

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	8-10 years old
Intermediates	11-13 years old
Seniors	14-18 years old
- Eligibility will be determined using 4-H Plus.
- Only team entries will be accepted and can consist of a minimum of two (2) and a maximum of three (3) 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 – 2 ingredients
Intermediates – 3 ingredients
Seniors – 5 ingredients

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!

Prior to the contest ~ June 11, 2017:

- Email recipes to gasvoda@uwyo.edu in a Word document so they can be assembled in a cook book.

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)
- 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. This is how the People's Choice Award will be determined.
- Team members are encouraged to work together
- Guests may watch the competition but cannot interact with the contestants.

Food Cook-Off

June 20-22, 2017 ☘ Laramie, Wyoming
www.Wyoming4H.org

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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.

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
Email: smack@uwyo.edu

Food Cook-Off
FOOD COOK-OFF SCORE SHEET

COUNTY _____

TEAM NAME _____

AGE DIVISION: Jr. Int. 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.