

# Creative Cooks Contest

**A hands on foods contest for 4-H'ers that emphasizes food safety, proper place settings, nutrition knowledge and delicious food!**





# Creative Cooks Contest

- Recipe must provide at least one serving from any one of the five major food groups.
- You have 1 ½ hours from start to finish to prepare your dish.
- Contestants must bring all of their own ingredients and all of their own cookware. A stove top/microwave and oven are the only items provided.
- A minimum of 3 items must be measured during the contest. A maximum of two ingredients may be pre-cooked, or pre-measured prior to the contest.
- Contestants must provide a place setting appropriate for their recipe and menu, containing all dishes and utensils needed for their setting.
- Intermediates and Seniors must provide a centerpiece but Beginners do not.

# 4 Major Components of the Contest

- **Cooking**

- Following Correct Food Safety Rules:

- Wear an apron
- Wear closed toed shoes
- Hair must be away from face
- Wash hands before cooking and during contest as needed
- Avoiding cross contamination of raw meat and uncooked items
- Meats must be cooked to proper temperatures (a meat thermometer is strongly suggested)



# 3 Major Components of the Contest

## • Nutrition

- Recipe must provide a least one serving per person from any one of the five major food groups.
- The contestant needs to understand how many cups or ounces they personally need each day according to the USDA My Plate.
- They should understand how their recipe and menu fits into the categories of MyPlate.
- They should also have a basic understanding of the six basic nutrients required for good health (carbohydrates, protein, fat, vitamins, minerals, water).
- Sr's need a more in depth understanding of vitamins and minerals



# Menu

- You only prepare one dish at the contest but you must plan a menu around that food to compliment and complete your meal. Seniors must plan a whole day of meals including a snack.
- Your menu should include servings from four or five food groups. For a snack it should include 2 or more of the food groups.
- Consider color, flavor, texture, shapes and sizes, temperature, and variety in your menu.
- Menu should be on a notecard or some kind and placed beside the place setting
- Seniors only must provide a menu for the entire day. They should also select their recipe and menu from a food with a special heritage or ethnic background, OR one that has been modified to create a healthier food, low-fat, lower sodium, etc. They must fill out the additional worksheet for Cultural / Customized Meals.

