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 dish from only a clue, predetermined ingredients, and a common pantry. From these ingredients, team members must use their food and nutrition knowledge, creativity and leadership skills to prepare a dish and put together a presentation for the judges. The presentation includes information about the serving size, nutritional value and cost of one serving of the dish. The 4-H Food Showdown allows 4-H members to demonstrate their culinary and kitchen safety skills to judges and observers.

The 4-H Food Showdown concept and manual were adapted from the Texas 4-H Food Challenge manual.

2011-2012 Oklahoma 4-H Food Showdown Committee members include:
• Cathy Allen, 4-H, Assistant Extension Specialist
• Barbara Brown, Food Specialist, Associate Professor
• Valeri Evans, Extension Educator – Kingfisher County
• Deana Hildebrand, Nutrition Specialist, Assistant Professor
• Jessica Riggin, Extension Educator – Lincoln County
• Sara West, Extension Educator – Marshall County
• Jennifer Wiederstein, Extension Educator – Custer County
• Sonya McDaniel, Extension Educator – Pottawatomie County
• Jean Bailey, Extension Educator – Dewey County

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.
Participant Rules for Roundup Event

1. **Participation.** Participants must be 4-H members currently enrolled in Oklahoma 4-H.
2. **Teams per district.** Each District may enter a maximum of two senior teams for state competition at Roundup.
3. **Age:** Senior team members must be 14 years of age as of Jan. 1 of the current year and a Roundup delegate.
4. **Members per team.** Each team will have a maximum of 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 Roundup 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, must be familiar with all Food Showdown requirements, and have prior approval from their OSU 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 categories.** There will be four possible food categories: Main Dish, Fruits and Vegetables, Breads and Cereal, and Nutritious Snacks. All teams will be assigned the same category and given the same ingredients. Category, secret ingredients and the clue will not be announced until the start of the contest.
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, bandanas, 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 at contest.** 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* and copies of grocery receipts. 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 showdown. (See supply box list on page 3.) Two supply boxes are available in each district for use; however, teams may choose to bring their own equipment from home as long as the items appear on the supply box list. Any extra equipment will be confiscated and the team may be disqualified.
11. **Judges reserve the right to disqualify teams demonstrating unsafe food handling practices or dangerous use of the equipment.**
12. **Contest outline for one heat.**
   
   - Educators, volunteers and judges arrive
   - Volunteer orientation, Judge’s orientation
   - Participant orientation
   - 4-H Food Showdown teams check-in
   - Kitchen safety review
   - 4-H Food Showdown teams report to stations
   - 4-H Food Showdown and Judging begins
   - Time is called
   - All dishes presented to judges
   - Team presentation to judges
   - Awards program

   *The number of teams entered and the facility will determine if the event is run in one heat or two heats.

13. **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.
Food Showdown Supply Box (two boxes available per district)

Teams can use the district box for the Roundup Food Showdown or may choose to bring their own equipment from home. Any extra equipment not on the list below, will be confiscated and the team may be disqualified.

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

- Aprons (3)
- Baking sheet (1)
- Calculator (1)
- Can opener (1)
- Colander, medium (1)
- Cutting boards/mats (2)
- Bowl, small (1)
- Disposable tasting spoons
- Extension cord (1)
- Food thermometer 1
- Fork 1
- Garlic press (1)
- Gloves disposable
- Grater (1)
- Hand sanitizer (1)
- Heat Source (can use one of the following)
  - Two single-burner hot plates
  - One double-burner hot plate
  - One 12” electric skillet
- Hot pads (2)
- 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 (2)
- Non-Stick cooking spray (1)
- Note cards (4x6)
- Pancake turner (1)
- Pencil (1)
- Plastic tub for dirty dishes (1)
- Paper towels (1 roll)
- Rolling pin (1)
- Rubber spatula (1)
- Sanitizing wipes
- Sauce pan w/lid (1)
- Serving bowl, medium (1)
- Serving platter (1)
- Serving utensil (1)
- Skillet (1)
- Stirring spoon (1)
- Stock pot (1)
- Storage bags or containers
- Tongs (1)
- Vegetable peeler (1)
- Whisk (1)

