



MANUAL



4-H Food Showdown



4-H FOOD SHOWDOWN

Healthy living is the core of 4-H and remains a foundation of our pledge. Although 4-H believes that healthy living habits of young people begin in the context of their families and communities, we strive to equip youth with healthy living knowledge and skills that will prepare them physically, emotionally and socially to meet the challenges of the 21st century. The 4-H Food Showdown was developed by county Extension educators and state Extension specialist to address the need for a new, 4-H foods and nutrition experience. This contest, modeled after such competitions as the Food Network's "Chopped", challenges teams of 4-H members to create a recipe using the 4 provided secret ingredients, and a common pantry. From these ingredients, team members must use their food and nutrition knowledge, creativity and leadership skills to prepare a recipe and put together a presentation for the judges. The presentation includes information about the serving size, nutritional value and steps taken to prepare the recipe. The 4-H Food Showdown allows 4-H members to demonstrate their culinary and kitchen safety skills to judges and observers.

4-H Food Showdown Objectives:

- Provide opportunities for participants to exhibit their food and nutrition knowledge, skill and creativity when preparing and presenting food.
- Provide opportunities for participants to learn from other team members, while promoting teamwork.
- Give participants opportunities for public speaking and leadership.
- Give 4-H members the opportunity to participate in a competitive event.

2022 4-H Food Showdown Revision Committee:

- Cathy Allen, 4-H Curriculum Coordinator, Senior Extension Specialist
- Jean Bailey, Extension Educator; Dewey County
- Sonya McDaniel, Extension Educator, Pottawatomie County
- Sara Randolph, Southeast District Program Specialist
- Dea Rash, Extension Educator, Payne County

2009 4-H Food Showdown Original Committee members:

- Cathy Allen, 4-H Curriculum Coordinator, Assistant Extension Specialist
- Barbara Brown, Food Specialist, Associate Professor
- Valeri Evans, Extension Educator, Kingfisher County
- Deana Hildebrand, Nutrition Specialist, Assistant Professor
- Jessica Riffin, Extension Educator, Lincoln County
- Sara Randolph, Extension Educator, Marshall County
- Jennifer Wiederstein, Extension Educator, Custer County
- Sonya McDaniel, Extension Educator, Pottawatomie County
- Jean Bailey, Extension Educator, Dewey County



PARTICIPANT RULES

1. **Participation:** Participants must be 4-H members currently enrolled in Oklahoma 4-H.
2. **Teams per district:** Districts may enter a maximum of two senior teams for state competition (West District: allowed two teams from each district contest.)
3. **Age:** All participants advancing to the State Food Showdown must be team members in 14 years or older by January 1 of current year and be a Roundup delegate. The winning team members will advance on to the National 4-H Food Challenge in Dallas, Texas.
4. **Members Per Team:** Each team will be made up of two to three members and all team members must be from the same county.
5. **Substitution of Team Members:** Competing teams should be made up of the 4-H members qualifying at the prior competing level. However, teams may compete with one team member less than their original team, or make an eligible team member substitution for the State 4-H Food Showdown. No more than one team member may be substituted, up to the day, of the event. A substitute 4-H member must be a Roundup delegate, 14 years of age or older, must be familiar with all Food Showdown requirements, and have prior approval from their Extension educator.
6. **Entry Fee:** Each team may be required to pay a registration fee to cover the cost of ingredients for the contest. If a registration fee is required, participants will be notified prior to the event.
7. **Food Ingredients:** All teams will be given the same secret ingredients and full access to the common pantry.
8. **Attire:** Clean aprons, lab coats or chef's coats; closed toed shoes; long pants and hair coverings are required for all team members. Appropriate clean hair coverings include: caps, baseball caps, bandannas, skull caps and hair nets. Long hair must be tied back. Each team will have the option of wearing coordinated clothing.
9. **Resource Materials Provided:** Resource materials will be provided for each team at the contest. These include What's on Your Plate, Food Safety brochure, Safe Minimum Cooking Temperatures, Food & Nutrient Needs at a Glance, Healthful Recipe Substitutions, Kitchen Safety, 4-H Food Showdown Worksheet. No other resource materials will be allowed. Cell phones or other electronic devices will not be permitted in the contest area. Teams may not use their personal copies of the resources during the contest.
10. **Supply Box:** Each team must supply their own equipment for the contest. (See supply box list on page 4). Two supply boxes are available in each district for use; however, teams may choose to bring their own equipment as long as the items appear on the supply box list. Any extra equipment will be removed prior to the competition.
11. **Judging:** Judges reserve the right to disqualify teams demonstrating unsafe food handling practices or dangerous use of the equipment.
12. **Participants with Disabilities:** Any competitor who requires auxiliary aids, special accommodations or has food allergies must contact the contest coordinator at least two weeks prior to the competition.



FOOD SHOWDOWN SUPPLY BOX AND PARTICIPANT CHECKLIST

District Food Showdown supply boxes can be used or teams may choose to bring their own equipment from home. Any extra equipment not on the list below, will be removed prior to the start of the contest and the team may be disqualified.

Each team will bring an equipment box containing only the following items:

- Aprons/ Chef Coat (1/participant)
- Can opener (1)
- Colander, medium (1)
- Cooking spoons (2)
- Cutting boards/mats (2)
- Disposable tasting spoons
- Extension cord (1)
- Food thermometer (1)
- Meat Fork (1)
- Gloves, disposable
- Hand sanitizer (1)
- Heat Source (can use one of the following):
 - Two single-burner hot plates
 - One double-burner hot plate
 - One electric skillet plus one individual hot plate
- Hot pads (2 - 4)
- Kitchen shears (1)
- Kitchen timer (1)
- Kitchen towels & Wash cloths (2 of each)
- Knives (3)
- Measuring cup, liquid (1)
- Measuring cups, dry (1 set)
- Measuring spoons (1 set)
- Mixing bowls (3)
- Non-Stick cooking spray (1)
- Note cards (4x6)
- Pancake turner (1)
- Pencil (3)
- Plastic tub for dirty dishes (1)
- Paper towels (1 roll)
- Rubber spatula (1)
- Sanitizing wipes
- Sauce pan w/lid (1)
- Skillet (1)
- Storage bags or containers
- Tongs (1)
- Vegetable peeler (1)
- Whisk (1)

Items for Serving/Presentation:

- Dinner Plate
- Individual Serving Bowl
- Fork, Knife, Spoon Set

**If using the district 4-H Food Showdown supply box it is important to check box for all necessary supplies prior to the day of the event.



4-H FOOD SHOWDOWN



SUGGESTED COMMON PANTRY ITEMS CHECKLIST

OSU EXTENSION
4-H YOUTH DEVELOPMENT

- Salt
- Pepper
- Flour
- Granulated sugar
- Powdered sugar
- Ginger, ground
- Cinnamon
- Cayenne pepper
- Chili powder
- Garlic powder
- Ground cumin
- Vanilla extract
- Sesame seeds

- Celery
- Onion
- Parsley
- Cilantro
- Carrots
- Broccoli
- Leaf lettuce
- Lemons
- Fresh fruit

- Soy sauce
- Hot sauce
- Cider vinegar
- Chicken base
- Beef base
- Vegetable oil
- Olive oil
- Raisins
- Black olives
- Canned fruit
- Canned beans (pinto, kidney)

- Fruit juice
- Margarine/butter
- Plain Greek yogurt
- Milk
- Eggs
- Shredded cheese

- Disposable cups
- Paper plates
- Roll of paper towels

** Common pantry items may change or additional items can be added to compliment the secret ingredients.*




**4-H Food
Showdown**

RULES OF PLAY

1. Teams must complete proper registration materials supplied by the contest coordinator and report any food allergies.
 2. Teams will report to the designated location for check-in during assigned time and boxes will be checked. Teams will be allowed to unload their supply box and set up their work station during the designated time.
 3. After completing the Participant and Kitchen Safety Orientation, each team will be directed to a cooking/preparation station. Four secret ingredients and an educational resource packet will be provided for each team. Do not uncover your secret ingredients until directed.
 4. Each of the secret ingredients must be used in the dish. However, the entire amount of the secret ingredient provided does not have to be used, only a portion.
 5. Educational resources will be located at each station to assist the team. However, it is important that all team members are familiar with resources prior to contest.
 6. Each team will have 40 minutes to prepare the dish, plan a presentation and clean up their preparation area.
 7. When time is called team members should step away from the table. Dishes should be completed and properly plated, workspace cleaned and presentation prepared.
 8. Each team may be given a challenge/obstacle to overcome during the contest.
 9. Only participants, judges, and contest officials will be allowed in food preparation areas.
 10. Preparation of food and presentation:
 - a. Preparation: Each team will be given four secret ingredients and will create a dish using each secret ingredient, along with items from the common pantry. Some of each secret ingredient must be incorporated in to the recipe. Note cards and the 4-H Food Showdown worksheet (found on page 9) may be used to write down the recipe the team creates, along with notes related to the dishes' nutritional makeup and kitchen safety implemented. Teams need to be exact on ingredients used, preparation steps, cooking time, temperature, etc. **Additional side dishes on the plate will not be considered in judging.
 - b. Kitchen safety: Each station will have kitchen safety resources. Follow the steps listed to ensure proper kitchen safety. Be prepared to discuss safety practices used in the team presentation.
 - c. Nutrition: Each station will have a variety of nutrition resources/references. Each team should name key nutrients and their function in the dish, and identify where the dish belongs in MyPlate. Refer to the nutritional information provided at each station.
 - d. Presentation: When time is called, each team will present one portion/serving of their dish, according to the criteria on the scorecard, to a panel of at least two judges. The presented portion should demonstrate the participants' awareness of individual portion sizes. Dishes cannot be presented to judges early. Teams must be able to communicate with the judges effectively. All team members must participate in the presentation.
- 5 minutes for the presentation:**
- Introductions
 - What did you prepare and why did you select that method
 - How does the dish fit into a healthy diet and MyPlate
 - How food safety concerns were addressed
 - Judges' questions (Approx. 3min)
 - Time between team presentations for judges to score and write comments
11. Placings will be based on rankings of teams by judges. Judges' results are final.
 12. Clean-up: Teams must cleanup their preparation areas during the allotted 40 minutes. Teams should plan to not have access to a kitchen facility; therefore, dirty dishes should be placed in a designated dirty dish container brought from home to be cleaned at the conclusion of the contest. Leftover food should be disposed of properly.

RULES FOR KITCHEN SAFETY

1. Wash hands often. To do this properly use warm water and lather with hand soap. Scrub the back and front of your hands, between the fingers and your fingernails. Wash for at least 20 seconds. Rinse under running water and dry with a clean paper towel.
2. Wash all fresh fruits and vegetables before adding to recipes using clear, clean water-no soap, unless otherwise instructed by contest officials.
3. Do not place cooked food on the same plate, tray or cutting board as raw or ready to eat food to prevent cross contamination and the spread of bacteria.
4. When teams are finished measuring perishable foods, put the extra ingredients back in the designated common pantry area.
5. If a spill occurs, take the time to clean it up properly.
6. To prevent fires keep paper towels, dish towels and potholders away from burners or heat sources.
7. Turn pot handles to the side or back to prevent knocking them off the heating element or table.
8. Never add water to a pan that contains hot oil or fat. Hot fat will splatter out of the pan and could cause a burn.
9. Quickly ask an adult to put out any fire. Don't try to move a burning object to another place.
10. Use knives safely.
 - If you don't feel comfortable with the knife, ask for help.
 - When using a knife to cut your food, always cut away from your body and toward a cutting board.
 - If the cutting board moves when in use, secure it by putting a damp towel between it and the counter or table.
 - Use the knife for cutting, not gesturing, or pointing.
 - Stand still while holding knives. If you must move from one place to another, hold the knife blade downward, tell people you are coming through with a knife and walk carefully. Never run.
 - Put knives down away from the edge of the table and placed so the blade is facing down or on its side.
 - Don't put knives or other sharp objects into a full sink where someone could reach in and get hurt.
11. Keep hair out of the food. Wear a clean head covering such as a ball cap, bandanna, chef's hat or hairnet. If you have long hair, tie it back, then cover your head with a clean head covering.
12. Be careful not to get burned.
 - Open pan lids away to safely vent steam.
 - Turn off burners and other hot equipment as soon as you finish with them.
 - Keep hands out of hot pans.
 - Let people know you are coming with something hot.
 - Walk slowly when you carry something hot.
 - Use dry potholders.
13. Electricity is not a friend of water. Keep electrical appliances and cords away from water. Use dry hands plugging or unplugging an appliance.
14. Turn off appliances and unplug them as soon as you finish with them.
15. If you have oil or pan drippings that need to be disposed of, contact a Food Showdown volunteer.
16. For any kitchen or safety concerns contact the contest coordinator or volunteer at any time.

PARTICIPANT ORIENTATION

1. Welcome to the 4-H Food Showdown.
2. Remove jewelry including earrings, necklaces, bracelets and rings.
3. Teams will have 40 minutes to prepare their dish, plate the dish, plan a presentation, and clean up the preparation area. Teams will receive a 20 minute warning, 10 minute warning, 5 minute warning, and 1 minute warning.
4. Teams should start working on their presentation at the 10 minute warning. The best presentations include nutrition facts, serving size, safety considerations, and reasons for selection of additional ingredients.
5. Teams must use some of each secret ingredient provided in their dish. However, teams do not need to use the entire amount given. Teams can use any items available from the “common pantry.” Common pantry items are on a first-come basis.
6. When time is called, the team’s work area MUST be clean and all the supplies and extra food items must be in their supply box or designated dirty dish box. If teams have a hot plate cooling, it should be the only thing out on the table other than the plate of food being presented to the judges.
7. Trash cans will be located throughout the room.
8. At the conclusion of the 40 minutes, one serving size portion of the team’s dish will be presented to the judges for tasting prior to presentations. Dishes cannot be presented early. Judges will be encouraged to taste the food but will do so at their discretion.
9. Teams will remain in designated area. Participants should sit quietly until their team has been called to the judging area.
10. Contact a contest volunteer:
 - If you have hot oil, water, or other liquid that needs disposed.
 - If you need a band-aid or any medical attention.
 - If you need to leave the room or use the restroom.
 - If you have any questions during the contest.
11. Good Luck!!!



4-H FOOD SHOWDOWN

TEAM WORKSHEET



OSU EXTENSION
4-H YOUTH DEVELOPMENT

This page is intended to serve as a guide for teams preparing their presentations.
Use the back of this sheet for additional space.

Knowledge of MyPlate

Write the ingredients and where they fall on MyPlate.

| Food Item | MyPlate | Number of Servings Needed Each Day |
|-----------|---------|------------------------------------|
| | | |
| | | |
| | | |
| | | |

Food Preparation

Know the steps in the preparation of this dish.

| Steps | What was prepared/performed in this step? |
|-------|---|
| | |
| | |
| | |
| | |

Food Safety

| List Food Safety Risks Associated with this Dish | Steps Taken to Reduce Risk |
|--|----------------------------|
| | |
| | |
| | |
| | |

1. How did you determine what was one serving of your recipe?

2. Presentation roles of each team member:



4-H FOOD SHOWDOWN

SCORING SHEET



OSU EXTENSION
4-H YOUTH DEVELOPMENT

Team Number/Name: _____

Recipe or Team Description: _____

Secret Ingredients Used in Dish:

| Points Earned | Possible Points | Preparation Section of Cooking Challenge | Remarks |
|---------------|-----------------|---|---------|
| | 20 | Decision Making: Clean, professional appearance based on contest guidelines. Exhibits efficient use of space, logical process in food prep, and planning the recipe. Use of secret ingredients as the focus of recipe. Note taking for presentation. | |
| | 10 | Kitchen Safety: Demonstrates knowledge and use of kitchen safety guidelines while preparing recipe. Appropriate knife skills. Clean/uncluttered workspace throughout preparation time. Proper handling of sharp or hot objects. | |
| | 10 | Food Safety: Washes hands and surfaces frequently. Properly handle ingredients to avoid cross contamination. Check food temperatures to ensure foods are stored at an cooked to proper internal temperatures. Avoids touching face and hair. | |
| | 20 | Preparation: Demonstrates a variety of preparation skills: chopping, whisking, measuring, sautéing, boiling, stirring, etc. Creativity for ingredient use and technique. Team members work effectively together. | |
| | 60 | Preparation Subtotal: | |



Team Number/Name: _____

Recipe or Team Description: _____



| Points Earned | Possible Points | Presentation Section of Cooking Challenge | Remarks |
|---------------|-----------------|---|---------|
| | 10 | Effective Communication: Introductions include self, team members, dish prepared and ingredients. Professionally presented with personality and enthusiasm. Eye Contact, voice control, posture. Ability to effectively communicate team's preparation steps and process. | |
| | 15 | Nutrition And Safety Knowledge: Explains food groups included in MyPlate. Exhibits knowledge of ingredients used in dish and where they fit. Exhibits knowledge of nutritional benefits of ingredients used. Demonstrates knowledge of appropriate serving size. Understands the principles of food prep for their age and knows how they applied that knowledge to their dish. | |
| | 15 | Food Appearance/Quality: Dish has good eye appeal with textures, color and is thoughtfully plated. Utilized secret ingredients creatively, focusing on enhancing tastes and flavors of secret ingredients. Overall creativity and "Wow" Factor. | |
| | 40 | Presentation Subtotal: | |

Total Score out of 100 points: _____

Additional Judges Remarks:

Placing _____

