

2022 4-H CULINARY CHALLENGE

NEBRASKA STATE FAIR

AUGUST 28, 2022



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
- **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!**

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 2022 is **WHEAT**
- Participate in a live interview with judge
- Incorporate technology into your presentation

WHERE AND WHEN IS THE CONTEST?

- Sunday, August 28, 2022, 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://food.unl.edu/food-projects>
and find many resources on the Culinary Challenge including menu planning guides, scoresheets and more!

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Extension is a Division of the Institute of Agriculture and Natural Resources at the University of Nebraska - Lincoln cooperating with the Counties and the United States Department of Agriculture.

The 4-H Youth Development program abides with the nondiscrimination policies of the University of Nebraska - Lincoln and the United States Department of Agriculture.