



Nebraska State Fair 4-H Culinary Challenge Contest August 26, 2017



Demonstrate healthy decision making through nutrition, menu planning, food preparation, and food safety.

Who Can Enter?

- ★ 4-H youth, 10- 18 years
- ★ Enrolled in Foods & Nutrition Project
- ★ Teams of 2
- ★ Registration fee of \$5 per 4-H'er



What About the Interview?

- ★ Talk about your table design (theme, nutrition, menu cost, food safety concerns)
- ★ Be knowledgeable about your challenge ingredient
- ★ Team Interviews should be equal participation.
- ★ **INTERMEDIATE** - Ages 10 - 13 years, 8 - 10 minute interview
- ★ **SENIOR** - Ages 14 and up, 12 - 15 minute interview
- ★ Technology may include using an iPad or laptop, Power Point, picture story, or video. *Be Creative!*



What Do I Do?

- ★ Choose a theme and a design a table setting
- ★ Create a menu
- ★ Prepare and incorporate the challenge ingredient into one food item and bring that food item to the contest! Use your creativity!
- ★ The **CHALLENGE INGREDIENT** for 2017 is **DRIED BEANS, PEAS, and LENTILS**. These may be used in any form, including dry-packaged or canned. More information about the Nebraska Dry Bean Commission may be found at <http://nebraskadrybean.com/> Example: hummus, bean salads, soups, baked beans, or any other recipe using dried beans, peas or lentils in a creative way!
- ★ Participate in a live interview with judge
- ★ Incorporate technology into your table presentation interview



Where Can I Learn More?

For more information, go to:
<http://food.unl.edu/4-h-food-projects>
and find many resources on the Culinary Challenge including menu planning guides, scoresheets and more!

Extension is a Division of the Institute of Agriculture and Natural Resources at the University of Nebraska - Lincoln cooperating with the Counties and the United States Department of Agriculture.



The 4-H Youth Development program abides with the nondiscrimination policies of the University of Nebraska - Lincoln and the United States Department of Agriculture.