

2016

VIRGINIA BEEF

CHALLENGE RULES AND

GUIDELINES MANUAL



Virginia Cooperative Extension
Virginia Tech • Virginia State University

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The Virginia Beef Challenge

This contest challenges teams of youth members to create a dish using only a predetermined set of ingredients. From these ingredients, team members must identify and prepare the dish, then make a presentation about it to the judges.

Thank you to the following organizations for making this contest possible!

Virginia Beef Industry Council

Virginia Cattlemens Association

Virginia Cooperative Extension

Junior Beef Roundup/Virginia Beef Expo

****This contest format and resources were adapted from the 4-H Food Challenge Design and Texas 4-H Food Challenge Rules and Guidelines Manual***

OBJECTIVES

- Provide opportunities for participants to exhibit their knowledge and skill when preparing and presenting a dish
- Provide opportunities for participants to learn from other team members
- Promote teamwork
- Give participants opportunities for public speaking
- Provide leadership opportunities
- Provide youth opportunity to share their knowledge of the beef industry and topics regarding beef and the consumer
- Give youth members the opportunity to participate in an exciting, competitive event focused on beef

PARTICIPANT RULES

1. Each county may enter one team initially. If space allows additional teams will be able to compete.
2. All participants must be 14-19 years of age by 9/30/16.
3. Each team will have at least three and no more than five members.
4. Substitution of team members should be made only if necessary.
5. Contest schedule will be adapted based on number of teams registered. Registration will be held to the first 10 teams officially registered.
6. Official Registration: Each county may enter one team initially. If space allows additional teams will be able to compete. Team registration will be on a first come, first serve basis. The \$40 registration fee will need to be received in order to be considered officially registered. If the team competes at the Beef Challenge Contest \$30 of the fee will be reimbursed in full (the remaining \$10 goes toward operation costs). If the team does not show or is disqualified the fee will not be reimbursed.
7. Participants will be provided the key beef ingredient after registration and before the contest. Each team will have the option of wearing coordinated clothing, aprons or hair coverings.
8. Resource materials provided at contest. Resource materials will be provided for each team at the contest. These include Choose My Plate - 10 Tips to a Great Plate, Fight Bac - Fight Foodborne Bacteria Brochure, Nutrient Needs at a Glance, Virginia Beef Challenge Worksheet and Beef Resources provided by Virginia Beef Industry Council. No other resource materials will be allowed. Teams may not use their personal copies of the resources during the contest.
9. Each team may supply their own equipment for the challenge or they may use the equipment provided. Teams may bring only the supplies listed in the supply box section. Supply boxes will be checked by contest officials as teams check in for the contest. Any extra equipment will be confiscated and the team may be disqualified.
10. Awards will be provided courtesy of the Virginia Cattleman Association.
11. Participants with disabilities. Any competitor who requires auxiliary aids or special accommodations must contact the Rockingham Extension Office at least two weeks before the competition

SUPPLY BOX

Each team will bring an equipment box containing only one each of the following items, unless a different quantity is noted:

Beverage glass	Measuring spoons (1 set)
Bowls Dip Size (1) Mixing (2) Serving (1)	Non-stick cooking spray
Calculator	Note cards (1 pack - no larger than 5 X 7)
Can Opener	Paper towels (1 roll)
Cookie sheet	Pancake turner
Colander	Pencils (no limit)
Cutting Boards (2)	Plastic box or trash bag for dirty equipment
Disposable tasting spoons (no limit)	Pot with lid
Dry measuring cups (1 set)	Potato masher
Electric Skillet Extension cord (Teams should be certain the extension cord is compatible (2-prong/3-prong) with the plugs on their electrical supplies)	Potato peeler
First aid kit	Sanitizing wipes (1 container)
Food thermometer	Serving platter
Fork	Serving utensil
Gloves	Skewers (1 set)
Grater	Skillet with lid
Hand sanitizer	Spatula
Hot pads (up to 5)	Stirring spoon
Kitchen shears (1 pair)	Storage bags (1 box)
Kitchen timer	Tongs
Knives (2)	Two single-burner hot plates OR one double burner plate (electric only!)
Liquid measuring cup	Whisk

