

4-H Regional Cooking Contests
Davis, Salt Lake, Utah, and Weber counties
November 2016

Davis County has invited the Wasatch Front counties of Utah, Salt Lake, Davis, and Weber to participate in the first 4-H Wasatch Front Regional Cooking Contests.

The purpose of these competitions is to:

- Provide youth from across the Wasatch Front the opportunity to showcase cooking, food safety, and nutrition knowledge and skills and represent their counties and cities.
- Help Wasatch Front youth prepare as early as third grade age to compete confidently for the 4-H State Contests at Utah State University in Logan starting in the 9th through 12th grade ages.

General Contest Information

The Contests will consist of 4-H Favorite Foods and 4-H Healthy Cuisine competitions. The Favorite Foods competition is open to the Junior 4-H age group (3rd – 5th grades), Intermediate 4-H age group (6th – 8th grades), and the Senior 4-H age group (9th – 12th grades). The Healthy Cuisine competition is open to the Intermediate and Senior age groups.

4-H Favorite Foods Contest

Contestants will be judged on the selection, knowledge, and presentation of a favorite food. Contestants should be prepared to present/discuss the favorite food by answering the following questions:

- Why is it your favorite?
- Where did you get the recipe?
- What special techniques did you use in preparing it?
- What is something you would like to share about your favorite food?

Youth may enter the competition as an individual or a team of two.

Contestants will:

1. Prepare a dish prior to arriving to the competition. Example dish types include appetizer, main dish, snack, salad, dessert, or beverage.
2. Present a 5-10 minute presentation.
3. Service the dish to the judges and answer any questions they have about the recipe, knowledge of the food, and preparation.

The entire presentation including set up and clean up should not exceed 15 minutes in length. Contestants have 5-10 minutes for the presentation and questions, and 5 minutes for set up and take down. Contestants will furnish his or her supplies for the presentation at the competition. Accommodations will be made for keeping and/or bringing the food at/to a needed temperature.

Arrangements need to be made ahead of time for the presentation (easel, table, projector, screen, laptop, etc.). The dish itself will need to have a nice appealing presentation. The contestant will only be allowed to display the garnished, finished product in its serving dish with a utensil for

serving the judges. Davis County will provide tasting plates, napkins, and utensils for the judges to use. Contestants are responsible for cleaning up after his/her presentation.

4-H Healthy Cuisine Contest

Contestants will utilize creative talents in planning and preparing a quick, nutritious meal in one hour (from preparation to cleanup).

Contestants will:

1. Plan the quick meal.
2. Submit a menu and information and recipes of the meal.
3. Prepare the planned meal at the contest site using correct food preparation principles, time management, safety, sanitation, and proper cleanup skills. All of this is to be completed within 60 minutes.
4. Present each judge with one plate of the whole meal. This should be done as soon as the meal is ready. Cleanup work is commenced directly after.

Youth may enter the competition as an individual or a team of two.

Contestants will need to use appropriate portion sizes when serving meals. Recipes should serve a minimum of two people. One serving, on a plate provided by Davis County, will be served to judges. No place settings will be allowed. Microwave ovens may be used. All materials, ingredients, and supplies will be furnished by the contestant. Contestants will be responsible for cleanup, including washing dishes, wiping down the counter tops, stove, and any other equipment used, as well as 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 food should be planned. Select a good balance between strong and mild flavored foods, hot and cold, with a variety of textures. If using a favorite family recipe that is high in sugar, salt, or fat, modify it to make it healthier.

Contestants should practice preparing the meal at least three times prior to the contest.

Contests Awards: All contestants will receive a participation ribbon. High scoring contestants will receive a blue ribbon. There will be a first place contest winner for each age level (Junior, Intermediate, and Senior) for the two contests. These contestants will earn a trophy. The top three high score contestants in the Senior group will be encouraged to participate in the 4-H State Contests in July. These individuals will receive a scholarship to cover half their 4-H State Contests registration fee.

Contests Tentative Schedule of Events

(final schedule depends on number of contestants)

A Saturday in November

Nutrition and Health Fair/Activities/Workshops
9am – 3pm

4-H Favorite Foods Contest

8:00am – 9:00am Senior Group

9:30am - 10:30am Junior Group

11:00am – 12:00pm Intermediate Group

4-H Healthy Cuisine Contest

8:00am – 11:00am Intermediate Group

12:30pm – 3:30pm Senior Group

4pm – 5pm Awards Celebration

Contestants will be assigned their competition time(s).

Lunch: Contests will break from 12pm-12:30pm. Lunch will be on your own. Food trucks will be available outside from 11am – 1pm.

Contest Registration

Registration will not be accepted at the door. Registration in advance is required. Contestants will be able to register as soon as Friday, April 1, 2016. Registrations will close on Friday, September 30th at midnight.

The registration fee for the 4-H Wasatch Front Cooking Contests (for one or both contests) is \$20 per youth. Each participant will receive a 4-H Cooking Contests t-shirt.

Contestants will need to have selected “cooking” as a project (4-H Online profile) prior to registering for the contests. Registration will take place on the same ut.4honline.com system. Instructions for convenient online payment (Eventbrite.com) will be available on the registration page. Payment will also be accepted through the Davis County 4-H office by phone or mail.

Questions about registration and payment may be directed to:

Susan Adams

USU Extension - 4-H Office Assistant

susan.adams@usu.edu

Phone: 801-451-3423

Address: P.O. BOX 618

Farmington, UT 84025

Contests Location and Directions

TBD in the near future. More info posted as it becomes available.