



4-H SIMPLIFIED KITCHEN ACTIVITIES DEPARTMENT 9

Superintendent: Kim Weiland
360-740-1212

REQUIREMENTS:

1. Read General Requirements for Food Activities, EM4733E. Must be enrolled in a 4-H Foods & Nutrition Project.
2. 4-H Food Activity Scoresheet C1098E will be used for evaluation.
3. Contestants are encouraged to use fresh, home-grown produce
4. Home canned foods are not allowed.
5. One entry per class.

DIVISION:

		Points Allowed		
		Blue	Red	White
A.	Junior	40	26	13
B.	Intermediate – individual	50	34	17
C.	Intermediate – team	45	30	15
D.	Cloverbud (Non-Premium)			
E.	Senior – individual	50	34	17
F.	Senior – team	45	30	15

CLASS:

1. Lunch on the Go

- a. Participants will make lunch from beginning to end during the activity. Lunch preparations should demonstrate food and kitchen safety, appropriate preparation skills, and knowledge.
- b. Up to 1 ½ hours (90 minutes) will be allowed for the completion of the entire activity. This includes setting up the activity, judge's interview, and clean up.
- c. Please refer to contest rules EM4733E 4-H Food Activity. Guidelines C1098E 4-H Food Activity Scorecard will be used for evaluation.
- d. This contest does not permit team participation.

2. Quick to Fix Meals

- a. Participants who participate in this project as well as Foods for All Occasions must prepare different meals.
- b. Participants will make a simple meal that will demonstrate food and kitchen safety and knowledge.
- c. Participants must provide the judge a written menu of the sample meal and identify the food groups represented in the meal.
- d. Up to 2 hours will be allowed for the completion of the activity. This includes setting up the activity, judge's interview, and clean up.
- e. C1098E 4-H Food Activity Scorecard will be used to evaluate the participant.
- f. This contest does not permit team participation.

3. Favorite Foods

- a. Up to 3 hours will be allowed for intermediates and seniors to complete this activity, whether it is an individual or team. Juniors (individuals only) will be allowed up to 2 hours.
- b. An 8 ½ x 11 inch menu that includes your favorite food and a poster large enough for an audience to see are required. Participants should have knowledge of the food groups used and the nutritional value of the food being served.
- c. C1098E 4-H Food Activity Scoresheet will be used for evaluation.
- d. Contestant will set an appropriate table.

4. Food of the Pacific Northwest/Exploring Food Around the World

- a. Contestants prepare a dish which features an agricultural product produced in the Pacific Northwest or food from another country. The judge and contestant will taste the dish.
- b. Be prepared to discuss with the judge the preparation and quality of the food product, nutritional, historical and cultural aspects of the agricultural product used in the activity.

AWARDS:

Grand and Reserve - each division for department 9
Champion and Reserve Champion – each division