



# 2026 4-H CULINARY CHALLENGE



## NEBRASKA STATE FAIR

### AUGUST 29, 2026

**DEMONSTRATE HEALTHY DECISION MAKING THROUGH NUTRITION, MENU PLANNING, FOOD PREPARATION, AND FOOD SAFETY**

#### WHO CAN ENTER?

- 4-H youth, 8 - 18 years
- Teams of 2 4-H'ers
- Registration fee of \$5 per 4-H'er
- Each team member must register in Showworks

#### WHAT ABOUT THE INTERVIEW?

- Talk about your table design (theme, nutrition, menu cost, food safety concerns)
- Be knowledgeable about your challenge ingredient
- Judging interviews will be approximately 12 to 15 minutes
- Team interviews should be equal participation
- **JUNIOR** Ages 8 - 10 years
- **INTERMEDIATE** Ages 11 - 13
- **SENIOR** Ages 14 and up
- Technology may include using a tablet or laptop, slideshow, picture story, video, etc.
- 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 2026 is POTATOES!
- Participate in a live interview with judge
- Incorporate technology into your presentation

#### WHERE AND WHEN IS THE CONTEST?

- Saturday, August 29, 2026, during the 1st 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:

<https://go.unl.edu/4-h-foods>

and find many resources on the Culinary Challenge including scoresheets and more!

