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 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!