RULES OF PLAY

1. Teams will report to the designated location for check-in.
2. An orientation will be provided for all participants.
3. Each team will be directed to a cooking/preparation station. There will be a set of ingredients at each station, but no recipe. The ingredients will represent a main dish recipe.
4. Each team will have 40 minutes to prepare the dish, plan a presentation, and clean up the preparation area.
5. Only participants and contest officials will be allowed in food preparation areas.
6. Equipment malfunction(s): some electrical replacement equipment may be available but equipment replacement is not guaranteed.
7. Preparation: Each team will be provided with a set of ingredients reflective of the assigned category, and will create a dish using them. The amounts of ingredients, based upon a recipe, and a clue will be at each station to assist the team.
 - a. The ingredients provided to each team are based upon a recipe; however, teams are challenged with being creative and developing their own recipe with the ingredients provided.
 - b. Teams must incorporate each ingredient into the dish. However, teams may determine the exact amount of each ingredient to use.
 - c. Teams will have access to a “pantry” of additional ingredients that may be incorporated into their recipe. The number of additional ingredients a team may get will be determined by contest officials and announced during participant orientation.
 - d. The ingredients provided to each team may also be used to garnish the dish. Additional garnishing items will not be provided.
 - e. Note cards and the Virginia Beef Challenge Worksheet may be used to write down the recipe that the team invents, along with notes related to nutrition, food safety, and cost analysis. Teams should be exact on ingredients used, preparation steps, cooking time, temperature, etc.
 - f. Teams will be judged during the preparation phase of the contest. This judging is based on upon observation only! Refer to the Preparation Scorecard for details.
8. Food safety: Each station will have food safety resources. Teams should follow the steps listed to ensure proper food safety and be prepared to discuss food safety practices used in the team presentation to the judges.
9. Nutrition: Each station will have a variety of nutrition resources/references. Each team should name key nutrients in their dish and their functions.
10. Presentation: When time is called, each team will present their dish, according to the criteria on the score card, to a panel of at least two judges.
 - a. All team members must participate in the presentation, with at least three of them having a speaking role.

- b. Judging time will include: 5 minutes for the presentation and 3 minutes for judges' questions.
 - c. Teams are allowed the use of note cards during the presentation but should not read from them, as this minimizes the effectiveness of their communication.
 - d. Teams need to be prepared for judges to ask questions that are not directly related to the dish prepared. Teams can expect to answer questions the average consumer has about hot topics on production practices such as antibiotic and hormone use.
 - e. No talking and no writing is allowed among any team members while waiting to give the team presentation. Team members caught talking and/or writing will receive a warning. The second time, the team will be disqualified and asked to leave the contest facility. Team members should not have pens or pencils in their possession while waiting to give their presentation.
11. Clean-up: Teams must clean up their preparation areas. Clean-up time is included in the 40-minute preparation allotment. Teams should plan to not have access to a kitchen facility; therefore, dirty dishes should be placed in a plastic container, bag or box to be cleaned at home. Left-over food should be disposed of properly.
12. Judges are not allowed to taste the foods prepared. No left-over food should be shared with any participant or the audience.
13. Placing will be based on rankings of teams by judges. Judges' results are final.
14. An awards program will be held at the conclusion of the judging process.

PARTICIPANT ORIENTATION

1. Welcome to the Virginia Beef Challenge!
2. Teams will have 40 minutes to prepare a dish, plan a presentation, and clean up the preparation area. A 20-minute warning, 10-minute warning, 5-minute warning, and 1-minute warning will be given. We suggest that you start working on your presentation at the 10-minute warning. NO talking is allowed after the 40 minutes is up.
3. Each team will be provided with a set of ingredients and will create a dish using them.
 - a. The ingredients provided to each team are based upon a recipe; however, teams are challenged with being creative and developing their own recipe with the ingredients provided.
 - b. Teams must incorporate each ingredient into the dish. However, teams may determine the exact amount of each ingredient to use.
 - c. Teams will have access to a “pantry” of additional ingredients that may be incorporated into their recipe. Each team is allowed 3-5 additional ingredients (explain process). The pantry host will monitor the number of items that each team uses from the pantry.
 - d. The ingredients provided to each team may also be used to garnish the dish. Additional garnishing items will not be provided.
 - e. Teams will be judged during the preparation phase of the contest. This judging is based upon observation only!
4. Teams that may experience any equipment malfunction(s) may not replace the equipment with supplies from another team, leaders, volunteers, county Extension agents or contest officials. Instead, team members must work together and be creative in completing preparation without the malfunctioning equipment.
5. If electricity goes out during the preparation phase of the contest, teams are asked to turn away from the table immediately. Contest officials will stop the clock so that no preparation time is lost.
6. Ingredients have been divided among teams to minimize the cost and reduce wastefulness. If teams need to see an original food package and/or the nutrition facts label, you may view it at the ingredient table set up in the preparation room. Teams may not take the food package from the table or incorporate any additional ingredients into their recipe.
7. All fresh produce (fruits and vegetables) have been washed prior to the contest.
8. Coolers/jugs full of water will be located throughout the preparation area if you need it.
9. Trash cans are located throughout the preparation area for your use.
10. Each team had the opportunity to include a small first aid kit in your supply box. If you did not bring a first aid kit, contest officials have one. If you happen to need first aid due to a cut or burn, please let your area host know immediately so they can assist you.

