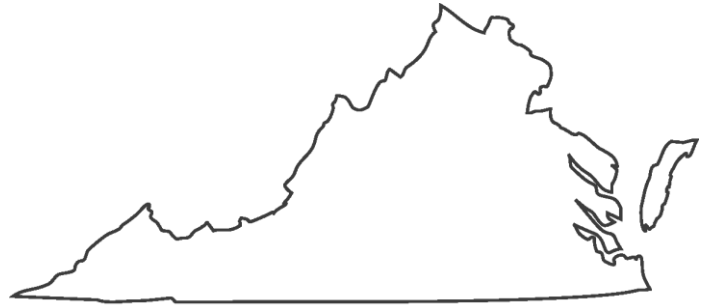
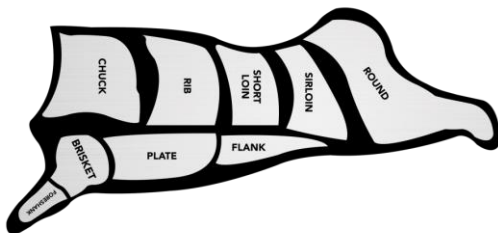


2019 VIRGINIA BEEF CHALLENGE RULES AND GUIDELINES MANUAL



Friday, April 19, 2019

10:00 a.m.

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

Register Online at: <https://bit.ly/2XLlzYb>

Registration Deadline: April 5, 2019

Please read the enclosed packet very carefully!



Virginia Cooperative Extension

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Virginia State University, and the U.S. Department of Agriculture cooperating. Edwin J. Jones, Director, Virginia Cooperative Extension, Virginia Tech, Blacksburg; M. Ray McKinnie, Administrator, 1890 Extension Program, Virginia

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

Junior Beef Roundup/Virginia Beef Expo

**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/National-4-H-Food-Challenge-Rules-Policies-2018_Revised_6.25.18.pdf

OBJECTIVES

- Provide opportunities for participants to exhibit their knowledge and skill when preparing and presenting a dish
- 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 2019 Beef Challenge, please contact Kaci Daniel, Extension Agent, 4-H, Orange County, 540-672-1361 or kaci@vt.edu.

To register a team online, go to <https://bit.ly/2XLlzYb>.

There is no charge to participate thanks to grant funding obtained by Dr. Tonya Price, 4-H Specialist. Participants will complete a survey at the end of the contest.

PARTICIPANT RULES

1. Official Registration: A maximum of 10 teams will be accepted. Preference will be given to serving the maximum number of counties possible, as well as accommodating teams of both age categories (senior and junior).
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. In the event of a mixed-age team, the team will participate in the senior category.
3. Each junior team will have at least three and no more than five members. Each senior team will have at least three and no more than four members.
4. Contest schedule will be adapted based on number of teams registered. Coaches will receive email confirmation of the team's official starting time after registration is complete.
5. Resource materials will be provided for each team at the contest. These include Choose My Plate - 10 Tips to a Great Plate, Fight Bac - Fight Foodborne Bacteria Brochure, Nutrient Needs at a Glance, Virginia Beef Challenge Worksheet and Beef Resources provided by Virginia Beef Industry 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 the National 4-H Food Challenge rules. 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 using an electric skillet or hot plate and pot or skillet (no oven). Though pantry items may be used, beef should be the prominent feature of the created dish.
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 Kaci Daniel, Orange Extension Office, at 540-672-1361/TDD* during business hours of 8 a.m. and 5 p.m. to discuss accommodations two weeks prior to the event. *TDD number is (800) 828-1120.

SUPPLY BOX

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

Baking pan (13" x 9")	Grater	Pot with lid
Beverage glass	Hand sanitizer	Potato masher
Calculator	Hot pads (up to 5)	Potato peeler
Can opener	Kitchen shears (1 pair)	Sanitizing wipes (no limit)
Colander	Kitchen timer	Single-serving size bowl (~12 oz.)
Cookie sheet	Knives (2)	Serving utensil
Cutting boards (2)	Liquid measuring cup	Skewers (1 package – wood or metal)
Dinner (serving) plate	Measuring spoons (1 set)	Skillet with lid
Dip size bowl	Meat thermometer	Spatula (2)
Disposable tasting spoons (no limit)	Mixing bowls (2)	Stirring spoon
Dry measuring cups (1 set)	Non-stick spray	Storage bags (no limit)
Electric skillet	Note cards (no larger than 5 x 7)	Tongs (1 set)
Extension cord*	Paper towels (1 roll)	Turner
Fork	Pencils (no limit)	Hot plate burner** – Electric Only!
Gloves (no limit)	Plastic box or trash bag (for dirty supplies)	Whisk

*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. Surge protectors/power strips are not recommended.

