

Navarro County Youth Expo

Food Challenge Contest

Registration Deadline March 15, 2019\$25.00 per team.

Food Challenge Contest will be held on Thursday, March 28, 2019, and will take place at the Navarro County Expo Center. Please see the Food Challenge Rules and Guidelines for more information.

The **Food Challenge** is open to Navarro County teams **ONLY**. The contest will be held on Thursday, March 28, 2019, with check-in at 8:30 AM.

Each FFA Chapter or 4-H Club may enter as many teams as they wish. Food Challenge teams may be comprised of 3 to 4 members. **All participants must be in compliance with U.I.L. regulations.** Cell phones, mechanical devices, or talking will not be allowed. Any infraction of contest rules may result in team & individual disqualification.

All entries are non-refundable. If you have any questions please contact the Navarro County Extension Service at (903) 654-3075.

Food Challenge Contest Rules

Thursday, March 28, 2019

Chairpersons

Lorie Stovall and Kellie Cope
903-654-3075

PURPOSE:

The Food Challenge was developed by county Extension agents to address the need for a new, “highly charged” foods experience. This contest, modeled after such competitions as the Food Network’s “Iron Chef,” challenges teams of 4-H, FFA, and FCCLA members to create a food dish using only a predetermined number of ingredients. From these ingredients, team members must identify and prepare the dish, then make a presentation about it to the judges. The presentation will include information about the serving size, nutritional value, and cost of the dish. The Food Challenge allows youth to demonstrate their culinary and food safety skills to judges and observers.

OBJECTIVES:

- Provide opportunities for participants to exhibit their knowledge and skill when preparing and presenting a dish;
- Provide opportunities for participants to learn from other team members;
- Promote teamwork;
- Give participants opportunities for public speaking;
- Provide leadership opportunities; and
- Give youth the opportunity to participate in a new, exciting, competitive event.

RULES:

1. Participation. Participants must be 4-H, FFA, or FCCLA members currently enrolled in a Texas 4-H and Youth Development county program, local school FFA Chapter or local school FCCLA Chapter and actively participating in the Food and Nutrition project.

2. Age Divisions. Age divisions are determined by a participant’s official school grade as of March 22, 2019 as follows:

Division	Ages
A. Junior	3 rd grade -8th grade
B. Senior	9 th grade – thru 12 th grade

3. Members Per Team. Each team will have at least three and no more than four members. Teams may not include members in different age divisions. See rule #2.

4. Substitution of Team Members. Substitution of team members should only be made if necessary.

5. Entry Fee. Each team will be required to pay a registration fee of \$25 to cover the cost of ingredients for the contest. Checks will be payable to **NCYE**. Submit to the NCYE with entry forms.

6. Food Categories. In each age division, there will be four (4) Food Categories: Main Dish, Fruits & Vegetables, Bread & Cereal, and Nutritious Snacks. Teams will be randomly assigned to a category, but assignments will not be announced until check-in the day of the contest.

7. Attire. Each team will have the option of wearing coordinated clothing, aprons or hair coverings.
8. Resource Materials Provided at Contest. Resource materials will be provided for each team at the contest. This includes *MyPlate*, *FightBac*, *Nutrient Needs at a Glance*, *Cooking Food Safely is a Matter of Degrees*, *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.** See link for access to resources on the bottom of page 1.
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 can be checked by contest officials. Any extra equipment will be confiscated and the team may be disqualified. See attached list.
10. Awards: The top five high scoring teams in each food category will be recognized with placing ribbons during the awards program.
11. Participants With Disabilities. Any competitor who requires auxiliary aids or special accommodations must contact the AgriLife Extension Office at least two (2) weeks before the competition. Contact Lorie Stovall or Kellie Cope at 903-654-3075.

Event Date: March 22, 2018

Event Schedule:

8:30am	Check-in
9:00am	Contest begins
10:00am	Judging of 1 st Heat begins
10:00am	2 nd Heat begins
11:00am	Judging of 2 nd Heat begins
12:00am	Tentative Awards Program

Location: Large Fannie Mae Vernon Room
Navarro County Expo Center

Entry Deadline: March 15, 2018

- Team Summary Forms
- \$25 per team payable to NCYE, PO Box 96, Barry, Texas 75102.
- In the memo line, please indicate NCYE Food Challenge

Please note the following important items:

- Check-in will be in the Small Fannie Mae Vernon Room
- The Food Challenge has two age divisions: Junior and Senior.
- Food Challenge Judges will be allowed to ask questions.

Contest References & Forms. Refer to the following website for resources:
https://texas4-h.tamu.edu/wp-content/uploads/2019-Food-Challenge-Rules-and-Guidelines_FINAL.pdf