NEBRASKA EXTENSION

CULINARY CHALLENGE

CONTEST

UNIVERSITY OF Nebraska

Lincoln

2018
Demonstrate Healthy Decision Making through nutrition, menu planning, food preparation, and food safety

Apply Healthy Living Knowledge And Skills

Showcase Skills

Highlight Knowledge By Utilizing Technology
CONTEST OVERVIEW

Nebraska State Fair

Teams Of 2 youth
Choose an appropriate theme and design tablescape & place setting
Create menu
Prepare food item & bring to contest
Include Challenge Ingredient:
2014 – CORN
2015 – APPLES
2016 – SQUASH
2017 – DRIED BEANS AND LEGUMES
2018 - BEEF

Live interview with judge, utilizing technology
Table on display during contest time
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
2017 DRIED BEANS
A challenge ingredient is selected each year, highlighting a Nebraska commodity food product. The 2018 challenge ingredient is BEEF.
Presentation And Question/Answer
Youth act as hosts, welcoming the judge, cooperatively presenting the table, incorporating multi-media resources, and answering questions

Juniors (10-12 Years) 8-10 Minute Interview

Seniors (13-18 Years) 12-15 Minute Interview
Interview Topics May Include:

- Choice of menu
- Nutritional facts of selected menu
- Food safety
- Time management
- Food preparation
- Food handling techniques
- Recipe shared with judge
- Challenge ingredient used (nutritional value, farm-to-fork, recipe revision, etc.)
How could this look at your local county contest?

1. Incorporating a challenge ingredient as an option.
2. Expand the judging interview
3. Add a Team Category
4. County may select participants based on existing contest, but it is not required.
5. No Contest? Promote to 4-H’ers who might have an interest.
6. Consider updating the name and style of county contest.
Check out additional information and contest guidelines at:

https://food.unl.edu/youth/projects

Polk County Culinary Challenge Contest
Lancaster County Table Setting Contest
Culinary Challenge Contest Description & Scoresheet
QUESTIONS?

Amy Peterson - amy.peterson@unl.edu
Cami Wells - cami.wells@unl.edu
Brenda Aufdenkamp - brenda.aufdenkamp@unl.edu