**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.**
Salt
Pepper
Granulated sugar
Powdered sugar
Ginger, ground
Cinnamon
Cayenne pepper
Chili powder
Ground cumin
Vanilla extract
Sesame seeds
Flour
Celery
Onion
Parsley
Cilantro
Carrots
Broccoli
Leaf lettuce
Fresh garlic
Lemons
Maple syrup
Soy sauce

Hot sauce
Cider vinegar
Chicken broth
Canola oil
Extra virgin olive oil
Ranch dressing, bottled
Margarine
Eggs
Raisins
Black olives
Canned pineapple tidbits
Orange juice
Shredded reduced fat cheese
Canned beans (pinto, kidney)
Nonstick vegetable spray
Disposable cups
Paper plates

* Common pantry items may change to compliment the secret ingredients.
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 are 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. There will be a written clue, four secret ingredient items and an educational resource packet. Do not uncover your secret ingredient box or read the clue until directed. The secret ingredients will be used to prepare a dish in one of the stated categories: Main Dish, Fruits and Vegetables, Breads and Cereal, and Nutritious Snacks.
4. Each of the secret ingredients must be used in the dish. However, the whole amount of the secret ingredient 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 the preparation area.
7. Each team may be given a challenge/obstacle to overcome during the contest.
8. Only participants and contest officials will be allowed in food preparation areas.
9. Preparation of food and presentation:
   a. Preparation: Each team will be given four secret ingredients and will create a dish using the clue provided along with items from the common pantry. Note cards and the 4-H Food Showdown Worksheet (found on page 12) may be used to write down the recipe the team invents, along with notes related to nutrition, kitchen safety and cost analysis. Teams need to be exact on ingredients used, preparation steps, cooking time, temperature, etc.
   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 to the judges.
   c. Nutrition: Each station will have a variety of nutrition resources/references. Each team must name key nutrients in their dish and their functions, and identify where the dish belongs in MyPlate. Refer to the nutritional information provided at each station.
   d. Cost analysis: Prices will be available for the four secret ingredients. Teams will determine amount used and calculate the price of the dish along with the price per serving. Teams also will determine the number of servings per recipe.
   e. 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 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, with at least two having speaking roles. Presentation judging time will include:
      • 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
         Serving size and cost per serving (of secret ingredients only)
      • Judges’ questions (Approx. 3min)
      • Time between team presentations for judges to score and write comments
   f. 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 plastic container or box brought from home to be cleaned at the conclusion of the contest. Leftover food should be disposed of properly. Common pantry items not used, must be returned to the common pantry area.
10. Placing will be based on rankings of teams by judges. Judges’ results are final.
Rules for Kitchen Safety

1. Wash hands often. To do this properly use warm water, and lather up 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 eating or adding to dishes/recipes using clear, clean water-no soap.

3. Don’t put cooked food on same plate, tray or cutting board as raw or ready to eat food to prevent cross contamination and the spread of bacteria.

4. When you finish measuring perishable foods, put the extra back in the refrigerator or ice chest.

5. If you spill something, take the time to clean it up properly.

6. Keep paper towels, dish towels and potholders away from burners or heat source so they won’t catch fire.

7. Turn pot handles toward back where no one will knock 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. Never put water on a cooking fire. Quickly ask an adult to put out the fire. Don’t try to move a burning object to another place.

10. Use knives safely.
   a. If you don’t feel comfortable with the knife ask for help.
   b. When using a knife to cut your food, always cut away from your body and toward a cutting board.
   c. If the cutting board moves when in use, secure it by putting a damp towel between it and the counter or table.
   d. Use the knife for cutting, not gesturing or pointing.
   e. 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.
   f. Put knives down away from the edge of the table and placed so the blade is facing down or on its side.
   g. Don’t put knives or other sharp objects into full sink where someone could reach in and get hurt.

11. Dress for safety. Wear shoes that cover your feet (no sandals). Avoid loose fitting clothing. Take off jewelry including earrings, necklaces, bracelets and rings (it or pieces of it could fall into the food).

12. Keep hair out of the food. Wear some kind of clean head covering such as a ball cap, bandana, chef’s hat or hairnet. If you have long hair, tie it back, then cover your head with a clean head covering.

