



# URI 4-H FOOD

# CHALLENGE 2011



**Saturday, May 14th, 2011**

**10am-1pm**

**First Baptist Church of East Greenwich**

**30 Pierce St, East Greenwich, RI 02818**



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**JOIN US FOR OUR 2011 4-H FOOD CHALLENGE!**

**4-H MEMBERS WILL WORK IN TEAMS OF 3-5 FOR A DAY OF FUN FOOD EDUCATION AND CREATIVITY! DON'T WORRY IF YOU DON'T HAVE A TEAM WE WILL HELP YOU FIND ONE!**



**FOOD CHALLENGE TEAMS WILL USE CREATIVITY AND NUTRITION EDUCATION TO CREATE A 3 COURSE MEAL! FOR EACH COURSE YOU WILL BE GIVEN A LIST OF 10 POSSIBLE INGREDIENTS THAT WILL BE PROVIDED TO YOU AT THE FOOD CHALLENGE. YOUR TEAM WILL COME UP WITH A RECIPE IDEA AHEAD OF TIME AND MAKE IT THAT DAY. EACH TEAM MAY BRING ONE SECRET INGREDIENT (THAT MUST NOT REQUIRE REFRIGERATION) THAT MAY BE ADDED TO THEIR MEAL. WE WILL HAVE ACTIVITIES FOR CLOVER-BUDS AS WELL. PARTICIPATION FEE: ONE OR MORE CANNED GOODS PER PERSON FOR OUR FOOD DRIVE!**



## **PLUS FUN FOOD CHALLENGES**

- **FOOD SAFETY**
- **MYPYRAMID CHALLENGE**
- **SUGAR CHALLENGE**
- **FITNESS CHALLENGE**
- **RECORD BOOK WORKSHOP FOR ADULTS WHILE THEY WAIT!**

**Register by May 1st**

**Preregistration with Kristy Horan Required at 874-2959 or [kstone@uri.edu](mailto:kstone@uri.edu).**

**Let us know if you have a team or need one and how many adults would like to go to the record book workshop!**



# 4-H FOOD CHALLENGE 2011

## **RULES:**

You must use at least 5 ingredients for each dish., but you don't have to use all the ingredients listed. Pick and choose to make the most tastiest, well balanced dish. To be well balanced the total meal should have all food groups and be reasonable in calories. You will make only 1 serving of each dish. You need to write which ingredients you used on an index card at the contest. This can be done after you are done cooking, in case you change your minds at the contest.

Teams can be 3-5 members. Clover buds can be singles or on teams with other clover buds or have parents help them and they will all receive participation rewards.

You will be given 1/2 hour to make all three dishes! So TEAMWORK will be important!

Equipment that will be provided: Microwave, hot plate, blender, paper plates for plating dishes, sink, dish soap, rags, paper towels, pot holders, plates, silverware, plastic gloves

You must bring the equipment you need for a group: A sauce pan or skillet, spatula, cooking utensils, knife, cutting board, mixing bowls, dry and liquid measuring cups, etc.. Coordinate with your team mates if possible. If you don't have a team, as soon as the registrations are in we will give your team mates contact email to coordinate.

### Scoring-

25 Points– preparation skills– mixing, measuring, cooking, work space/equipment management

25 Points– Work Habits- Cleanliness, safety, recipe/using all food groups

30 Points– Finished products, taste, look (10-app, 15-pasta, 5-cupcake)

20 Points– Teamwork, communication, effective use of each persons time.



## RESOURCES TO PREPARE FOR CHALLENGE

[www.mypyramid.gov](http://www.mypyramid.gov)

Check out Food Groups and the printed pages: Getting Started, Mini Poster, MyPyramid Calorie Results ([www.mypyramid.gov/pyramid/printpages.html](http://www.mypyramid.gov/pyramid/printpages.html))

Hint: use this site to find out how much of an ingredient is one serving.



### **CHALLENGE 1 - APPETIZER**

Create an appetizer that includes at least 2 vegetable . Think creative: salsas, veggies with dip, celery logs...

### **CHALLENGE 2 - ULTIMATE PASTA DISH**

Create a ONE SERVING Pasta Dish using at least three food groups. Hint: 4 cups of any of these ingredients is obviously way more than one serving.

### **CHALLENGE 3 - DECORATE A CUPCAKE**

Each team member will be given a cupcake to decorate. It is ok if one teammate does all the decorating, if others are cooking, it is up to the team to decide.

