
4-H FOODS THROWDOWN



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4-H FOODS THROWDOWN

Put your 4-H cooking knowledge and skills to the test in this new 4-H event. Work as a team of 4 and compete to win over the taste buds of three judges. Teams must work together to plan, cook, plate, and present their knowledge of nutrition, food safety, and food preparation.

Objectives:

- Develop food preparation, safety, and nutrition skills.
- Provide leadership and public speaking opportunities.
- Provide opportunities for participants to connect MyPlate and Dietary Guidelines to their daily lives.
- Learn about nutrients and health benefits they provide to your body.

2020 Timeline:

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| • January 25, 2020 | Opportunity presented at Food Fare |
| • February 14, 2020 | Registration Opens |
| • March 6, 2020 | Recipes will be sent out to teams |
| • March 21, 2020 | 4-H Foods Throwdown |
| 8:45-9 am | Introduction, Explain Expectations, Tour of Kitchen, Introduce Mystery Ingredient |
| 9-10:30 am | Plan, Cook, plate, and clean |
| 10:30-11:30am | Presentations |
| 11:30-11:50am | Final Clean-Up and Announcement of Winning Team |

Rules:

1. **Making a Team:** Each team will consist of at least three and no more than four 4-H'ers. A team must have:
 - a. At least one 4-H'er under 12 years old
 - b. At least one 4-H'er over 14 years old
2. **Cost:** Each team will pay a \$20 entry fee to help cover the cost of ingredients. All unopened ingredients will be donated to a local food pantry.
3. **Dress Code:** Each member must wear close toed shoes and long hair should be tied back.
4. **Pre-Test:** All 4-H'ers on the team must have completed an online knowledge quiz prior to the competition and must have gotten a score of 80% or above. The quiz will test your knowledge of nutrition, food safety, and food preparation.



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5. **Mystery Ingredient:** A mystery ingredient will be introduced on the day of the event. The ingredient must be incorporated into the prepared dish.
6. **Available Resources:** Your team must use the ingredients, equipment, and pantry items provided by the Extension Office. Participants are not allowed to bring their own items. Support for the 4-H'ers will be provided by Master Food Volunteers who will serve as supervisors for the stations and kitchens.
 - a. **Station Supervisor** – Monitors the stations for unsafe food practices. They can answer simple questions and provide safety guidance.
 - b. **Kitchen Supervisor** – Support 4-H'ers in finding utensils, ingredients, and equipment.
 - c. Note for Adult Helpers in the room:
 - Adult helpers cannot provide support preparing food or coming up with a recipe.
 - Adult helpers are available to prevent accidents.
 - Adult helpers will notify Extension Staff of any accidents or food safety issues.
7. **Time:** Your team will have exactly 90 minutes to cook, clean, and plate your dish. Failure to clean the workspace will result in deduction of points.
8. **Food Safety:** Each station will have food safety resources. Teams should follow the steps listed to ensure proper food safety and be prepared to discuss food safety practices used in the team presentations to the judges. There will be a Station Supervisor in the room monitoring for food safety as well as the safety of the team members.
9. **Cell Phone:** The use of cell phones are prohibited during the competition.
10. **Presentation:** Once your 90 minutes is up you will take your dish to the judging room where each judge will test your dish. See attached rubric for how the dish will be judged.
 - a. All members of the team need to have a part in the presentation.
 - b. A maximum of 5 minutes will be allowed for the presentation.
 - c. The judge may ask additional questions after the presentation.
 - d. Plate 3 dishes (1 dish per judge).
 - e. Judges will taste your dish if there are no food safety concerns seen while the dish was being prepared.
11. **Audience and Judges:** Audience and judges will be in room 1070/1075 with a screen to watch the 4-H'ers cook in room 1060.