13. Be careful not to get burned.
   a. Open pan lids away from you to safely vent steam.
   b. Turn off burners and other hot equipment as soon as you finish with them.
   c. Keep hands out of hot pans.
   d. Let people know you are coming with something hot.
   e. Walk slowly when you carry something hot.
   f. Use dry pot holders.

14. Electricity is not a friend of water. Keep electric appliances and cords away from water. Use dry hands to plug something in or out.

15. Turn off appliances and unplug them as soon as you finish with them.

16. If you have oil or pan drippings that need to be disposed of, contact a Food Showdown adult volunteer, and they will provide you with a metal can and turkey baster for proper disposal.
Participant Orientation

1. Welcome to the 4-H Food Showdown.
2. Remove jewelry including earrings, necklaces, bracelets and rings.
3. You will have 40 minutes to prepare your dish, plan a presentation, and clean up the preparation area. You will receive a 20 minute warning, 10 minute warning, 5 minute warning, and 1 minute warning. We suggest you start working on your presentation at the 10 minute warning.
4. You must use each of the secret ingredients provided in your dish. However, you do not need to use the entire amount. You also can use any items available from the “common pantry.” Common pantry items are on a first-come basis. If you have hot oil, contact one of the adult volunteers and they will provide you with a metal can for disposing of oil and help you with transferring oil into the can.
5. When time is called, your area MUST be clean and all the supplies and extra food items must be in your supply box or designated dirty dish box. If you have a hot plate cooling, it should be the only thing out on the table other than the food you are presenting to the judges.
6. At the conclusion of the 40 minutes, one portion/serving of your 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.
7. Please remain in designated area and do not leave the room. Participants may sit quietly until your team has been called into the judging area. If you need to use the restroom, please let a contest volunteer know.
8. Jugs of water will be located throughout the room if water is needed.
9. Trash cans will also be located throughout the room for your use.
10. At the conclusion of the contest you will be able to come back and get your supply box.
11. If you need a band-aid or any medical attention, immediately contact a contest volunteer.
12. If you have any questions, please ask a contest volunteer.
13. Good Luck!!!

Organizer tips for selecting and preparing food for the 4-H Food Showdown:

- Select recipes/ingredients that require about 20 minutes to 30 minutes for preparation AND cook time so that 4-H’ers can prepare the item in their 40-minute timeframe.
- Locate sample recipes and ingredient lists from the Internet, Food Network, American Dietetics Association books, Ag In the Classroom resources, magazines, etc. Remember: keep it healthy. Modify recipes when necessary, replacing high-fat ingredients with substitutions.
- Please keep in mind teams will not have access to ovens and will be limited to cooking utensils in the supply box.
- Be creative in thinking of a clue that will allow for creativity but will guide teams in using the secret ingredients. Include list of secret ingredients but do not give preparation steps.
During event pre-registration, ask participants to indicate if they have any food allergies or religious practices that should be considered when participating in a 4-H Food Showdown.

Category selection:

**Main Dish Category**
Foods classified as main dishes usually contain a meat or meat alternate such as cheese, eggs, dry beans, peas or peanut butter. They may also contain other foods. Dishes in this category may include: beef, veal, pork, variety meats, poultry, eggs, fish and shellfish, dry beans, etc. Consider buying pre-cooked chicken for recipes that call for chicken.

**Fruit and Vegetable Category**
These are side dishes or foods that are usually served along with a main dish or as accompaniments to the main course.

**Bread and Cereal Category**
Suggested dishes in this category are quick breads, rice dishes and pastas. Consider buying pre-cooked rice and pastas to shorten preparation time.

**Nutritious Snacks Category**
Snacks are commonly eaten between meals by those with higher energy needs (such as teens and children). Snacks should provide energy and enhance diet quality. Suggested dishes for this category are milk drinks and floats, fruit drinks, dips and dippers, fondues, sandwiches, party foods and refreshments, appetizers, and nutritious no-bake cookies.

- Split up ingredients among teams to keep costs down.
- Set up a table and include a cooler of common pantry items. Teams can select items from the common pantry to enhance their dish. See page 4 for a suggested list of common pantry items.

