer
- 8:30 a.m. - 9:00 a.m. . . . . Registration and Check in Junior/Intermediate Teams  
and check supply boxes  
- Cafeteria
- 9:00 a.m. . . . . Orientation for Junior/Intermediate Teams  
- Cafeteria
- 9:00 a.m. . . . . Orientation for Superintendents and Assistants  
- Cafeteria
- 9:00 a.m. . . . . Orientation for Judges and Tabulators  
- Theatre G-801
- 9:15a.m. . . . . Junior/Intermediate Teams MUST BE in holding area  
- Student Activity 602
- 9:30 a.m. - 11:30 a.m. . . . . Judging of Junior/Intermediate Teams  
- Cafeteria
- 11:00 a.m. . . . . District 12 4-H Council Meeting  
- Theatre G-801
- 11:30 a.m. . . . . All Junior and Intermediate Food Show contestants report  
to holding area  
- Student Activity 602
- 11:30 a.m. . . . . JUNIORS and INTERMEDIATES report to Food Show - Student Activity 602  
SENIOR Food Challenge contestants report to holding area following  
orientation - Cafeteria
- 11:45 a.m. . . . . Orientation for Senior Food Challenge Teams  
- Cafeteria
- 12:00 a.m. - 2:00 p.m. . . . . Judging of Senior Food Challenge Teams  
- Cafeteria
- 3:00 p.m. . . . . Awards Program for Food Show and Food Challenge  
- Student Activity 602

Immediately following judging and completion of tabulation, the Awards Program will begin.

Guests may view Food Show exhibits after the Awards Program.

**ABSOLUTELY NO TASTE TESTING WILL BE ALLOWED.**

**Clean Up: Everyone helps. Please leave the facility clean.**

## **D12 4-H FOOD CHALLENGE AGENT ASSIGNMENTS**

- Supplies/Resources:** **Rosa Guel, Adelita Munoz, Enrique Perez and Yolanda Morado** will purchase supplies, collect recipes, copy resources before contest, determine recipes, clues for each age division and food category, divide up supply ingredients (along with list of ingredients and amounts), clue, official contest resources, team worksheets, receipts (can be copies of originals or typed).
- Room Setup:** **Ronnie Zamora, Frank Escobedo, Dale Rankin and Caleb Eaton** will set-up contest room tables, put up signs, chairs, registration for teams, assign work spaces for teams, ensure adequate electricity is available, access to water can be available in thermos etc.
- Judges Packets:** **District Office and Lucas Garcia** will organize judges' packets, 2-3 per judging panel, # of participants will determine the amount of judges needed, food challenge manual/rules, scorecards, educational resources and placing sheets.
- Judges Orientation:** **Lilian Mezquida, Omar Gonzalez and George Gonzalez** will become familiar with the contents of the judge's packet, conduct judges registration, be prepared to discuss score cards, placing sheets, nutrition resources, assign judges to food categories and set up judging rooms. Discuss time allowed for judging of each team 5 minutes for the presentation, 3 minutes for judges' questions and 4 minutes between team presentations for judges to score and write comments
- Tabulation:** **Isaac Cavazos, Joe Taylor and Jaime Lopez** will tabulate the scores.
- Superintendents and Assistants Orientation:** **Marco Ponce, Richie Griffin and Barbie Wymore** will greet judges, check team's supply box according to official supply box list, provide teams with instructions on locating their preparation tables, answer questions of participants and help carry judges' scorecards to tabulation (runners).
- Gifts for Judges:** **Yolanda Morado**
- Food Challenge Activities:** **Beatriz Loya, Luisa Colin, Tina Treviño**, assisted by **Tony Reisinger** and **Rogelio Mercado** will conduct educational activities and demonstrations in the holding area for youth as they wait to be judged and following judging.

**County Group Photos:** **Brad Cowan** will be taking photos of Food Show and Food Challenge participants.

**Participant Orientation:** **Rosa Guel and Yolanda Morado** will conduct the orientation for Food Challenge participants. Remind Junior and Intermediate teams that they must be in the holding area (Student Activity 602) by 9:15 a.m. ready to start preparations. Senior teams will report for orientation at 11:45 a.m. Review judging order (to be provided prior to event date).

**Awards Program:** **Celia Salinas and Marcel Valdez:** Work with agents assigned to Food Show awards program and coordinate awards programs for both events. Work with tabulation committee to get final print outs on awards and arrange for microphone etc.

**Food Challenge Evaluation:** **Enrique Perez:** Secure evaluation and print out forms for all contestants.

Judging will begin immediately following orientation. **Ronnie Zamora** will be directing contestants to the holding area where they will wait until they are called to be judged. Parents who are not judging must remain in the designated waiting area at all times.

**Judging Order:** The order in which each county will be judged has been randomly selected. Judging will not take place as a county group, rather in this order.

- |                   |               |              |
|-------------------|---------------|--------------|
| 1. Live Oak       | 8. Hidalgo    | 15. La Salle |
| 2. Webb           | 9. Jim Hogg   | 16. McMullen |
| 3. Starr          | 10. Dimmit    | 17. Atascosa |
| 4. Willacy        | 11. Jim Wells | 18. Zavala   |
| 5. Kleberg/Kenedy | 12. Zapata    | 19. Frio     |
| 6. Brooks         | 13. Cameron   |              |
| 7. Maverick       | 14. Duval     |              |