New Mexico 4-H
Food Challenge Rules & Guidelines

1. **Participation:** Participants must be 4-H members currently enrolled in a New Mexico 4-H Youth Development county program.

2. **Age:**

	Novice	Junior	Senior
Grade*	3rd, 4th, 5th	6th, 7th	8th and up
Age as of January 1 of the current 4-H Year (October-September)	8 year olds in the 3rd grade, 9 year olds, 10 year olds, 11 year olds in the 5th grade	11 year olds in the 6th grade; 12 year olds; 13 year olds in the 7th grade	13 year olds in the 8th grade; 14 year olds; 15 year olds; 16 year olds; 17 year olds; 18 year olds; Youth who are 19 by December 31 of the current 4-H year are not eligible to enroll as a 4-H member.

*These are standard grades based on public school general ages. Exceptions such as home or private schools or youth who have skipped a grade must be determined under the appropriate age.

Youth do not move up in an age group until October of the next 4-H year, therefore, youth participate in summer and fall fair activities as the grade they just completed.

3. **Teams per county:** Each county may enter a maximum of two teams in each age division: two Novice, two Junior and two Senior teams.

4. **Members per team**: Each team will have at least three and no more than five members. On a senior team, every team member must be senior age. A novice may participate on a junior team, but if even one junior is on a team, the entire team must compete in the junior division. Under no circumstances will a participant be allowed to compete at a lower age level.

5. **Entry fee**: Each team may be required to pay a registration fee to cover the cost of ingredients for the contest.

6. **Food categories**: There will be four possible food categories in each age division: Main Dish, Fruits and Vegetables, Bread and Cereal, and Nutritious Snacks. One category will be selected and announced at check-in the day of the contest.

7. **Attire**: Each team will have the option of wearing coordinated clothing, aprons or hair coverings. Plastic aprons will be provided. Appropriate clean hair coverings include: caps, bandanas, skull caps and hair nets. Long hair must be tied back. Long pants and closed toed shoes required.

8. **Resources**: Resource materials will be provided for each team at the contest. These include *Choose My Plate - 10 Tips to a Great Plate, Fight Bac - Fight Food borne Bacteria Brochure, Nutrient Needs at a Glance, Altering Recipes for Good Health, Food Challenge Worksheet,* and copies of grocery receipts. No other resource materials will be allowed. Teams may not use their personal copies of the resources during the contest. Cell phones and other electronic devices will not be allowed in the contest area.

9. **Supply box**: Each team must supply their own equipment for the challenge. Teams may bring only the supplies listed in the supply box section. Supply boxes will be checked by contest officials as teams check in for the contest. Any extra equipment will be removed from the team's supply box.

Senior Supply Box Checklist

(only items on this list will be allowed)

	Baking Sheet (1)		Measuring Cups, dry (1 set)*
	Calculator (1)*		Measuring Spoons (1 set)*
	Can Opener (1)*		Mixing Bowls (2)*
	Colander, medium (1)*		Non-stick cooking spray (1)
	Cutting Boards/Mats (2)*		Notecards (4x6)*
	Bowl, small (1)*		Pancake Turner (1)
	Disposable tasting spoons*		Pencil (1)*
	Extension Cord (1)*		Plastic tub for dirty dishes (1)*
	Food Thermometer (1)		Paper Towels (1 roll)*
	Fork (1)*		Rolling Pin (1)*
	Garlic Press (1)		Rubber Spatula (1)*
	Gloves, disposable*		Sanitizing Wipes*
	Grater (1)*		Sauce Pan with Lid (1)
	Hand Sanitizer (1)*		Serving Bowl, medium (1)*
	Heat Source (<u>one</u> of the following) Two single burner hot plate One double burner hot plate One 12" electric skillet		Serving Plate (1)* Serving Utensil (1)* Skillet (1) Stirring Spoon (1)*
	Hot Pads (2)		Stock Pot (1)
	Kitchen Shears (1)*		Storage Bags/Containers*
	Kitchen Timer (1)*		Tongs (1)*
	Kitchen Towels; Dish rags (2 of each)*		Vegetable Peeler (1)*
	Knives (3)*		Whisk (1)*
	Measuring Cup, liquid (1)*		

*Items for Novice and Junior Supply Boxes – Novice and Juniors will not have a heat source.

10. **Awards**: Awards will be determined by the committee and are based on sponsorships. Mystery awards may also be given based on sponsorships and committee decision.

11. **Participants with disabilities**: Any competitor who requires auxiliary aids, special accommodations or has food allergies must contact the State 4-H Office at least two weeks prior to the competition.

New Mexico 4-H
Food Challenge Rules of Play

Contest Procedures

1. An orientation will be provided for all participants.
2. Each team will be directed to a cooking/preparation station. There will be a set of secret ingredients at each station – 4 for seniors, 3 for juniors and 2 for novices.
3. With the ingredients provided, along with access to a pantry 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 incorporate at least a portion of each ingredient provided into their dish.
5. Teams must use at least two additional items from the pantry. The items provided in the pantry will be typical of what one can find in a pantry at home including, but not limited to, canned goods, dry goods, crackers, cereals, chips, and spices.
6. Teams must present to the judges a single plated serving of the dish created.
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. Choose My Plate – 10 Tips to a Great Plate
    b. Fight Bac – Fight Foodborne Bacteria Brochure
    c. Nutrient Needs at a Glance
    d. Altering Recipes for Good Health
    e. Plain, white paper
    f. Grocery receipts
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 New Mexico 4-H Food Challenge Scorecard.
9. Only participants and contest officials will be allowed in the food preparation area; however, spectators may watch from assigned areas.
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.
13. Each team is allowed up to five (5) minutes for their presentation, during which they should highlight: knowledge of MyPlate, nutrition knowledge, 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 New Mexico 4-H Food Challenge 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 will ask questions of the team, which will be considered by the judges when scoring the overall presentation.
16. Placings will be based on rankings of teams by judges. Judges' results are final.

New Mexico 4-H
Food Challenge Scoresheet

Team Name **County**

Division ☐ **Novice** ☐ **Junior** ☐ **Senior**

Judges will not taste food they consider to have been prepared using unsafe food handling practices or heated unsafely.

Category	Comments	Outstanding 8-10 points	Good 5-7 points	Fair 4-2 points
Knowledge of MyPlate • Food group of individual ingredients • Serving amount needed from each group daily • Food group(s) that dish falls into • Number of servings provided by an individual serving of the dish				
Food Preparation and Safety • Steps in Preparation • Food Safety Practices • Appropriate Attire • Healthy Solutions				
Serving Size Information • Number of Servings in Dish • Size of Serving • Cost per Serving				
Food Appearance/Quality • Appearance of Food • Garnishing • Taste				
Presentation Skills • Voice • Poise • Number of Members Presenting • Overall Effectiveness of Communication • Professional Appearance • Response to Judge's Questions				
	Total Points			

4-H FOOD CHALLENGE TEAM WORKSHEET - *Use back of sheet for additional space.*

Knowledge of MyPlate (Write the food and in what food group it belongs):		
Food	MyPlate	Number of servings needed each day

Nutrient Knowledge (Know what this dish contributes to the diet):		
Food	Nutrients/Vitamins	What do they do for my body?

Food Preparation (Know the steps in the preparation of the food):		
Steps:		What was prepared/performed in this step?

Food Safety (List food safety concerns associated with this dish.):

Serving Size Information (Accurately calculate the cost of the dish and the cost per serving):		
Ingredient	Total cost of ingredient	Cost per measurement
TOTAL		
Total cost per serving		