



Chef 4-H

A Food Demonstration
Event for Junior 4-H



Have you ever imagined that you were a famous chef? You wow your television audience with your amazing dishes! **Chef 4-H** is almost like that.

Chef 4-H lets you:

- Show off your cooking skills
- Share a favorite recipe
- Show how to prepare a tasty & healthy dish

What You Will Learn

You get to try new and tasty dishes. **Chef 4-H** will make you a better cook.

- You learn to make good food choices.
- You make shopping lists and food menus.
- You show how well you work in the kitchen.
- You learn cooking skills.
- You teach others.

The Rules

Provide Nutritional Information

- Provide information about your dish. That should include protein, carbohydrates, vitamins, minerals. Also include the amount of fat and cholesterol.
- Base your information on what is needed for someone eating 2,000 calories per day.

www.nutrition.gov and

www.health.gov/dietaryguidelines

have lots of good information.

www.mypyramid.gov/downloads/results/results_2000_18.pdf has information on nutrition needs when consuming 2000 calories-per-day.

- Your primary ingredient must be a grain, a vegetable, a fruit, milk, or meat. The Meat Group also includes beans, eggs, and nuts.
- Your presentation and your teaching skill are important.
- The time limit is *five to ten minutes*.

Prepare your dish in front of a live audience.

- Also have one already cooked to display.
- Serve a sample to the judges.
- Bring all your supplies and equipment. Include what you need to serve judges.
- Create your own visual aids. These can be things like posters or flash cards.
- You may not use PowerPoint, slides or video.
- Do not use or display Brand Names (like *Crisco* or *Cheerios*).
- Be ready to measure either a liquid or dry ingredient.

Provide a copy of your recipe to the judges

Include:

- The name of your dish.
- Primary Food Group.
- A list of ingredients in the order they are used.
- Exact measurements of ingredients.
- Directions for making the dish.
- How many servings the dish makes.
- Time of normal preparation, including cooking time.
- Nutritional information.

Appearance

- Dress nicely.
- Speak up!
- Be self-confident.

Something to Think About

Can you use what you have learned to help others? Service to others is an important part of 4-H.



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