**Example:**
Clue: Veggies make Bagels Smile
Secret ingredients provided:
- Whole wheat bagels
- Low fat cream cheese
- Radishes
- Broccoli

Common pantry ingredients:
- Carrots
- Green peppers
- Kidney beans
- Black olives
- Garlic powder
- Dried onion
- Ranch dressing
Judge’s Orientation

- **Introductions and divide into judging groups (Junior and Senior if applicable)**
- **Review objectives of the 4-H Food Showdown:**
  - 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.

**Definition of teams** – made up of a maximum of three members

**Procedures:**

- Each team will bring a supply box that will be used to create and prepare a recipe. Only items on the supply list are allowed in the supply box.
- Ingredients and clues have been chosen from 1 of 4 categories: Main Dish, Fruits and Vegetables, Bread and Cereal, or Nutritious Snacks.
- Teams do not know what category of recipe they will be preparing until they arrive at their preparation table.
- Each team’s preparation table will have their four secret ingredients covered, educational resources to aid in presentation, and a clue to what they will prepare.
- Creativity is encouraged.
- Proper kitchen safety should be observed throughout the contest and considered part of the evaluation.
- Teams will prepare their dishes and presentation during the allotted 40 minutes. At the conclusion of the 40 minutes teams will present one portion/serving of their dish to the judges and give a 5-minute presentation, followed by questions from the judges.
- At least two members of the team must have speaking roles during the presentation and all members must participate.
- Judges are encouraged to taste the food but will do so at their discretion. Judges will be provided clean plates and plasticware for each dish presented.
- Placing will be based on the order in which teams are ranked by the judges.
- Judges’ results are final upon announcement.

Judges should be given a copy of the clue that was provided to the teams, as well as the secret ingredients provided.

**Resources for presentation:**

- Each team has a packet of resources to use for the presentation. They 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* and copies of grocery receipts.
- Presentations should include items outlined on the Food Showdown Scorecard, as well as, additional information the team may feel the judges should know about their dish.

**Scorecard:**

- Teams will be ranked. No numerical scores are given.
- Please provide comments for each team to help them improve their future presentations. Constructive feedback gives young people a positive learning experience.
- Review the scorecard and determine what you will need to consider when ranking the teams.
  - Knowledge of MyPlate
  - Food Preparation and Safety
  - Serving Size Information
  - Food Appearance and Quality
  - Presentation Skills
### 4-H Food Showdown Scorecard

**TEAM NUMBER:** ___________________  **CLASS:** ___________________

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

<table>
<thead>
<tr>
<th>CATEGORY</th>
<th>COMMENTS</th>
<th>OUTSTANDING</th>
<th>GOOD</th>
<th>FAIR</th>
<th>POOR</th>
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<tbody>
<tr>
<td>Knowledge of MyPlate:</td>
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<td>Food group of individual ingredients</td>
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<td>Serving amount needed from each group daily</td>
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<td>Food group that dish falls into</td>
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<td>Number of servings provided by an individual serving of the dish</td>
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<tr>
<td>Food Preparation and Safety:</td>
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<td>Steps in preparation</td>
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<td>Food safety practices</td>
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<td>Healthy substitutions</td>
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<td>Serving Size Information:</td>
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<td>Number of servings in dish</td>
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<td>Food Appearance/Quality:</td>
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<td>Appearance of food</td>
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<td>Garnishing</td>
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<td>Presentation Skills:</td>
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<td>Poise</td>
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<td>Professional appearance</td>
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<td>Response to judge’s questions</td>
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<td>Teamwork</td>
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### 4-H Food Showdown Ranking Form

To be completed by judges and given to contest coordinator upon completion.

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<thead>
<tr>
<th>Placing</th>
<th>Blue, Red or White Placing</th>
<th>Team Number</th>
<th>County/District</th>
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Judges Signatures:

Judge 1: ____________________________

Judge 2: ____________________________

Judge 3: ____________________________
4-H Food Showdown Team Worksheet

This page is intended to serve as a guide for teams preparing their presentations. This page will be turned in to the judges but will not be used as part of the judging criteria.

Use back of sheet for additional space.

Knowledge of MyPlate
Write the food and where it falls on MyPlate:

<table>
<thead>
<tr>
<th>Food</th>
<th>MyPlate</th>
<th>Number of servings needed each day</th>
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</table>

Food Preparation
Know the steps in the preparation of the dish.

