



# Food Preparation Quick Meal Challenge

“Foods of the Pacific Northwest”

**Trisha Applebee, Chair**

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 office or 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 Office or 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.

Each county may enter as many blue ribbon participants from the county contest as the judge qualifies.

511 605 012 **Intermediate**, breakfast, lunch or dinner meal for two

511 605 013 **Senior**, breakfast. Lunch or dinner meal for two