

4-H HEALTHY CUISINE CONTEST

Adapted from Quick Meal Contest developed by JoAnn Hermansen
by the Utah 4-H Foods Committee

JoLene Bunnell
Susan Haws

Debra Proctor
Carolyn Washburn

Naomi Weeks
Darlene Christensen

Introduction:

Quick meal preparation is a **must** these days with people's busy schedules. Time saved in meal preparation can be used to sit down with your family and enjoy a healthy meal together. Also, when preparation takes less time a meal will be less stressful!

There is no perfect food so we need a variety of foods to get proper nutrition. Moderation is needed for controlling the number of calories we take in for the day. In order to get the optimum proportion of daily nutrients, we need to balance the foods throughout the day's menu planning.

Purpose of Healthy Cuisine:

- Plan and prepare a quick, nutritious meal in one hour.
- Prepare meal using proper food safety.

Healthy Cuisine is open to 4-H members, 3rd - 12th grades as of January 1 of the calendar year in which the contest is held. County competition will be held on three different levels:

- Junior Level 3rd to 5th grades
- Intermediate Level 6th to 8th grades
- Senior Level 9th to 12th grades

The state winner will receive a choice of \$50 towards future county/state event or a "State 4-H Contests" Jacket.

General Guidelines:

- May be done as an individual or as a team of two with separate awards given for each category.
- **The purpose of Healthy Cuisine is to prepare a quick, nutritious meal in one hour (from preparation to cleanup).** Microwave ovens may be used.
- Utilize creative talents in planning and preparing the meal.
- Use appropriate portion sizes when serving meals.
- Recipes serve a minimum of 2 people. One serving, on a plate provided by the contest committee, will be served to judges. No place settings will be allowed.

- All materials, ingredients, and supplies will be furnished by the contestant.
- It is suggested that contestants practice preparing the meal at least three times prior to the contest.
- Each contestant or team will be responsible for clean up, including washing dishes, wiping down the counter tops, stove and any other equipment used, and cleaning the sink.
- The amount of convenience foods should not exceed the preparation of foods from scratch.
- Hair needs to be properly restrained with a hairnet or hat.
- In daily menu planning, it is important to minimize the use of excess fat, sugar and sodium, to fit within current dietary guidelines.
- Pleasing combinations of foods should be planned. Select a good balance between strong and mild flavored foods, hot and cold, with a variety of textures and colors.
- If using high sugar, salt or fat in favorite family recipe, modify them to make them healthier.
- **Please refer to State Contests General Schedule for times when the kitchen in the Family Life Building is available to store perishable ingredients.**



HEALTHY
CUISINE

MENU

Menu of Meal Being Served



HEALTHY CUISINE

INFORMATION & RECIPES

Name _____

County _____

Name _____

County _____

Preparation time for entire meal _____

• Why is this a healthy meal?

• List of convenience practices used in preparation of this meal:

• Anything you did to reduce the salt, sugar, fat in the recipe?

• Attach recipes for all foods prepared in this meal:





HEALTHY CUISINE

SCORE SHEET

RIBBON AWARDED
(circle one)

BLUE
RED
WHITE

Name _____ County _____

Name _____ County _____

Dish being prepared _____

| Time: 1 point/minute will be subtracted from total score for going over 60 minutes | | | | | |
|--|-------------|-----------|-----------|------|------|
| | Outstanding | Excellent | Very Good | Good | Fair |
| SIMPLICITY: (25 POINTS) <ul style="list-style-type: none"> • Can this recipe be easily made by a busy person with “average” cooking skills? • Is there a balance between pre-made convenience foods and simple foods made from scratch? | | | | | |
| APPEAL: (20 POINTS) <ul style="list-style-type: none"> • Has appetizing appearance, aroma, and flavor • Includes variety or contrast in color, texture, flavor, etc. • Does the meal show creativity in blending the concepts of being quick to prepare and also nutritious? | | | | | |
| EFFECTIVE WORK HABITS: (20 POINTS) <ul style="list-style-type: none"> • Uses effective time management techniques • Uses correct food preparation skills • Uses proper safety and sanitation skills • Leaves kitchen clean | | | | | |
| NUTRITION: (20 POINTS) <ul style="list-style-type: none"> • Is the portion appropriate? • Meal does not contribute excessive amount of fat, sugar, or salt? • Is the meal an overall healthy meal? | | | | | |
| WRITTEN INFORMATION GIVEN TO JUDGES COMPLETE AND CORRECT: (15 POINTS) <ul style="list-style-type: none"> • Information & recipes of prepared meal • Menu Form | | | | | |
| TOTAL SCORE: | | | | | |