

Food Challenge District 6 Contestant Rules

1. **Teams Per County.** 2 teams from each of the 3-age division can enroll per county. This means that each county is allowed a total of 6 teams. Each team can have a minimum of 3 and a maximum of 4 participants. If a junior or intermediate is needed to complete a team, it is permitted but they must compete at the Intermediate level. Only Seniors may compete in the Senior division. Substitution of team members should be made only if necessary.
2. **Food Categories & Preparation.** There will be four food categories in each age division: Appetizer, Main Dish, Side Dish, and Healthy Dessert. Teams will be randomly assigned to a category.
3. **Preparation.** Each team will create an entire dish/recipe (not a full meal) using the provided key ingredient and grocery store items. Dishes/recipes created should include two or more servings. Teams should present the entire dish/ recipe to the judges and communicate during their presentation what an individual serving size should be. Teams will be responsible for determining the number of servings their dish provides. Teams should not create side or multiple dishes with their ingredients/grocery store items.
4. **Attire.** Each team will have the option of wearing coordinated clothing or aprons. Each team member is required to wear closed toe shoes and a hair restraint. Jewelry (except for medically required) is not permitted.
5. **Resource materials provided at contest.** Resource materials will be provided for each team at the contest. These include MyPlate Mini-Poster, Fight Bac - Fight Food Borne Bacteria Brochure, Know Your Nutrients, and Food Safety Fact Sheet. Optional resources will include the Food Challenge Worksheet, and copies of grocery receipts/purchase prices for age groups calculating costs. No other resource materials will be allowed. Teams may not use their personal copies of the resources during the contest.
6. **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 may be checked by contest officials as teams check in for the contest using a standard or randomized process. Any extra equipment will be removed from the team's supply box.
7. **Pantry Ingredients.** Each team may include in their equipment box the following "pantry" ingredients which they may use when preparing their dish if desired. There is no requirement to use these items, nor is it mandatory that teams include these in their supply box.
 - Salt
 - Pepper
 - Oils (up to 17 oz)
 - 1 jar chicken bouillon
 - 1 medium onion
 - 2 cans vegetables and/or fruit (up to 16 oz) - team choice

- Rice (white or brown) or pasta (16 oz) –team choice

SUPPLY BOX

Each team will bring an equipment box containing only one each of the following items, unless a different quantity is noted:

Beverage glass	Measuring spoons (1 set)
Bowls	Non-stick cooking spray
Dip Size (1)	Note cards (1 package - no larger than 5 X 7)
Mixing (2)	Paper towels (1 roll)
Serving (1)	Pancake turner
Calculator	Pencils (no limit)
Can Opener	Plastic box and trash bag for dirty equipment
Cookie sheet	Pot with lid
Colander	Potato masher
Cutting Boards (3)	Potato peeler
Disposable tasting spoons (no limit)	Sanitizing wipes (1 container)
Dry measuring cups (1 set)	or bleach solution spray
Electric Skillet	<i>*recipes available at: https://agrifetoday.tamu.edu/2020/03/25/texas-am-experts-offer-covid-19-cleaning-disinfection-guidelines/</i>
Extension cord	Serving platter or plate
<i>(Teams should be certain the extension cord is compatible (2-prong/3-prong) with the plugs on their electrical supplies)</i>	Serving utensil
First aid kit	Skewers (1 set)
Food thermometer	Skillet with lid
Fork	Spatulas (2)
Gloves	Stirring spoon
Grater	Storage bags (1 box)
Hand sanitizer	Tongs
Hot pads (up to 5)	Two single-burner hot plates
Kitchen shears (1 pair)	or
Kitchen timer	One double- burner plate
Knives (4)	(electric only!)
Liquid measuring cup (2 cup size)	Whisk

NEW

Pantry Items

Salt
Pepper
Oil (up to 17 oz)
1 jar chicken bouillon
1 medium onion
2 cans (up to 16 oz)
vegetables and/or fruit
(team choice)
Rice (white or brown)
or pasta (16 oz)
(team choice)

Gadget of the Year:

Teams may have the following kitchen gadget in their box for the 2020-21 Contest Year:

Spiralizer (manual only)