<table>
<thead>
<tr>
<th>Steps</th>
<th>What was prepared/performed in this step?</th>
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Food Safety
List food safety risks associated with this dish. Steps taken to reduce risk.

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<tr>
<th>Risk</th>
<th>Steps taken to reduce risk.</th>
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Serving Size Information
Accurately calculate the cost of the dish using the secret ingredients only, and the cost per serving.

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<th>Ingredient</th>
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TOTAL

Page 12
**Purpose**

Provide structured learning experiences and project opportunities for 4-H members with an interest in Food and Nutrition projects. Work with Food Showdown committee members to plan and conduct a Food Showdown event on the county and/or district level.

**Benefits**

- Opportunity to work with youth and/or adults providing positive support and growth experience.
- Gain and/or enhance knowledge and skills in the Food and Nutrition subject area.
- Opportunity to share your skills, talents and interest.
- Experience personal growth from serving as a caring adult.

**Primary Responsibilities**

- Study, understand and practice the purpose and philosophy of the 4-H youth development program and OCES.
- Actively seek volunteers and youth from a variety of racial, ethnic, religious and socio-economic groups in your community, county and/or district.
- Commitment to enhancing the Oklahoma 4-H Youth Development Program.
- Conduct at least one educational workshop or series of workshops that enables adults/youth to become more knowledgeable or more prepared for the 4-H Food Showdown.
- Communicate regularly with county Extension Educator, Parent-Volunteer Association, club leaders, clubs, families and members.
- Provide positive learning experiences for youth interested in the Food and Nutrition subject matter area.
- Become acquainted with the project and activities related to the Food and Nutrition project.
- Serve as a resource person to provide project related information.

**Extension Educator and Cooperative Extension Agree to:**

- Provide orientation session to the Oklahoma 4-H program’s mission, purpose and goals as they relate to youth development and programming.
- Provide orientation, educational programs and resource materials to develop an individual’s understanding and management of volunteer assignments.
- Effectively communicate and encourage opportunities for continuing education on the district and state levels.
- Set educational tone and direction for 4-H and Extension programs. Serving as a resource person on the basic philosophy of the 4-H youth development program and 4-H organizational structure.
- Complete annual evaluation of volunteer.

**Qualifications**

- In good standing as a OK 4-H certified volunteer.
- Individual who is knowledgeable of the county 4-H program and seeking a means for sharing their time, talents and resources outside of a local club/unit.
- An appreciation of informal education.
- Interest and desire to educate and develop life skills through positive youth development, programs and activities.
- Able to provide 4-H members with positive encouragement and support.
- Good organizational and communication skills.
- Enthusiasm, patience and understanding.
- High level of personal integrity.
- Dependable transportation, phone and Internet access are desired, but not required.

**Time Required**

- Commitment of 3 to 6 months negotiable annually.
- 1-3 committee meetings per year; 1-3 hours per meeting.
- Regular reports to the county Educator and Parent-Volunteer Association.
- Time necessary to plan and conduct educational workshops in the area of Foods and Nutrition for other volunteers and/or youth. (1-2 times per year)
- Facilitate planning and implementation of the 4-H Food Showdown. Including securing facility, contacting judges, purchasing supplies for the event and set-up/clean-up. (15-20 hours)
- 3-6 hours the day of the event coordinating volunteers and judges for an event.

**Training and Continuing Education**

- Participate in face to face 4-H Food Showdown trainings and conference calls as required to remain in good standing as a 4-H volunteer.
- Attend District and State Volunteer Conferences.
4-H Food Showdown Volunteers

The 4-H Food Showdown requires planning and assembly prior to the contest, to ensure that all ingredients are assembled and all resources are carefully placed with the package of contest materials. However, once the contest starts, it is fun, for both the 4-H members and those working the contest. Below is a list of recommended number of officials and judges you will need. Of course, these numbers will vary depending on the number of heats you conduct and the number of participants entered at each level.

CONTEST ORGANIZER: one or two individuals to chair or co-chair the event
*See position description on page 13 for responsibilities and time required.

KITCHEN SAFETY ORIENTATION VOLUNTEER: one individual

CONTEST VOLUNTEER: two per category, per age division

JUDGES: two to three per age division

RUNNERS: two to four—based on number of participants, size of contest area and location of judging stations

NOTES:
4-H Food Showdown