11. After the 40-minute preparation time is up, your area MUST be clean and all the supplies and extra food items must be in your supply box. If you have a hot plate cooling, it may be the only thing out on the table other than the food you are presenting to the judges.
12. After time is called for the 40-minute preparation period, no talking and no writing is allowed among any team members. Team members caught talking and/or writing will receive a warning. The second time, the team will be disqualified and asked to leave the contest facility. Team members should not have pens or pencils in their possession while waiting to give their presentation.
13. Please remain seated once time is up and do not leave the room unless escorted by your group leader to another room to wait to give your team presentation. (If needed, provide instructions on where teams will wait to give presentations.)
14. If you need to use the restroom, please let your group leader know.
15. After your team presentation, please walk back to your assigned seating area QUIETLY and place your dish on your table.
16. After your team presentation, you will be asked to complete an evaluation, giving you the opportunity to share with us your experience in the Virginia Beef Challenge. When you are done with the evaluation, you are dismissed to leave. Please be quiet when you leave – taking your dish and supply box with you!
17. If you have any questions, please ask your group leader.
18. Good Luck!!!

VIRGINIA BEEF CHALLENGE RESOURCES

In preparation for the Virginia Beef Challenge, participants should not limit themselves to studying only the resources provided at the contest. Resources that may be helpful include (but are not limited to):

- MyPlate www.myplate.gov
- Dietary Guidelines for Americans, 2010
www.health.gov/dietaryguidelines/dga2010/DietaryGuidelines2010.pdf
- Fight Bac! www.fightbac.org
- Cooking Basics for Dummies, 3rd edition

The following resources will be provided to teams at the Virginia Beef Challenge.

- Resource 1: Choose My Plate – 10 Tips to a Great Plate
- Resource 2: Fight Bac – Fight Foodborne Bacteria Brochure
- Resource 3: Nutrient Needs at a Glance (Updated 7/11)
- Resource 4: Beef Resource(s) provided by Virginia Beef Industry Council (available post registration)

2016 VIRGINIA BEEF CHALLENGE SCORECARD – PRESENTATION

Team Name: _____

Team #: _____

Team Presentation	Rating				Comments	Points
	Outstanding	Good	Fair	Needs Improvement		
Knowledge of MyPlate: Exhibits knowledge of food group of individual ingredients, serving amount needed from each group daily; and food group(s) represented in an individual serving of the dish. Dish prepared is representative of entry category. Team also shared personal healthy lifestyle choices based on dietary guidelines.						(15)
Nutrition Knowledge: Team members know the key nutrients the dish contributes to the diet and the functions of the nutrients, as well as possible healthy substitutions that could be made.						(15)
Food Preparation: Knows and can list the key steps in preparation of dish and function of ingredients.						(10)
Safety Concerns & Practices: Knows and applied food safety concerns in preparation and storage of dish, as well as kitchen safety measures taken in preparation of dish.						(10)
Serving Size Information: Knows appropriate size of serving and number of servings per dish.						(5)
Beef Knowledge: Exhibits an accurate understanding of popular consumer topics regarding beef.						(5)
Food Appearance/Quality: Appearance of food (texture, uniformity) is appealing and appetizing; appears to be cooked thoroughly, and has an attractive and appropriate garnish.						(5)
Creativity: Utilized ingredients provided in a creative way and incorporated pantry items into dish.						(5)
Effectiveness of Communication: Displayed effective public speaking skills, including use of voice, poise and personal appearance.						(5)
Teamwork: Each team member contributed to the team presentation.						(5)
ADDITIONAL COMMENTS:						Total Points:
						(80)

2016 VIRGINIA BEEF CHALLENGE SCORECARD – PREPARATION

Team Observation	Rating				Comments	Points
	Outstanding	Good	Fair	Needs Improvement		
Teamwork: Effective use of communication among team members; each team member has a key role in the preparation phase, whether cooking or preparing presentation.						(5)
Safety Concerns & Practices: Team members exhibit knowledge of how to use utensils properly, handle ingredients appropriately to avoid cross contamination, and use caution and safety with heat source and utensils.						(5)
Preparation: Team members display a logical process in mixing and assembling ingredients, practice correct cooking procedures based upon ingredients provided, and complete tasks efficiently and in a logical order.						(5)
Management: Team members use work space efficiently and manage time appropriately. This effective use of time and space should also allow for the preparation table to be clean and picked up at the conclusion of the preparation period.						(5)
ADDITIONAL COMMENTS:						Total Points:
						(20)

Team Name: _____

Team #: _____

2016 VIRGINIA BEEF CHALLENGE TEAM WORKSHEET – Use back of sheet for additional space.

Knowledge of MyPlate (write the food and in what food group it belongs):		
Food	MyPlate	Number of servings needed each day

Nutrient Knowledge (know what this dish contributes to the diet):		
Food	Nutrients/Vitamins	What do they do for my body?

Food Preparation (know the steps in the preparation of the food):		
Steps:		What was prepared/performed in this step?

Food Safety (List food safety concerns associated with this dish):