### **Ingredients that will be provided at the event:**

**Vegetables:** spinach | carrots | broccoli | celery | tomatoes | mushrooms | snow peas | onions | cilantro | garlic | marinara sauce | black olives

**Grains:** crackers | cooked spaghetti | cooked Ziti

**Fruits:** strawberries | bananas | blueberries | raisins | mixed berries | frozen orange juice or apple juice concentrate fortified with calcium



**Dairy:** low fat yogurt | low fat mozzarella cheese | parmesan cheese | skim milk

**Meats and Beans:** cooked chicken | cooked sausage | garbanzo beans (chick peas), shredded coconut

**Other:** (seasonings, sugars, oils...) reduced fat cream cheese| low fat sour cream | olive oil | spices | pesto sauce | pre-baked cupcake (s) | 3 decorator bags | 1 can white frosting | food coloring | fondant | twizzlers | Toothpicks | sprinkles| mini marshmallows | tootsie rolls (can be easily shaped) | ice | paprika, salt, pepper, basil, Italian seasoning, oregano, garlic salt, cilantro, parsley

### **CLOVERBUD CHALLENGES**

**CLOVERBUDS WILL DO CHALLENGE 1 AND 3 ABOVE AND SUPER SMOOTHIES BELOW WILL REPLACE CHALLENGE 2. THIS SHOULD BE FUN AND EDUCATIONAL FOR THE CLOVERBUDS, NOT COMPETITIVE!**

### **CLOVERBUD CHALLENGE 2 -SUPER SMOOTHIES-**

Create a ONE SERVING super smoothie.

## HELPFUL HINTS & 4-H KITCHEN SAFETY



- Be well groomed. Clothes should be neat, clean and washable
- Avoid long sleeves, loose fitting jackets or sweaters. They can be a safety hazard.
- No jewelry, except a watch is recommended
- Wear flat comfortable shoes.
- Use an apron and chef's hat or hairnet.
- Keep hands away from hair and face. Tuck bangs under hairnet.
- Wash hands with soap and water before cooking and after handling raw meat or other foods that could cause cross contamination (this is also true when using utensils, wiping your nose or picking up something from the floor).
- Never put the food tasting spoon back into the food.
- Be sure all utensils, work areas and dishes are clean. Wipe up spills and dropped items immediately.

### **Handling Knives:**

- When you hand a knife or something sharp to a person, extend the handle to be grasped. Be sure the cutting edge is away from your hand.
- Use a cutting board. Cut food down toward the cutting board and away from fingers.
- Keep your knives sharp. Clover buds will use plastic knives.
- When using a knife, take your time and keep your eyes on the knife.
- Use the right size and type of knife for each job.
- Hold knife by the handle when washing or drying.
- Always slice in a direction away from you.

### **Measuring:**

- Dry measuring cups have a flat edge on top. You scoop ingredients or spoon them in and level it off with a knife.
- Liquid measuring cups are usually clear and have a spout. Pour the ingredient into the cup on a level surface and look at it at eye level to make sure you have right amount.
- Shortening, brown sugar and peanut butter are packed into a dry measuring cup before leveling

### **Cooking Food**

- Turn handles of pots and pans in (but not over burners).
- Handle hot pans with dry potholders.
- Lift covers away from you.
- Never add liquid to hot fat; allow fat to cool first.
- Keep books, papers and clothing away from heat source.
- Do not throw water on a fat fire. Cover immediately or throw baking soda on top of the fire.

### **Using Small Appliances**

- Avoid handling any appliance with wet hands or when standing on a wet floor.
- Plug cord into appliance first, then plug into wall outlet. Disconnect from the wall first, then appliance.
- Always disconnect by grasping the plug, not pulling or yanking on the wire.
- Keep cord safely out of the way
- Even if an appliance is turned off, keep it unplugged when not in use.
- Do not overload circuits by plugging two heat-producing appliances into the same outlet.

### **TENATIVE SCHEDULE**

10:am-10:30am Registration– Pre evaluation, Welcome, rules, divide up into food groups for groups.

10:30-11:00– Session 1–

11:00-11:15– Cooking teams clean up, fun fitness break for others

11:15-11:45– Session 2

11:45-12:00– Cooking teams clean up, fun fitness break for others

12:00-12:30– Session 3

12:30-12:45– Cooking teams clean up, FOOD for everyone– pasta bar, veggies, leftovers

12:45-1pm– Post evaluation, awards, clover buds participation awards