

JOIN US FOR THE



2021

DINAH GORE 4-H HEALTHY FOOD CHALLENGE

NORTH CAROLINA 4-H

Age Categories

8-10

11-13

14-18

Entry Deadline

July 12, 2021

This contest challenges an individual or a team of two 4-H members to create a dish using a mystery basket of ingredients. The final dish should highlight the mystery basket ingredients and basic items you have at home. Individuals or team members must identify and prepare the dish, then make a presentation video about it.

The pre-determined mystery basket of ingredients will be available on June 18. One team from the 14-18 age group will be selected to attend the National 4-H Food Challenge in September in Texas.



Contact your local 4-H Agent



NC COOPERATIVE
EXTENSION





2021 Dinah Gore 4-H HealthyFood Challenge Rules & Regulations

Contest Eligibility:

1. Each county can enter up to 2 teams per age category in the competition.
2. All participants must be registered in 4-HOnline.
3. Individuals who are selected to attend the National 4-H Food Challenge may only enter the National 4-H Food Challenge contest once.
4. Competition Age Categories are: 8-10, 11-13, 14-18

Contest Rules:

1. The mystery basket for ingredients shopping list & resources will go live to all participants on June 18 on the following link: <https://go.ncsu.edu/dinahgore4-hfoodchallenge>
2. Participants will be required to submit a video of their Healthy Food Challenge by July 12th.
3. Individuals or a Team of 2 may compete in the contest. Teams are made up of 2 individuals in the same age group.
4. Each team must supply their own equipment & food for the contest.

Contest Procedures:

1. Each individual or team will be asked to prepare a dish at home for the 2021 competition.
2. Individual or Team members will receive the required mystery basket of ingredients at a designated time.
3. Individual or Team members will prepare a dish at home, following the national guidelines as much as possible. National Guidelines are listed below.
4. Individual or Team members will submit their video to their 4-H Agent prior to the July 12, deadline.
5. Video must include pictures or video clips of the individual or team members preparing their dish as well as the formal presentation outlined in number 10.

6. Video must be filmed horizontally, and must be less than 10GB. Follow the same instructions for creating your video's that were given for 4-H Presentations. [4-H Helpful Hints for 4-H Presentations](#).

7.



8. Individual or Team must submit a recipe card by the July 12th deadline. Sample will be in the resource page: <https://go.ncsu.edu/dinahgore4-hfoodchallenge>

9. Individual or Teams should present the entire dish/ recipe to the judges and communicate during their presentation what an individual serving size should be. Individual or Teams will be responsible for determining the number of servings their dish provides.

10. Educational resources will be available to individuals or teams during the preparation phase of the contest. They will go live on June 18. The resource can be found at: <https://go.ncsu.edu/dinahgore4-hfoodchallenge>

No other educational resources are allowed at the contest (National). The resources provided include:

- a. MyPlate Mini Poster
 - b. Fight Bac – Fight Foodborne Bacteria Brochure
 - c. Know Your Nutrients
 - d. Food & Kitchen Safety Fact Sheet
11. Each individual or team is allowed up to 15 minutes for the presentation video and should highlight: knowledge of MyPlate, nutrition knowledge, chronic disease prevention, food preparation, safety concerns and practices, serving size information, and cost analysis of the dish prepared. Judges will also take into consideration the appearance and quality of the food, the team's creativity, effectiveness of communication, and teamwork when scoring the team presentation. Teams should refer to the National 4-H Food Challenge Presentation Scorecard for more details about the scoring of the team presentation. At the end of your presentation, the participant should answer the following questions:
 - a. What ingredients did you use today that are grown in NC?
 - b. Why should we support locally grown foods?
 - c. What inspired you to cook the dish you did?
 - d. How did you clean your local produce?

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