# Menu Samples



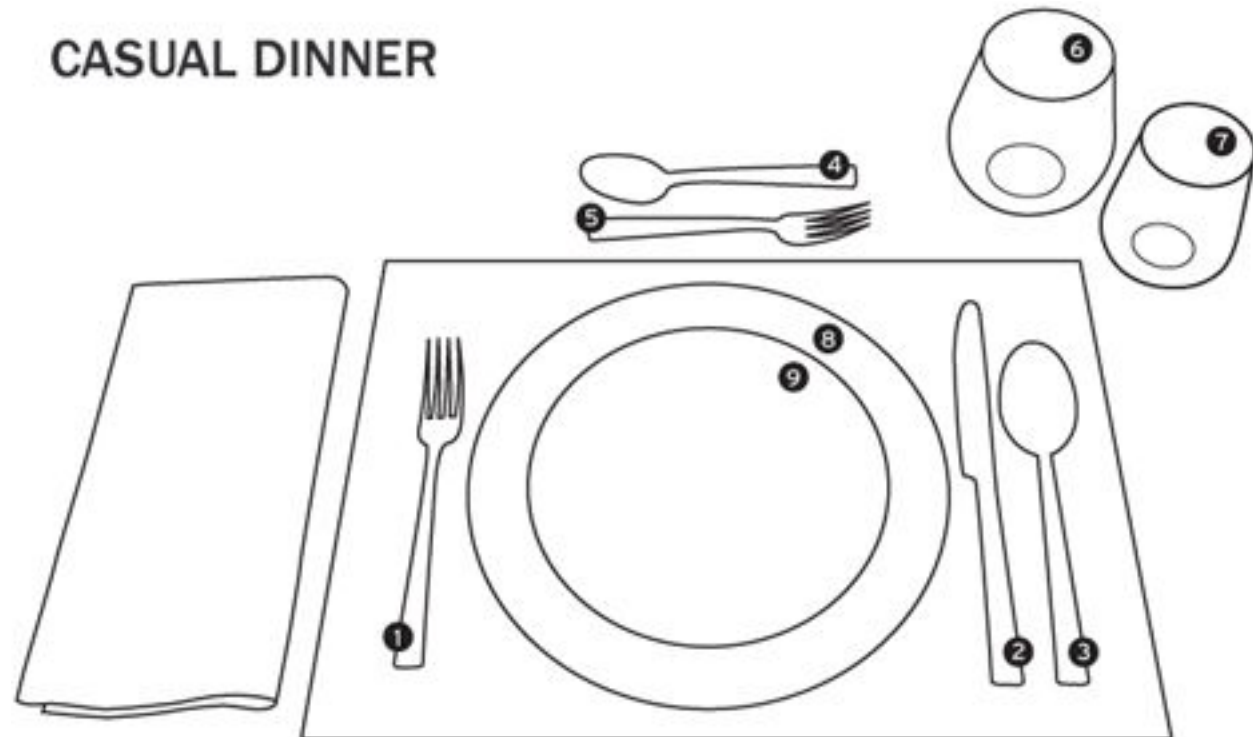
# Place Setting

- The contestant must provide and set a place setting for one person appropriate for their menu.
- A table cloth or placemat may be used but are not required.
- At least one piece of beverage ware should be included in your place setting.
- Foods that are prepared in blenders, fry pans, grills, etc. should always be transferred to an appropriate serving dish, plate or pitcher.
- Center pieces as required for Juniors and Seniors must provide a center piece, Beginners do no.





- The placemat sits on the edge of the table.
- The silverware should be 1 inch from the edge of the table.



