

CREATIVE COOKS CONTEST

Contestants do not have to be enrolled in a 4-H foods project. Age divisions are determined by age as of December 31st of the current program year.

A team shall consist of two 4-H members. They may be from different age divisions; however, they must compete in the age division of the oldest team member.

Contestants may enter as an individual or as a member of a team, but not both.

Divisions;

Team or individual

Juniors: 8-10 years old

Intermediates: 11-13 years old

Seniors: 14-18 years old

Colorado Specialty — Team or Individual*

Juniors: 8-10 years old

Intermediates: 11-13 years old

Seniors: 14-18 years old

Contestant(s) will:

1. Plan a menu for a meal (breakfast, brunch, lunch, dinner, barbecue, picnic, high tea, campout, sports game, holiday or birthday party).

2. Set one place setting appropriate for the meal selected. Each contestant will be allowed 48" square for their display area. All props must fit within the designated space. **NOTE: ALL CONTESTANTS IN CREATIVE COOKS MUST PROVIDE THEIR OWN CARD TABLE AND CHAIR (S). THOSE PLANNING A PICNIC THEME ON THE FLOOR WILL NOT NEED TABLE AND CHAIR.** An edible food item is not to be used as part of the centerpiece.

Contestants must provide their own card table if needed as part of their presentation. A poster (not to exceed 8 ½ x 11") detailing the entire menu must be included. It is helpful if the menu is on a sturdy material that stands alone. A menu in a picture frame could also be used

3. Exhibitors will prepare a food item in advance and be ready to exhibit the food item during a scheduled time before a judge(s) and audience at the state fair. **Contestants must provide the recipe on a 3x5 card for the judge.** The judge(s) briefly interviews the participant regarding their exhibit and what they have learned in preparing the exhibit. The participant should not begin or end with a prepared speech or demonstration without being asked to by the judge(s).

4. Preparation guidelines:

A. Prepare and bring only one food item from your menu.

B. No commercially prepared food items are acceptable.

C. Be prepared to serve food item to judges on separate disposable serving dishes/pieces. Do not use any part of your table setting for serving.

D. Do not provide samples of food to the general public due to public health codes.

E. If hands are going to touch food while serving to the judge, exhibitor should use disposable plastic gloves. Do not use disposable gloves throughout the set up and judging process.

They do not remain sanitary very long under such conditions.

F. Do not use raw eggs.

5. Judging will be based on:

A. Exhibitor — well groomed; understands meal planning.

B. Menu — balanced for flavor, color, texture, shape and nutrition.

C. Prepared dish — appearance, flavor, and quality.

D. Table Setting — attractive; suitable for meal.

E. Knowledge of nutrition.

F. Food safety.

G. Creativity.

Adults cannot help contestant do prep work in the kitchen or set up their display. To do so may forfeit all awards won. They may help transport heavy or breakable items, boxes, etc., as needed.

NOTE: Juniors and Intermediates are not to prepare deep fat fried foods due to safety concerns.

Colorado Specialty Foods Division

Members entered in this category must use one or more of the Colorado Specialty foods listed below in their Creative Cooks exhibit. Product must be a major ingredient in the recipe to qualify for this division. Ingredients such as oil to brown meat, as a garnish or small amount in the recipe, do not qualify as a major ingredient. Wild game meat must be

Colorado Specialty Foods are:

- Amaranth (grain)
- Anasazi Beans
- Blue Corn
- Quinoa (grain)
- Mung Beans (bean sprouts)
- Edible Soybeans (tofu)
- Sunflower Seeds
- Popped Wheat
- Sesame Seeds
- Black Turtle Beans
- Adzuki Beans
- Wild Game Meat (If using deer or elk meat, a copy of the test results for Chronic Wasting Disease is required.)

These products are available in health and food specialty stores and some supermarkets. Additional information is available at the Extension office and from commodity groups.

A Champion and Reserve Champion may be designated in each age group — Individual, Team and Specialty Individual and Team Divisions.