**Teams may bring one double-burner hot plate or two single-burner hot plates. Only electrical hot plates are allowed!

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 set of ingredients at each station, but no recipe. The team will work together to create a dish using all required ingredients, keeping beef as the prominent part of the dish.
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. Equipment malfunction(s): some electrical replacement equipment may be available, but equipment replacement is not guaranteed.
7. Preparation: Each team will be provided with a set of ingredients, including uncooked beef.
 - a. Teams are challenged with being creative and developing their own recipe with the ingredients provided.
 - b. Teams must incorporate each ingredient into the dish. However, teams may determine the exact amount of each ingredient to use.
 - c. Teams will have access to a “pantry” of additional ingredients that may be incorporated into their recipe. The number of additional ingredients a team may get will be determined by contest officials and announced during participant orientation.
 - d. The ingredients provided to each team may also be used to garnish the dish. Additional garnishing items will not be provided.
 - e. Note cards and the Virginia Beef Challenge Worksheet may be used to write down the recipe that the team invents, along with notes related to nutrition, food safety, and cost analysis. Teams should be exact on ingredients used, preparation steps, cooking time, temperature, etc.
 - f. 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. 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. 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 caught talking and/or writing will receive a warning. The second time, the team will be disqualified and asked to leave the contest facility. 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 plastic 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.

VIRGINIA BEEF CHALLENGE RESOURCES

In preparation for the Virginia Beef Challenge, participants should not limit themselves to studying only the resources provided at the contest. Resources that may be helpful include (but are not limited to):

- MyPlate, www.choosemyplate.gov
- Dietary Guidelines for Americans, 2015-2020, <https://www.cnpp.usda.gov/2015-2020-dietary-guidelines-americans>
- Fight Bac! www.fightbac.org
- Cooking Basics for Dummies, 3rd edition
- Texas 4-H Food & Nutrition Website, <https://texas4-h.tamu.edu/projects/food-nutrition/>

The following resources will be provided to teams at the Virginia Beef Challenge.

- Resource 1: My Plate Mini Poster, <https://texas4-h.tamu.edu/wp-content/uploads/MyPlate-Mini-Poster.pdf>
- Resource 2: Fight Bac – Fight Foodborne Bacteria Brochure, https://texas4-h.tamu.edu/wp-content/uploads/Fight_BAC_Brochure.pdf
- Resource 3: Know Your Nutrients, https://texas4-h.tamu.edu/wp-content/uploads/Know-Your-Nutrients_FINAL.pdf
- Resource 4: Beef Resource(s) provided by Virginia Beef Industry Council, <https://www.vabeef.org/>
- Beef Challenge Worksheet (see below)

2019 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 SCORE CARD - PRESENTATION (80 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		5	
Reports function of key nutrients in dish		5	
Mentions healthy substitutions or alternatives		5	
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		5	
Serving Size Information			
Demonstrates knowledge of serving size		3	
Food Appearance/Quality			
Food is appealing and appetizing		3	
Appears to be cooked properly		3	
Attractive and appropriate garnish & plating		3	
Creativity			
Uses ingredients in a creative way		5	
Incorporates pantry items into dish or garnish		5	
Effectiveness of Communication			
Displays effective communication skills		5	
Poise & personal appearance		5	
Teamwork			
All team members contribute to the presentation		5	
	Total	80	

Additional Comments:

VIRGINIA BEEF CHALLENGE SCORE CARD - PREPARATION (20 pts)

	<i>Judge's Comments</i>	<i>Possible Points</i>	<i>Score</i>
Teamwork			
Members communicate effectively		2	
Each member contributes to preparation of food or presentation		2	
Members demonstrate spirit of cooperation		2	
Safety Concerns & Practices			
Uses equipment safely (heat, utensils, sharps)		2	
Demonstrates good personal hygiene (hair, nails, jewelry)		2	
Handles ingredients properly to avoid cross contamination		2	
Preparation			
Practices correct cooking procedures for ingredients provided		2	
Displays logical process & procedure for using and assembling ingredients		2	
Management			
Used work space efficiently		1	
Managed time efficiently		1	
Table was clean at conclusion of contest		2	
	Total	20	

Additional Comments: