



## Chef 4-H A Food Demonstration Event

Have you ever imagined that you were a famous chef? You stand in front of an audience of millions, using your knowledge and creativity to prepare wonderful and amazing dishes. **Chef 4-H** is your chance to do that -- at least on an introductory level!

**Chef 4-H** lets you:

- Exhibit your skills with different cooking techniques
- Share a favorite traditional or original recipe
- Show how to prepare a tasty and healthy dish

### What You Will Learn

Besides getting to try new and tasty dishes, **Chef 4-H** will make you a smarter and more imaginative chef – and it will make your meals and snacks healthier and more interesting.

- Chef 4-H will help you learn to make good food decisions, making every dish part of a healthy diet.
- Chef 4-H will encourage you to make shopping lists and food menus.
- Chef 4-H will help you show how well you handle yourself in the kitchen.
- Chef 4-H will help you learn good culinary techniques.
- Chef 4-H will help you teach others by presenting your knowledge before a live audience.

### Parents' and Volunteers' Guide

Like all 4-H projects, this activity is just for young people. It is expected that the young person create an original presentation. The role of adult helper is to support and encourage youth in their efforts, to ask and answer questions about the project, and to help youth learn specific techniques (such as sautéing, chopping, or using small appliance) that they might use in their project.



Issued in furtherance of Cooperative Extension work, acts of May 8 and June 30, 1914, and other related acts, in cooperation with the U. S. Department of Agriculture. The Alabama Cooperative Extension System (Alabama A & M University and Auburn University) offers educational programs, materials, and equal opportunity employment to all people without regard to race, color, national origin, religion, sex, age, veteran status, or disability

### Who Can Participate

Any Alabama young person may participate in **Chef 4-H** or any 4-H competitive event. However, you must be a member of an Alabama 4-H Club. It's easy and quick to join – just call or e-mail your county Alabama Cooperative Extension System Office (for contact information, go to [www.aces.edu/counties](http://www.aces.edu/counties)).

If you and your friends are interested, you might wish to start a 4-H Interest Club that focuses on the Culinary Arts, Hotel and Restaurant Management, International Dining, Food and Fitness, or some other aspect of cuisine. For more information, see **Starting a 4-H Club** ([www.Alabama4H.com](http://www.Alabama4H.com)).

**Chef 4-H** is a 4-H Event. Your local Extension Office has information on local and regional **Chef 4-H** events, as well as other 4-H activities.

### Levels of Competition

Look at **General Event Policy** for eligibility. [http://www.aces.edu/fourh/docs/programs/General\\_Contest\\_Policy.pdf](http://www.aces.edu/fourh/docs/programs/General_Contest_Policy.pdf)

Check the **Alabama 4-H Age and Eligibility Chart** to determine the divisions of 4-H Membership. [http://www.aces.edu/fourh/docs/programs/Eligibility\\_Chart.pdf](http://www.aces.edu/fourh/docs/programs/Eligibility_Chart.pdf)

### Identification of Entry

Name(s), county and level of participation should be displayed with each entry. Identification may be part of the introduction in the demonstration.

The top Senior Level egg dish will go to the National 4-H Egg Preparation event in Louisville, Kentucky. The trip is sponsored by the Alabama Poultry and Egg Association.

## The Rules for Chef 4-H

Compete by yourself or on a two-person team. Youth on teams should be the same 4-H age.

Your primary ingredient must be from one of the USDAs five major food groups. These include: Grains; Vegetables; Fruits; Milk; and Meats, Beans, Eggs, Nuts. The focus of **Chef 4-H** is on your presentation and your skill as a culinary instructor.

### **Provide Nutritional Information**

Nutritional information should be a critical part of the presentation. To find your individual information follow these steps. If you do not have internet service at home, ask your county Extension office for help.

Go to: [www.mypyramid.gov](http://www.mypyramid.gov)

Click on: **My Pyramid Plan**. List your age, sex, weight, height and amount of physical activity. Click the Submit button. This will produce your individual plan to use in your presentation.

**View, Print & Learn** More will give you a color copy of your results, a Meal Tracking Worksheet and My Pyramid Tracker.

### **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 including what you need to serve judges.
- Create your own visual aids (such as posters or flash cards).
- You may not use PowerPoint, slides or video.
- Do not use or display Brand Names (such as Crisco, Minute Maid, or Cheerios).
- Be prepared to measure either a liquid or dry ingredient.

### **Time Limits**

- **Seniors Level I and II:** eight to ten minutes long.
- **Juniors/Intermediates ages 9-13:** five to ten minutes.

### **Provide a copy of your recipe to the judges**

You need to 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.

**4-H Regional/Area Awards** will be determined by the planning committee for that event. Notice will be sent to each county involved.

### **State Competition and Awards**

Each county may register one Senior Level I and one Senior Level II individual in each event that is offered.

On the state level, ribbons will be awarded to 50% of the participants in a contest using ordinal rankings up to a tenth place ranking. Example: If there are 10 participants, first place will receive the Alabama State Trophy and a first place ribbon; placing ribbons will be awarded for the next four ranked participants for placing of second through fifth. The other five participants will receive honorable mention ribbons.

### **Disqualification in Chef 4-H**

- >Not following food safety guidelines
- >Using slides, video or PowerPoint

### **Deductions in Chef 4-H**

- >Displaying brand names in the demonstration
- >Exceeding the time limit



For anyone who is in the **Operation Military Kid** this project would be an ideal way to share their experience. Choose from the cultural and heritage that your family has experienced. This can be in another state or on the other side of the world. Prepare a dish in an interesting and fun way. If you need suggestions, please contact the OMK Coordinator, Charlene Hines, 334-844-2294. All 4-H projects and events are open to OMK youth. For more information [www.Alabama4H.com](http://www.Alabama4H.com).

## Becoming a 4-H Chef

### **Suggestions for Success**

Here are some ideas to help you get started.

First, decide what you are going to prepare. Whether it's a favorite family recipe or something new and creative, you'll need to select your dish and develop your demonstration. Since good nutrition is a key, research the nutritional aspects of the primary ingredient of your dish.

Don't use too many props. They can be hard to handle and may distract.

Remember your time limits! *A hint: you can do some things, such as measuring and chopping, ahead of time.*

Practice, practice, practice.

### **The Day of the Big Event**

You will provide all the equipment and supplies that you need. That includes **everything**: small appliances (such as blender or mixer), serving dishes, measuring and cooking utensils, cleaning agents, and sponges or cloths you need to clean up. One easel and one long extension cord are provided for each kitchen. You will have access to a range top or oven at State Congress and two tables will be provided. Check with your local 4-H volunteer to confirm what will be provided at local and regional events.

Keep a check-list of absolutely everything you need to take with you.

If your dish is a cooked recipe, prepare your cooked dish before the event.

For your presentation, go ahead and pre-measure your ingredients. You will need to show how to accurately measure one liquid and/or one dry ingredient. You can also do such things as chopping ahead of time.

For safety and convenience, you may put all your ingredients in clear containers and remove the lids or covers just before your demonstration.

Make sure that commercial labels are not left on any containers, or that the label is covered.

The demonstration area is your "stage." Arrange your work area so that everything you need is easy to reach. Remember to keep "center stage" clear so that the judges and the audience can see what you are doing.

Have a damp cloth ready to wipe up spills and clean the work area and your hands. *Hint: a damp cloth under a mixing bowl keeps the bowl from slipping and from making noise.*

Trays are helpful to carry and organize items. Set up the trays so you can work from left to right (or right to left, if that is more comfortable); taking the ingredients from the left tray, using them in your workspace in the center, and placing the empty container on the right tray.

If you need to use electrical equipment of any kind, be sure you know how to safely operate it. Check the electrical appliances to see if it works before you begin your presentation.

Clean, plain clothing is best. You may want to wear an apron or consider wearing chef's attire or choosing a costume related to the project, as long as it does not distract from the presentation.

Avoid jewelry, long fingernails, and fingernail polish. These can be distracting and may pose a safety problem if they get into the food.

Hair should be neat and away from your face. Make sure that no hair can fall into the food. You may wish to consider a toque (chef's hat) or another head covering.

Keep it clean and safe too!

- Wash your hands before working with food.
- Do not lick your fingers or utensils, scratch your face, touch your hair, cough into the food, or contaminate the food.
- If you must touch the food, explain why you are using your hands and why the product is still safe to eat. You may wish to wear plastic food gloves when handling the food.

- If you have hot or cold ingredients, keep them properly stored and remind the audience of the importance of food safety.
- Know the temperatures for food safety.

### Making Your Presentation

#### How Would Emeril Do It?

Your purpose is to inform, entertain, and show your skill and knowledge. And you are going to be working and talking for several minutes, so you need to have plenty of engaging information and lots of energy.

As with any good performance, you should begin by drawing in your audience: introduce yourself and your recipe. You might want to talk about why you chose the recipe.

Have fun! Be organized! Speak in a voice that your audience can hear! As you prepare your dish, talk to your audience. Smile and maintain eye contact. You might relate some of the history of the food. You **definitely** need to talk about the nutritional value of the food you are preparing.

If you are using unusual equipment, special foods, or unfamiliar terms, explain them to your audience. Do not try to talk above any noisy equipment.

As you finish your demonstration, clean up the work space and move the trays and soiled articles to another table. Wipe off the work area and remove any crumbs or trash.

Display the finished product as attractively as possible. Make sure that it is appealing, and provide each of the judges with a sample.

#### Using Note Cards

Try not to use note cards. Does Emeril use note cards – or does he thoroughly know and understand his recipe and ingredients?

If you must use notes, use small cards on the side of your work area. Look at your audience! That's difficult if you are reading cards. Remember that your audience is 4-H friends and neighbors, and they are all pulling for you!

#### Using Visual Aids

Some people use posters or other visual aids to emphasize nutrition or other aspects of their recipe. Posters do not necessarily make your presentation weaker or stronger. If you do use them, make sure that they are attractive and easy to read. They should help your audience better understand the information you are presenting.

Posters may include the following:

- Title of your demonstration with your name
- Your recipe with list of ingredients and measurements
- Nutritional facts/Food Guide Pyramid/ Food safety tips
- Things that make your demonstration unique: special foods or equipment

#### Bringing It to an End

With your finished dish on center stage, you are ready to conclude the demonstration. You have shown the audience what you have made, how easy it is to do and how attractive it can be, and you have described how the dish is a part of a balanced American diet. In concluding, you need to repeat the points you want your audience to remember about safety, nutrition and preparation.

Like any good public presentation, you need to find a graceful exit. You can remind your audience about nutrition, "Remember My Pyramid when making choices. Thank you for listening." You can remind your audience about a special food or ingredient you used, "Red bell peppers give an attractive appearance to this dish. Try them the next time you cook. Thank you for listening." Or you can just end with a positive note for the audience, "Thank you for listening to my demonstration. I hope that you prepare this dish for your family."

### Career Connections

#### Culinary Job Descriptions

<http://www.culinary-careers.org/>

Skills that are developed through this project have direct connections to a number of exciting and rewarding careers. Restaurants, hotels and other food service industries often employ three distinct types of employees -- chefs, cooks, and food preparation workers.

- **Chefs** are responsible for directing the activities of other kitchen workers, menu planning, recipe creation, food and supply ordering, and some specific cooking duties. They are typically the most experienced and best educated members of the staff.
- **Cooks** are responsible for the day to day food preparation at the restaurant or facility. Depending on the size of the facility, there may be several cooks, each responsible for a different part of the menu, or a different type of food. For example, there are fry cooks, vegetable cooks, pastry cooks, and other specialties.
- **Food Preparation Workers** work under the supervision of chefs and cooks, and typically perform less skilled duties. For example, they may chop vegetables, prepare salads, and prepare materials used by the restaurant's chefs and cooks.
- **Food Service Managers** are often responsible for many of the behind the scenes activities that keep the establishment going. Food service managers have responsibilities ranging from ordering food and supplies, selecting menu items and determining their prices, and ensuring the high quality of food preparation and service. They are frequently responsible for administrative tasks.

### Above and Beyond

All 4-H projects can be taken "above and beyond" just being a short-term activity. Awards and recognition throughout Alabama 4-H are not based on how well you do in competitive events; they are based on your all-round community service, leadership, and project work.

Here are some ideas for taking your interest in Foods, Nutrition, and Healthy Lifestyles to a level where you can both grow as a person and have an impact on the lives of others.

- Start a 4-H Culinary Arts interest club
- Teach younger 4-H members how to make a simple and nutritious snack
- Organize a community dinner to raise funds for world hunger relief
- Arrange a visit to a restaurant kitchen or shadow a chef
- Invite a food professional to talk to your club about careers or food preparation
- Put together a small cookbook as a Christmas present
- Take over food preparation for one family meal per week
- Keep a cooking journal with recipes and new terms you learn
- Assist younger 4-Hers with their own Foods and Nutrition Event
- Take "magazine" photographs of your finished dishes
- Make a video on how to prepare your favorite original recipe
- Have a kitchen herb garden
- Learn to make jams and jellies
- Take a special meal to an elderly person
- Spend time working in a food bank
- Grow and preserve your own produce
- Organize an International Dinner for parents and friends.

**Here are some ideas on how you can introduce healthy eating information into your presentation. It's up to you to personalize your talk – to make it fun and interesting. When you watch chefs on TV, notice how they entertain and involve their audiences. You can make your presentation just as much fun!**

**A Sample Foods Demonstration Speech**

Have ingredients and equipment ready when you begin. Measure your ingredients before you start.

Tell your audience your ingredients and how much of each ingredient you will need: *For this recipe, you will need 1 cup of flour, 2 cups of sugar, 3 peeled orange.*

**Measure one dry ingredient**

Measure a dry ingredient by heaping a measure of the ingredient into cup or spoon. Then use a straight edged knife to level it off.

**And/or**

**Measure one liquid ingredient**

Set the measuring cup on the table. Bend so that you can see the correct mark on the cup. Pour the liquid until you get the correct amount in the cup.

**Tell and Demonstrate Preparation:**

*The first thing to do in making \_\_\_\_\_ is to measure all the ingredients. I did this ahead of time so I am now ready to start mixing.*

**Tell about the nutrients in the food:**

*The dish I am making belongs in the Dairy Foods Group. This group includes milk, yogurt, cheese and other milk products. We need 2-3 servings each day from this food group to get these nutrients:*

- *Protein - Builds muscles, repairs and maintain healthy bodies.*
- *Vitamin A - Necessary for healthy eyes; helps digestive tract resist infection.*
- *Vitamin D - Helps body use calcium and phosphorus for bone growth.*
- *Niacin, Thiamin, and Riboflavin- Help the body get energy from food. Promote good appetite and digestion.*
- *Vitamin B-6 - Necessary for the body to use protein.*

- *Vitamin B-1:2 - Builds red blood cells; necessary for the body to use protein and fat.*
- *Calcium - Builds bones and teeth; helps regulate nerves.*
- *Phosphorus - Builds bones and teeth; helps body get energy from food.*
- *Sodium and Potassium-Help control water balance in the body.*

**Tell about MyPyramid:**

*The Dairy Foods Group is one food group from MyPyramid. We need to eat foods from all the different groups each day to have a balanced diet. How much you need depends on such things as your age, your amount of exercise and whether you are male or female*

- *On average, you need 2-3 servings of Meat, Poultry, Fish, Dry Beans, Eggs or Nuts.*
- *You need 3-5 servings of Vegetables.*
- *You need 2-4 servings of Fruit.*
- *You need 6-11 servings of Grain.*
- *We all need to limit foods that include Fats, Oils and Sweets Group.*

**Summarize**

*Today you have seen how to prepare a dish from the Dairy Food Group. Most people need 2-3 servings each day to get protein; Vitamins A, D, B-6, and B-12; niacin, thiamin, riboflavin, calcium, phosphorus, sodium and potassium. These nutrients help us grow and stay active.*

*Include foods from the Dairy, Meat, Vegetable, Fruit and Bread Groups every day to have a healthy diet."*

**Show your finished dish to the judges. Offer the judges a taste.**

*This is what my dish looks like when it is ready to eat. I would serve this dish with (name some healthy food you would serve with this dish.) for a delicious snack or meal. This concludes my demonstration.*

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**Chef 4-H: Foods and Nutrition Score Sheet**

Name: \_\_\_\_\_

County: \_\_\_\_\_

Title of Demonstration: \_\_\_\_\_

Food Group: \_\_\_\_\_

Level: \_\_\_ *Junior* (Age 9-11) \_\_\_ *Intermediate* (Age 12-13) \_\_\_ *Senior I* (Age 14-15) \_\_\_ *Senior II* (Age 16-18)

Knowledge and Skills (Check One)	Excellent ✓	Good ✓	Could Improve ✓	Points Received	Comments
<b>Nutrition Information</b> - 25 points - • Expresses nutritional value of dish					
<b>Dish Preparation Skill</b> - 25 pts - • Mixing & Assembling • Cooking procedures • Efficient use of equipment and work space • Tasks done in efficient sequence • Neatness • Sanitation • Safety					
<b>Presentation</b> - 25 points - • Organization • Speaking technique and skill					
<b>Finished Product</b> -15 points-					
<b>4-H Member</b> -10 points- • Appearance • Voice • Poise					
<b>Points Deductions</b> -- 5 points each -- Display brand names Exceeding time limits (Jr/Int: 5-10) (Sr: 8-10)				Minus Pts	
<b>Total Score</b>					

**Additional Comments**

**Disqualification:** Check as appropriate  
 Not following food safety guidelines  
 Use slides, video or PowerPoint and not doing a demonstration