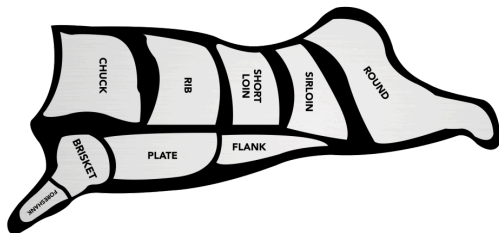


2025 VIRGINIA BEEF CHALLENGE RULES AND GUIDELINES MANUAL



Wednesday, April 16, 2025 **4:15 p.m. check-in**

In conjunction with the Junior Beef Round-up of the Virginia Beef Expo, Rockingham County Fairgrounds

Register Online at:

<https://tinyurl.com/25BeefChallenge>

Registration Deadline: April 9, 2025

Please read the enclosed packet very carefully!



Virginia Cooperative Extension is a partnership of Virginia Tech, Virginia State University, the U.S. Department of Agriculture, and local governments. Its programs and employment are open to all, regardless of age, color, disability, sex (including pregnancy), gender, gender identity, gender expression, national origin, political affiliation, race, religion, sexual orientation, genetic information, military status, or any other basis protected by law. If you are a person with a disability and desire any assistive devices, services or other accommodations to participate in this activity, please contact the Louisa Unit at (540-967-3422/TDD*) during business hours of 8:30 a.m. and 5:00 p.m. to discuss accommodations 5 days prior to the event. *TDD number is (800) 828-1120.



The Virginia Beef Challenge

This contest challenges teams of youth members to create a beef dish using required ingredients with an option to also include ingredients from a “pantry”. After 40 minutes for preparation and clean-up, teams make a presentation to judges about their processes, techniques, and the nutrition and budgetary information about the dish.

Thank you to the following organizations for making this contest possible!

Virginia Cooperative Extension
Virginia Beef Council

Junior Beef Roundup/Virginia Beef Expo
Rockingham County Fairgrounds

**This contest format and resources were adapted from the 4-H Food Challenge Design and Texas 4-H Food Challenge Rules and Guidelines Manual. Teams should refer to this resource in preparation for the Virginia Beef Challenge. Available:*

https://texas4-h.tamu.edu/wp-content/uploads/food_challenge_guidelines_24_25.pdf

OBJECTIVES

- Provide opportunities for participants to exhibit their knowledge and skill when preparing and presenting beef
- Provide opportunities for participants to learn from other team members
- Promote teamwork
- Give participants opportunities for public speaking
- Provide leadership opportunities
- Provide youth opportunity to share their knowledge of the beef industry and topics regarding beef and the consumer
- Give youth members the opportunity to participate in an exciting, competitive event focused on beef

For Questions about the 2025 Beef Challenge, please contact Jenny Thompson, Extension Agent, 4-H, Louisa County, 540-967-3422 or jthomp05@vt.edu.

To register a team online, go to <https://tinyurl.com/25BeefChallenge>

There is no charge to participate thanks to the support of the Virginia Beef Council.

PARTICIPANT RULES

1. Official Registration will occur online. If space/electricity becomes an issue, preference will be given to serving the maximum number of counties possible, as well as accommodating teams of both age categories (senior and junior), and taking into consideration the order of registration.
2. Two age categories will be offered. Ages are as of September 30 of the contest year. Juniors are ages 9-13 and seniors are ages 14-19. If there are multiple mixed-age teams, contest organizers may elect to create a third category. Otherwise, mixed age teams will participate in the senior category.
3. Teams consist of three or four members. If juniors need to add a fifth person, they can, but 3-4 members is preferred.
4. Registration and kit check-in will occur 30 minutes prior to the contest start.
5. Resource materials will be provided for each team at the contest. These include [My Plate Mini Poster](#), [Best Practices Kitchen & Food Safety Fact Sheet](#), [Fight Bac - Foodborne Bacteria Brochure](#), [Know Your Nutrients](#), and resources provided by [Virginia Beef Council](#). No other resource materials will be allowed. Teams may not use their personal copies of the resources during the contest.
6. Each team must supply their own equipment for the challenge. Teams may bring only the supplies listed in the supply box section of this document. Supply boxes will be checked by contest officials as teams check in for the contest. Any extra equipment will be confiscated and the team may be disqualified.
7. The key ingredient for the dish will be beef that can be prepared with equipment in the supply box. Though pantry items may be used, beef should be the prominent feature of the created dish. Each prepared dish/plate should showcase beef as part of a healthy diet.
8. If you are a person with a disability and desire any assistive devices, services or other accommodations to participate in this activity, please contact Jenny Thompson, Louisa Extension Office, at 540-967-3422/TDD* during business hours of 8:30 a.m. and 5 p.m. to discuss accommodations two weeks prior to the event. *TDD number is (800) 828-1120.

Coaches and contestants are responsible for reading the rules carefully. **Some of the ways the Beef Challenge differs from 4-H Food Challenge include:**

- judges may choose to taste the food based on handling procedures observed
- a small digital or analog scale is allowed for measuring portions
- there is no cost to participate, thanks to the Virginia Beef Industry Council
- teams prepare and plate one serving, not multiple servings
- presentations should include beef production knowledge

SUPPLY BOX

Each team will bring an equipment box containing only one each of the following items, unless a different quantity is noted:

Bench scraper	Kitchen scale	
Bowls (up to 4 - any size)	Kitchen timer	Serving dishes/utensils
Calculator	Knives (up to 6)	1 plate/platter
Can opener	Liquid measuring cup	1 bowl
Colander	Manual pencil sharpener	1 utensil
Cutting boards (up to 4)	Measuring spoons (1 set)	Skewers (1 set)
Disposable tasting spoons (no limit)	Meat tenderizer	Skillet with lid
Dry measuring cups (1 set)	Non-stick cooking spray	Spatula (up to 2)
Electric skillet	Note cards (no larger than 5 x 7)	Stirring spoon
Extension cord*	Paper towels (1 roll)	Storage bags (1 box)
First aid kit	Pancake turner (up to 2)	Tongs (up to 2)
Food thermometer	Pencils (no limit)	Toothpicks (no limit)
Fork	Plastic box or trash bag (for dirty supplies)	Hot plate burner** – Electric Only!
Gloves (no limit)	Pot with lid	Whisk
Grater	Potato masher	Pantry items (salt, pepper, oil up to 17 oz., 1 jar dry bouillon, 1 medium onion, 2 cans fruit/vegetables of choice, dry rice <u>or</u> pasta up to 16 oz. of choice, cornstarch or flour (up to 1 lb.)
Hand sanitizer	Potato peeler	
Hot pads (up to 5)	Rolling pin	
Kitchen shears (1 pair)	Sanitizing wipes (1 container)	

*Teams should be certain the extension cord is compatible (2-prong/3-prong) with the plugs on their electrical supplies. Extension cords should also have more than one plug on them.

**Teams may bring one double-burner hot plate or two single-burner hot plates. Only electrical hot plates are allowed! Only one appliance may be plugged in at a time due to power constraints.

RULES OF PLAY

1. Teams will report to the designated location for check-in. This will be communicated to the registered coach via email.
2. An orientation will be provided for all participants.
3. Each team will be directed to a cooking/preparation station (approximately one 6-foot table and one electrical outlet). There will be a cut of beef provided at each station, but no recipe. The team will work together to create a dish showcasing beef as part of a healthy diet.
4. Each team will have 40 minutes to prepare the dish, plan a presentation, and clean up the preparation area.
5. Only participants and contest officials will be allowed in food preparation areas.
6. Teams will only be allowed to plug in one piece of equipment at a time. If an electrical malfunction occurs, teams are to notify officials and all work will cease until the problem can be rectified. In the event of an appliance malfunction, teams may switch to their second appliance if they have one (hot plate or electric skillet).
7. Preparation: Each team will be provided with uncooked beef and access to a “pantry” of additional produce, dry goods, and refrigerated items. They are to prepare a one-serving plate that showcases the beef and may include additional food items.
 - a. Teams are challenged with being creative and developing their own recipe with the ingredients available.
 - b. The ingredients provided to each team may also be used to garnish the dish. Additional garnishing items will not be provided.
 - c. Note cards from the cooking kit may be used to write down the recipe that the team invents, along with notes related to nutrition, food safety, and MyPlate. Teams should be exact on ingredients used, preparation steps, cooking time, temperature, etc.
 - d. Teams will be judged during the preparation phase of the contest. This judging is based upon observation only. Refer to the Preparation Scorecard for details.
8. Food safety: Each station will have food safety resources listed in #5 above. Teams should follow the steps listed to ensure proper food safety and be prepared to discuss food safety practices used in the team presentation to the judges.
9. Nutrition: Each station will have a variety of nutrition resources/references listed in #5 above. Each team should name key nutrients in their dish and their functions.
10. Presentation: When time is called, each team will present their dish, according to the criteria on the scorecard, to a panel of at least two judges.
 - a. All team members must participate in the presentation, which includes speaking.
 - b. Judging time will include: 5 minutes for the presentation and 3 minutes for judges’ questions.

- c. Teams are allowed the use of note cards during the presentation but should not read from them, as this minimizes the effectiveness of their communication.
 - d. Teams need to be prepared for judges to ask questions that are not directly related to the dish prepared. Teams can expect to answer questions the average consumer has about hot topics on beef production practices, such as antibiotic and hormone use.
 - e. No talking and no writing is allowed among any team members while waiting to give the team presentation. Team members should not have pens or pencils in their possession while waiting to give their presentation.
11. Clean-up: Teams must clean up their preparation areas. Clean-up time is included in the 40-minute preparation allotment. Teams should plan to not have access to a kitchen facility; therefore, dirty dishes should be placed in a container, bag or box to be cleaned at home. Leftover food should be disposed of properly. At the end of the 40 minutes, only hot equipment and the finished, plated product may be on the table.
12. Judges may choose whether to taste the foods prepared. No left-over food should be shared with any participant or the audience.
13. Placing will be based on rankings of teams by judges. Judges' results are final.
14. An awards program will be held at the conclusion of the judging process.

2025 VIRGINIA BEEF CHALLENGE TEAM WORKSHEET – Use back of sheet for additional space.

This is an OPTIONAL resource to help organize your presentation.

This worksheet is not required and will not be judged.

Knowledge of MyPlate (write the food and in what food group it belongs):		
Food	MyPlate	Number of servings needed each day

Nutrient Knowledge (know what this dish contributes to the diet):		
Food	Nutrients/Vitamins	What do they do for my body?

Food Preparation (know the steps in the preparation of the food):		
Steps:		What was prepared/performed in this step?

Food Safety (List food safety concerns associated with this dish):

VIRGINIA BEEF CHALLENGE SCORECARD - PRESENTATION (75 pts)

	<i>Judge's Comments</i>	<i>Possible Points</i>	<i>Score</i>
Knowledge of Beef, Nutrition, and MyPlate			
Demonstrates knowledge of beef nutrition		5	
Acknowledges role of beef in MyPlate		2	
Reports function of key nutrients on plate		4	
Mentions healthy substitutions or alternatives		3	
Shares knowledge of beef production practices		5	
Food Preparation			
Lists & explains steps in how dish is prepared		4	
Explains function of ingredients in dish		4	
Safety Concerns & Practices			
Explains & applies food safety principles		5	
Mentions beef handling instructions & proper cooking temperatures		4	
Serving Size Information			
Properly plates recommended serving sizes		3	
Food Appearance/Quality			
Food is appealing and appetizing		3	
Appears to be/Is cooked properly		3	
Attractive and appropriate garnish & plating		3	
Creativity			
Uses ingredients in a creative way		5	
Incorporates pantry items into meal		5	
Effectiveness of Communication			
Displays effective communication skills		5	
Poise & personal appearance		5	
Teamwork			
Responds to questions accurately and confidently		5	
All team members contribute to the presentation appropriately		2	
Total		75	

Additional Comments:

VIRGINIA BEEF CHALLENGE SCORECARD - PREPARATION (25 pts)

	<i>Judge's Comments</i>	<i>Possible Points</i>	<i>Score</i>
Teamwork			
Members communicate effectively		3	
Each member contributes to preparation of food or presentation		1	
Members demonstrate spirit of cooperation		3	
Safety Concerns & Practices			
Uses equipment safely (heat, utensils, sharps)		3	
Demonstrates good personal hygiene (hair, nails, jewelry)		2	
Handles ingredients properly to avoid cross contamination		3	
Preparation			
Practices correct cooking procedures for ingredients provided		3	
Displays logical process & procedure for using and assembling ingredients		3	
Management			
Uses work space efficiently		1	
Manages time efficiently		2	
Clears table at conclusion of contest		1	
	Total	25	

Additional Comments: