

Food Cook-Off

Contact:

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OBJECTIVES:

- Provide a hands-on competition that incorporates many areas of the Foods & Nutrition Project.
- Help youth learn the techniques of logical and accurate decision making as well as teach them to recognize the reasons for their decisions.
- To recognize youth for their knowledge of foods and nutrition in regards to the current food industry.

ELIGIBILITY

- All Wyoming 4-H members may compete in the appropriate age division.
 Juniors 8-13 years old
 Seniors 14-18 years old
- Only team entries will be accepted and can consist of a minimum of two (2) and a maximum of five (5) members.
- Counties may enter an unlimited number of teams in each age division.

CONTEST

Before the contest a list of ingredients will be posted online and available through your local 4-H Educator. Teams are required to use a certain number of ingredients based on their age division. See the requirements below:

Juniors – 3 ingredients ~ Holiday Traditional Dish

Seniors – 5 ingredients ~ Movie Theme Dish

Teams are allowed one entrée! The entrée can have as many or as few of ingredients as needed, but must include the designated amount per age division.

Teams are encouraged to be creative when creating their recipe and work together to come up with a plan of action for the actual contest. You will only have one (1) hour!

On the day of the contest:

- Each team needs to come prepared by having all of the ingredients necessary for their recipe as well as any equipment or utensils needed to prepare the food. (i.e. NOTHING will be provided at the contest)
- Please bring three copies of your recipe: 2 for judges and 1 for Gretty to post on line after contest
- Each team will have one (1) hour to prepare their recipe and serve it to the judges. When time expires, all team members will be required to stop what they are doing.
- Each team will need to make sure they prepare enough food for two judges and audience members to taste a small sample.
- Team members are encouraged to work together
- Guests may watch the competition but cannot interact with the contestants.

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EVALUATION

The judges' evaluation will be based on three components:

- Recipe
 - Originality
 - Use of the ingredients on the list
 - Complexity of recipe picked in regards to age division
- Cooking
 - Use of a variety of methods
 - Cleanliness & Food Safety
 - Teamwork
 - Knife, Cooking, Measuring Skills
 - Taste & Flavor of Food
- Presentation to the Judges
 - Plate Presentation
 - Vocal Presentation
 - Questions/Interview with the Judges

AWARDS

- Awards will be given to the top three teams in each age division.
- The top team in the Senior age division will be awarded the opportunity to attend the National 4-H Food Challenge in Dallas, Texas. Competition in the National 4-H Food Challenge will follow the National Food Challenge rules which can be found at: <https://texas4-h.tamu.edu/events/national-food-challenge/>
- Teams will also be recognized for:
 - Use of the Most Ingredients off the list
 - Outstanding Food Safety

If you are interested in supporting the Wyoming 4-H Program, please contact:

Wyoming State 4-H Foundation
Steve Mack, Director
1000 E. University Ave., Dept. 3354
Laramie, WY 82071
Phone: 307.766.5170
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Food Cook-Off

A-Z Food List for 2018

Asparagus
Black Beans
Cabbage
Dates
Eggs
Fish
Grits
Hummus
Ice Cream (remember no Freezer available)
Jelly
Kale
Linguine
Mango
Oatmeal
Peaches
Quinoa
Rice
Spinach
Tortillas
Udon Noodles (Japanese Noodles)
Vanilla
Walnuts
Wild Card (any ingredient not on list)
Yogurt
Zucchini

Food Cook-Off
FOOD COOK-OFF SCORE SHEET

COUNTY _____

TEAM NAME _____

AGE DIVISION: Jr. Sr.

TEAM MEMBERS _____

START TIME: _____

END TIME: _____

Scale: 1 is the lowest score and 4 is the highest score

Judges: Please observe as teams prepare their recipe, feel free to walk around and ask questions ☺

	1	2	3	4
RECIPE				
Originality				
Use of Ingredient List				
Complexity of Recipe for Age Division				
COOKING				
Variety of Cooking Methods				
Cleanliness & Food Safety				
Teamwork				
Skills (Knife, Measuring, Cooking)				
PRESENTATION				
Plate Presentation				
Vocal Presentation				
Knowledge/Understanding				
TASTE/FLAVOR				
1-15 points possible				

TOTAL _____

Notes for team:

Only one team from each age can win 1st 2nd and 3rd place. All ties will be broken.