**Nebraska State Fair**

**4-H Culinary Challenge Contest**

**September 1, 2018**

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 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 2018 is **BEEF**
- Be knowledgeable about your challenge ingredient
- Participate in a live interview with judge
- Incorporate technology into your presentation

**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
- **JUNIOR** - Ages 10 - 13 years, 8 - 10 minute interview
- **SENIOR** - Ages 14 and up, 12 - 15 minute interview
- Technology may include using a tablet or laptop, slideshow, picture story, video, etc.
- Be Creative!

**Where and When Is the Contest?**
- Saturday, September 1, 2018, during the 2nd weekend of the Nebraska State Fair
- Contest will be held at the Raising Nebraska Building at the Nebraska State Fair

**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!