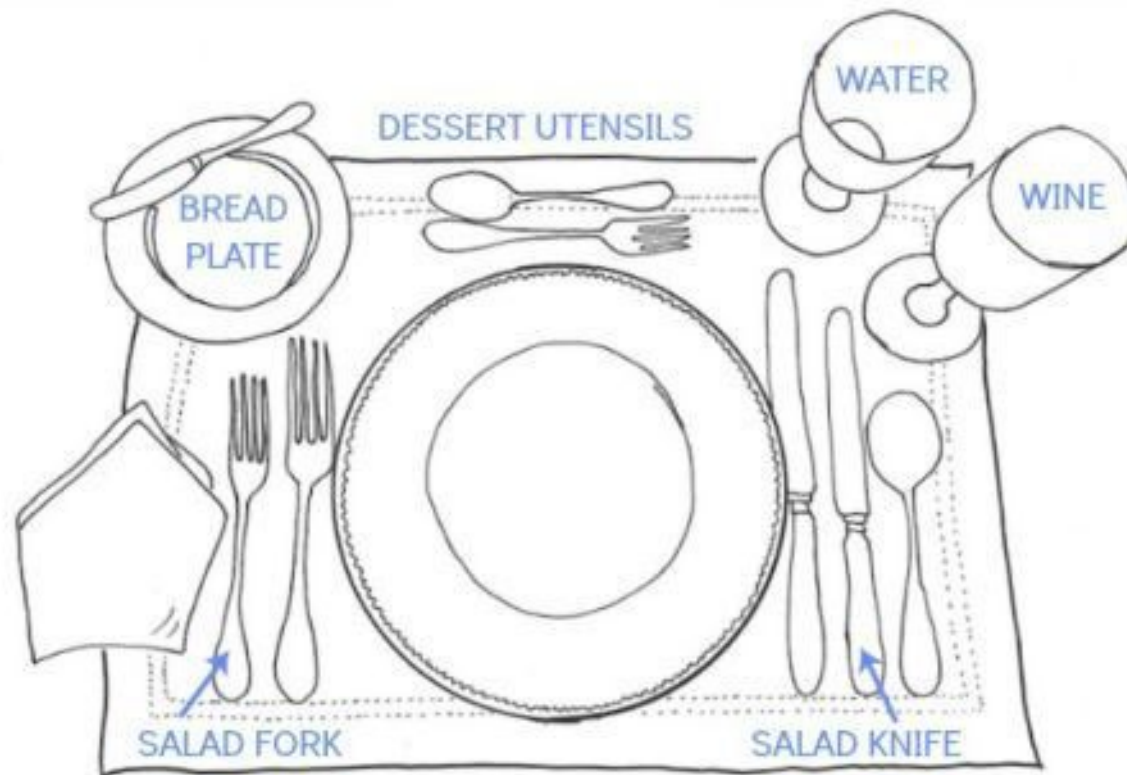
**SILVERWARE**

1. Dinner fork
2. Knife
3. Soup spoon
4. Dessert spoon
5. Dessert fork

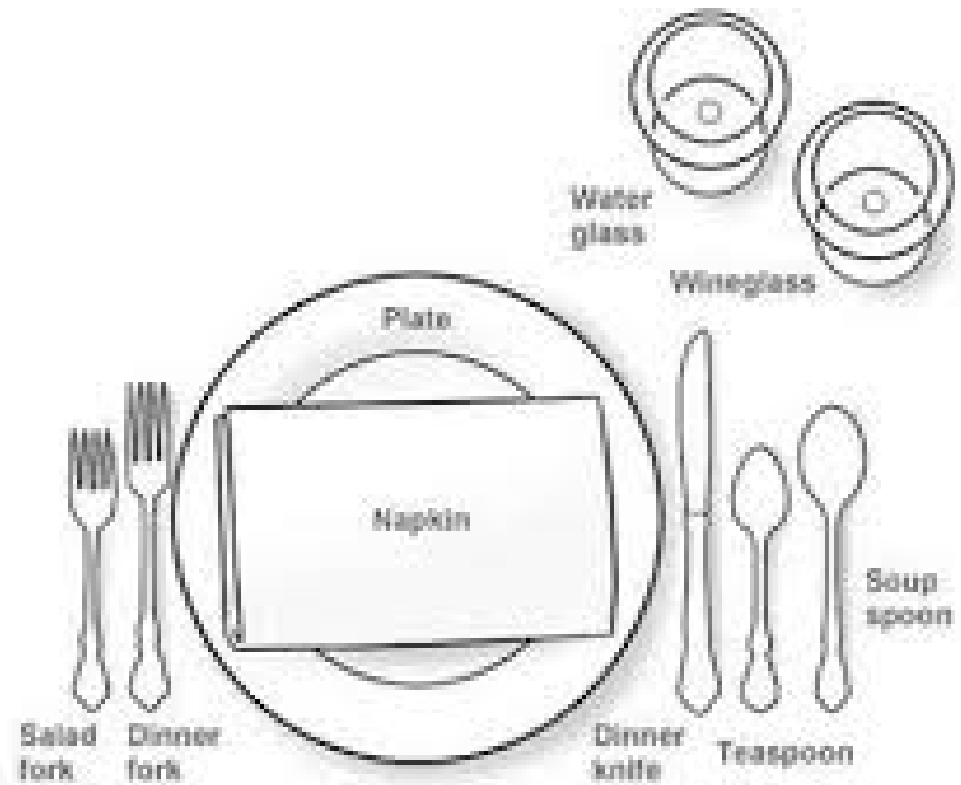
**PLATES & GLASSES**

6. Water glass (large)
7. Wine glass (smaller)
8. Charger
9. Dinner plate

- At least one piece of beverage ware should be included in your place setting.
- If the glass will only fit on half of the placemat, it is better to set it on the table to keep it level.
- The water glass goes above the knife.



- Silverware is placed in the order of use from farthest from the plate, to closest to the plate.
- So if you were served a salad and a soup before the main meal there would be an extra fork and spoon on your place setting.



- A second rule is that forks go to the left of the plate while knives and spoons go to the right.
- The cutting edge of the knife always goes toward the plate.
- It is also correct to set your napkin either on top of the plate, or to the left of the forks so that you can easily pick it up without having to move the silverware.



- **If your placemat is round or oval you should following the curve of the mat, with the lowest piece of silverware 1 inch from the edge.**



# Center Pieces



# Center pieces



- Use nice color combinations
- You can use items other than candles and flowers such as pinecones, fruits, vegetables, small ceramics.
- Keep it in proportion to the size of the table. Too large and it will overpower, too small and it will get lost.
- Watch the height of the centerpiece. Keep the view and conversation zone open

# **Contest will be Thursday June 19th**

- **Liberal Recreation at 950 S Grant Ave, Liberal, KS**
- **Registration due to Stevens County Office (620-544-4359) by Wednesday, June 12**
- **When registering you will need to tell us the name of the dish, if you need a stove, stove top and or a microwave. And approximately how long it takes to make your dish.**
- **You will need to download the information from the website and fill out your paper work prior to the contest.**



# Questions and Answers

- <https://wildwest.k-state.edu/>
- Click 4-H Youth Development  
then click contest