

511 701 051 Junior Team Favorite Food: Select and prepare a favorite food.

511 601 012 Intermediate Food Prep: One food product chosen from: Fruit or Vegetable Dish, Salad, Sandwich, Grain Product, Yeast Product, Dairy Product, Main Dish

511 601 013 Senior Food Prep: One food product chosen from: Fruit or Vegetable Dish, Salad, Sandwich, Grain Product, Yeast Product, Dairy Product, Main Dish.

2019 CELEBRATE OUR WORLD: GREECE

(Intermediates and Seniors only)

To celebrate the diversity in our world, each year the Oregon 4-H project areas will focus attention on the cultures of a different country or region of the world. This special emphasis allows members to focus on learning about the country/region and the skills and techniques unique to that culture.

511 800 012 Celebrate our World inspired food prep, Intermediate

511 800 013 Celebrate our World inspired food prep, Senior

MINI-MEAL CONTEST

1. There are two divisions in the contest, Intermediate and Senior. Within those divisions there are individual and team classes. Teams will consist of two members. If one team member is a senior and the other an intermediate, the mini-meal should be entered in the senior division.
2. 4-H members enrolled in the Food and Nutrition and Food Preservation projects may have one entry in each division as long as different dishes are prepared for each. Each participant (or team) must prepare only two dishes. One must be a main dish and the other can be any other food which would either (a) make an entire meal if served together, or (b) be part of a larger meal if other foods were included.
3. The meal might be a breakfast, lunch, dinner, brunch, buffet supper, snack meal, party meal, etc. Members can utilize food products they have preserved. Judging criteria are outlined on the newly revised 4-H Food and Nutrition Contest Score Sheet (40-457), available at the County Extension Offices and on the State 4-H website.
4. Participants will have two hours (start to finish) for set-up, preparation, and cleanup. Participants must provide all ingredients and equipment except range, microwave oven, and refrigerator. For food safety finished dishes prepared at home may not be brought and served at fair.
5. Participants should prepare one recipe, one batch, etc., of food product. No fixed number of servings is required.
6. The use of alcoholic beverages that would be unlawful for a minor to possess is not permitted.
7. The foods prepared must be displayed on a serving platter or tray, or in a dish, bowl, basket, etc. Participants must also display one place setting of the table service which would be used in serving the meal (include plates, tableware, napkin, glasses, tablecloth, placemat, or whatever is appropriate). A card table will be available for each participant to use for display. A centerpiece may be included if the participant wishes, but is not required.
8. Participants will serve samples of the food to the judge and the public. Paper plates and plastic utensils will be provided by the Fair.
9. All participants must provide the judge with a "Judges Information Form," available from the County Extension Offices and on the State 4-H website.
10. All participants must provide a poster (approximately 24" x 30") of the recipe to display in the preparation area. Posters

will not be returned. Participants are expected to leave the kitchens clean. This will be part of the judge's evaluation.

511 602 012 Mini-Meal, Intermediate

511 602 022 Mini-Meal, Intermediate Team

511 602 013 Mini-Meal, Senior

511 602 023 Mini-Meal, Senior Team

QUICK MEAL CHALLENGE

(Intermediates and Seniors only)

Participants must be enrolled in the Foods and Nutrition project. Each participant must prepare a nutritious meal for two in 30 minutes. The focus of the challenge is to demonstrate creativity, efficiency and cooking skills. Judging criteria are outlined in the 4-H Food and Nutrition Contest Score Sheet (511-17), available at the County Extension Offices and on the State 4-H website.

The guidelines for the contest are as follows:

1. Participants will have 15 minutes for set-up, 30 minutes for preparation and cooking, and 15 minutes for cleanup after sharing the meal with the judge. The preparation and cooking time is to be a maximum of 30 minutes. Participants must provide all ingredients and equipment except range, microwave oven, and refrigerator.
2. Participants should prepare breakfast, lunch or dinner for two people. For food safety finished dishes prepared at home may not be served or used as ingredients. Mixes or convenience ingredients such as pre-grated cheese may be included as ingredients but not as stand-alone dishes.
3. The use of alcoholic beverages that would be unlawful for a minor to purchase or possess is not permitted.
4. The food prepared must be displayed on a serving platter or tray, or in a dish, bowl, basket, etc. Participants must also display two place settings which would be used in serving the food at a meal (include plates, tableware, napkin, glasses, tablecloth, placemat, or whatever is appropriate). A card table will be available for use. Participant will serve samples of the food to the judge.
5. **All participants must provide the judge with a completed Mini Meal Contest Judge's Information Sheet (511-21) available from the County Extension Offices and on the State 4-H website, which includes cost and nutritional information for the meal. Recipes for each dish should be attached.**
6. **All participants must provide a poster (approximately 24" x 30") of the recipe to display in the preparation area. Posters will not be returned. Please include 4-H member's name, county and contest name on the poster.**
7. Participants should be in appropriate dress for safe cooking and are expected to follow food and kitchen safety procedures. Participants are expected to leave the kitchen clean. This will be part of the judge's evaluation.
8. Meals will be judged on efficiency in the kitchen, creativity, nutrition, presentation, taste, cost-effectiveness, and food and kitchen safety.

511 605 012 Quick Meal Challenge: Breakfast, lunch or dinner meal for two, Intermediate

511 605 013 Quick Meal Challenge: Breakfast, Lunch or dinner meal for two, Senior