

# WYOMING COUNTY

## 4-H FOOD & NUTRITION CONTEST RULES & GUIDELINES

- Objectives:**
- \* To promote a positive image of 4-H Food & Nutrition Programs.
  - \* To promote products grown in New York State.
  - \* To promote good nutrition by reinforcing 4-H project materials.
  - \* To provide recognition for 4-H members.

**Eligibility:**

- A) Junior- 8- 12 years old
- B) Senior- 13- 19 years old

*\*\* Please note that age ranges need to be as of January 1, of current program year.*

**Product Selection:**

The major ingredient of the recipe must feature a product produced in New York State - such as fruits, vegetables, dairy or meat.

- a) **Recipe** – Participants are encouraged to consider the U.S. Dietary Guidelines when selecting their recipe. (Select recipes using lower amounts of sugar, fat, sodium, and increased amounts of fiber and complex carbohydrates. Consider the use of fortifiers; those ingredients which add nutritional value, such as vegetables, fruits, nuts, whole grains, etc.). Please also note that most pre-packaged mixes are not allowed – ie. boxed cake mix if mix serves as main ingredient of the recipe.
- b) **Originality** – Creativity and imagination help make foods especially appealing and tasty. Recipes can be from a cookbook, a family recipe, or your own variation.

**Equipment:**

Contestants are expected to furnish all needed supplies and equipment including trays, extension cords, pot holders, etc.

**Demonstration:**

- a) **Procedure** – Contestants prepare their product before the evaluator and audience at the same time. Basically, it is a non-verbal presentation; however, contestants should be aware that the evaluator will be circulating and asking questions. No posters are needed.
- b) **Time** – Fifty (50) minutes are allowed. Preparing the product should take 30 - 50 minutes for seniors, depending on the complexity of the product. Each contestant needs to decide what needs to be done during the demonstration.
- c) **General Suggestions:**
  - \* Contestants are encouraged to use varied demonstration skills. Use suitable containers for ingredients.
  - \* Include measurement of one liquid and one dry ingredient. Loosen or remove caps and tops before beginning. Cover commercial labels.
  - \* Label ingredients such as salt, sugar, baking powder, so you don't make a mistake! It helps to label both front and back so both you and the audience can read them.
  - \* Use transparent or clear bowls whenever possible.
  - \* Choose the best equipment for the job (ex. standard measuring & mixing equipment).
  - \* Use rubber spatula to clean bowls.
  - \* Use safe and proper measuring techniques and preparation skills.
  - \* Work quietly (cloth under bowl deadens sound; wooden spoons are quieter than metal ones).
  - \* Eggs should be cracked with a knife into a separate dish or cup.
  - \* Be neat (ex. work on waxed paper; use a paper bag for waste). Cover trays with towels at the beginning and end of your demonstration.

- \* Move the ingredients and equipment to the empty tray when you are finished using them. You can work from right to left or left to right.
- \* Remember to look at your audience! Smile and make eye contact!

### **Dress:**

Clothing should be appropriate for a foods demonstration. This means no long sleeves, or loose clothing. Clothing should be washable, neat and simple, and an apron worn. Avoid wearing jewelry on hands or arms, or any jewelry that is dangling or distracting. No nail polish. Hair should be away from the face and secured with hair net, scarf or hat. Appearance and clothing should not be distracting. White short-sleeve shirts highly recommended. Plastic or latex gloves are required to be worn by participants preparing a raw (not cooked) finished product. But, it is expected that all participants will properly wash/sanitize their hands at the beginning of their demonstration.

### **Product:**

A finished product must be made available to the tasting judges.

- \* The product may be prepared and brought from home **OR**
- \* The product may be the result of the demonstration presented at the contest.

\*\*It needs to be immediately available to judges at the end of the demonstration. These products would include those that do not need to be baked, chilled etc.

The product will be on display for viewing, so please consider eye appeal. However, the setting will not be considered in scoring.

Each contestant should bring:

Two (2) copies of their recipe. They should be neat and legible. One is to be placed with the finished product; the other at the demonstration area. A third copy may be needed for the participant to follow during the demonstration.

### **Tasting Judge Evaluation Criteria:**

#### **I. Recipe**

- A. Complete and easy to follow
- B. Promotes a New York grown/produced product
- C. Nutritional quality of recipe – not on nutritional ‘information’ stated on recipe

#### **II. Finished Product**

- A. Appearance
- B. Taste
- C. Consistency and/or texture

### **Demonstration Judge Evaluation Criteria:**

#### **I. Demonstrator**

- A. Appearance (personal & clothing)
- B. Poise/ability to express oneself

#### **II. Preparation**

- A. Organization - orderly plan of work, placement of equipment
- B. Techniques and manual skill
  - 1.) Appropriate techniques; skillfully done
  - 2.) Variety of techniques
  - 3.) Correct equipment: and use

#### **III. Working Area and Results**

- A. Work area neat
- B. Manipulation in full view of audience