Food Challenge District 6 Rules of Play

1. **General guidelines**, resources and instructions will be provided prior to the start of the contest to assist teams.
2. **No electronic devices** or jewelry (except for medically required) is allowed in contest. This includes cell phones, smart watches, or other communication devices.
3. **Each team** will be directed to a cooking/preparation station. Contest categories will be revealed at the preparation station.
4. **Each team** will receive an information sheet with their contest category and “key” ingredient for that category (no ingredient amounts, recipe, or instructions will be provided at the station). The “key” ingredient will be representative of one of the following categories: Appetizer, Main Dish, Side Dish, Healthy Dessert. Teams will have access to a “grocery store” of additional ingredients which can be “purchased” and combined with the team’s “key” ingredient to create an original recipe/dish during the contest. The “grocery store” will include items commonly found in grocery stores such as produce, canned goods, crackers, dairy products, etc. Teams must “purchase” at least two additional items from the “grocery store”. Teams will receive a pricing sheet for “grocery store” items at their station. “Grocery Store” items will be “purchased” using a pricing system and “contest currency.” This will enable teams to analyze the cost of their entire dish and individual serving. The currency system will be explained prior to the contest. Teams may not exceed the provided “contest currency” or trade “currency” or grocery store items with other teams. Teams will be provided a set dollar amount to “spend” at the store; each item in the store will be priced and teams must calculate cost according to total spent.
5. **Each team** will have 40 minutes to prepare the dish, plan a presentation, and clean up the preparation area.
6. **Electrical:** Teams should be prepared to only plug in one piece of equipment at a time to reduce the risk of electrical malfunction. Contest officials will announce if this is necessary during participant orientation.
7. **Preparation:** Each team will create an entire dish/recipe (not a full meal) using the provided key ingredient and grocery store items. Dishes/recipes created should include two or more servings. Teams should present the entire dish/recipe to the judges and communicate during their presentation what an individual serving size should be. Teams will be responsible for determining the number of servings their dish provides. Teams should not create side or multiple dishes with their ingredients/grocery store items.
 - a. Teams are challenged to be creative and develop an original recipe with the ingredients provided.
 - b. Teams will determine the exact amount of each ingredient used based on their original recipe.
 - c. The key ingredient and/or grocery store ingredients selected should be used to garnish the dish.

- d. Note cards may be used to write down the recipe that the team creates, along with notes related to nutrition, food safety, and cost analysis. Teams should be exact on ingredients used, preparation steps, cooking time, temperature, etc.
8. **Food and Equipment Safety:** A safe and sanitary working environment must be maintained during the contest. Each station will have food and kitchen safety resources. Teams should follow the steps listed to ensure proper food and equipment safety is followed. Judges will be scoring teams on food and equipment safety during the preparation phase of the contest. Teams should also discuss safety steps used during the presentation phase of the contest.
Gloves: Gloves do not have to be worn throughout the contest; however, proper hand sanitizing techniques will be required and expected throughout the contest. If the participants decide to wear gloves, they must be changed between handling raw meats/seafood; handling cooked items; and ready to eat items or raw vegetables to prevent cross contamination. Hand sanitizer should be used during the preparation phase of the contest to further prevent cross contamination.
Hair Restraint: Each team member must wear a hat, hair net and/or other type of hair restraint during the food preparation part of the competition. Examples of acceptable hair restraints include hairnets, bandana with hair completely pulled back, Chef hat with hair restrained inside, or cap with hair completely tucked inside.
9. **Nutrition:** Each station will have a variety of nutrition resources/references. Each team should highlight key nutrients in their dish and their functions during their presentation.
10. **Cost analysis:** Price(s) of the key ingredient and grocery store items will be provided to teams. Teams will calculate the price of the dish based on the amount of ingredients used. Teams should calculate the cost of the total recipe, as well as the price per serving. Teams will determine the number of servings for their recipe.
11. **Presentation:** Following the preparation phase of the contest, each team will give a 5-minute presentation to a panel of judges. A majority of team members should participate in the presentation.
To earn maximum points, teams must use the 5 minute presentation to address the following areas of the presentation scorecard: Knowledge of MyPlate, Nutrition Knowledge, Food Preparation, Safety Concerns, and Serving Size.
At the end of 5 minutes, time will be called – additional time will not be allowed. Judges will be allowed 3 minutes to ask questions. Judges will not ask questions related to what teams should have covered during the presentation. Judges questions will be related to general nutrition, health, chronic disease prevention or others relevant to food and nutrition.
Please note: Once the 40 minutes of preparation time expires, team members may no longer communicate with each other. Team members may study their notes individually.
12. **Clean-up:** Teams must clean up their preparation areas. Clean-up time is included in the 40-minute preparation allotment.
13. **Finished Dishes:** Finished dishes MAY NOT leave the preparation/judging areas. Dishes must be discarded after teams complete the judging process to ensure teams in following heats do not see what ingredients are available to gain an advantage.