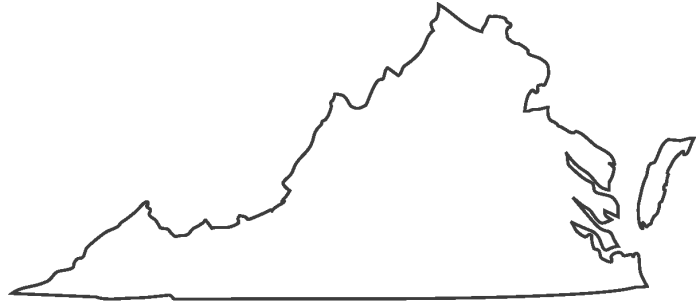


2022 Build a Better Burger RULES AND GUIDELINES



Saturday, April 16, 2022 12 Noon

***In conjunction with the Junior Beef Round-up at the
Rockingham County Fairgrounds***

Register Online at: <https://tinyurl.com/22burger>

Registration Deadline: April 1, 2022

Please read the enclosed packet very carefully!

**Contest will be held in-person under COVID
restrictions in place the day of the contest.**



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, gender, gender identity, gender expression, national origin, political affiliation, race, religion, sexual orientation, genetic information, military status, or any other basis protected by law.

Build a Better Burger Contest

This contest challenges individuals or pairs of youth members to create a nutritious, appetizing beef burger from a provided “pantry”. After 45 minutes for preparation and clean-up, entries make a presentation to judges about their processes, techniques, nutrition, and creativity, while promoting beef and beef production practices. This contest is roughly based on ideas from 4-H Food Challenge, but is more focused on beef in the diet and why and how consumers should/can eat beef.

OBJECTIVES

- Provide opportunities for youth to exhibit their knowledge and skill when preparing and presenting beef
- Promote creativity and teamwork
- Give participants opportunities for public speaking
- 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 2022 Build a Better Burger contest, please contact Kaci Daniel, Extension Agent, 4-H, Orange County, 540-672-1361 or kaci@vt.edu.

To register an entry online, go to <https://tinyurl.com/22burger> .

PARTICIPANT RULES

1. Official Registration: A maximum of 16 entries will be accepted, either individuals or pairs. To start, each unit (county) may register one junior entry and one senior entry. Units that have additional entries should notify the contest manager and ask to be put on the waiting list if additional spaces open.
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 entry, the entry will participate in the senior category. This event is the state-level competition; there is no opportunity for advancement.
3. Entries may consist of an individual (1) or a pair (2).
4. Contest schedule will be adapted based on the number of entries registered. Coaches or parents will receive email confirmation of the official starting time after registration is complete.
5. Contest managers will supply five resource sheets as listed for use during the contest. Participants may not bring their own copies of these resources, nor any others, and may not use any phones, computers, or other devices during the contest.
6. Each entry must supply their own equipment for the challenge. Entries may bring only the supplies listed in the supply box section of this packet. Supply boxes will be checked by contest officials as entries check in for the contest. Any extra equipment will be confiscated and the entry may be disqualified.
7. Entries will be provided with the same amount and source of ground beef from a Virginia producer. The pantry will include salt, pepper, oil, flour, sugar, Worcestershire sauce, onion, lettuce, tomato, ketchup, mustard, mayonnaise, bread/bun product, plus other items determined by the contest manager and requests from participants as explained below.
8. Each entry may suggest/request one item to be included in the pantry for all contestants to use. Requests are subject to cost and availability as determined by the contest manager. (For example, a request for caviar will not be honored, but an avocado or steak sauce is doable.) The pantry item request will be made at the time of registration. The contest manager reserves the right to accept or deny pantry requests.
9. 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 entry will bring an equipment box containing only one each of the following items, unless a different quantity is noted:

Bowls	Fork	Pencils (no limit)
Dip size (1)	Gloves (no limit)	Plastic box or trash bag (for dirty supplies)
Mixing (2)	Grater	Potato masher
Serving (1)	Hand sanitizer	Potato peeler
Can opener	Hot pads (up to 5)	Sanitizing wipes (no limit) or bleach solution spray
Colander	Kitchen scale (in ounces)	Serving utensil
Cutting boards (3)	Kitchen shears (1 pair)	Skewers (1 package – wood or metal)
Dinner (serving) plate	Kitchen timer	Spatula (2) (rubber/silicon)
Disposable tasting spoons (no limit)	Knives (4)	Stirring spoon
Dry measuring cups (1 set)	Liquid measuring cup	Storage bags (1 box)
Electric skillet <u>or</u> a skillet and electric hot plate burner	Measuring spoons (1 set)	Tongs
Extension cord (grounded/3-prong)*	Non-stick cooking spray	Whisk
Food thermometer	Note cards (1 pkg., 5 x 7 or less)	
	Paper towels (1 roll)	
	Pancake turner	

*entries should be certain the extension cord is grounded (3-prong) and at least 16 gauge wire.

RULES OF PLAY

1. Entries (individuals or pairs) 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 entry will be directed to a cooking/preparation station (approximately one 6-foot table and one electrical outlet). Entries will receive the same amount of Virginia-grown ground beef (~4-8 oz.), plus a pantry of ingredients that can be used. Contestants are to create a tasteful, eye appealing burger and explain the nutritional value while promoting beef. Garnishes are allowed for plating purposes, but contestants do not need to prepare “sides” to go with the burger they build.
4. Each entry will have 45 minutes to prepare and plate the burger, plan a presentation, and clean up the preparation area.
5. Only participants and contest officials will be allowed in food preparation areas.
6. All participants and spectators should demonstrate good character (trustworthiness, respect, responsibility, fairness, caring, citizenship) and sportsmanship. This contest will operate under the Virginia 4-H Code of Conduct and Standards of Behavior.
7. Equipment malfunction(s): some electrical replacement equipment may be available, but equipment replacement is not guaranteed.
8. Preparation: Each entry will be provided with the same amount of uncooked ground beef.
 - a. Entries are challenged with being creative and developing their burger.
 - b. Entries should keep track of the ingredients used and report that in their oral presentation.
 - c. Entries will have access to a “pantry” of additional ingredients to build the burger. There are not predetermined minimum or maximum numbers of ingredients that must be used. Contest officials reserve the right to limit amounts of certain ingredients depending on the quantity of product available and number of entries in the contest.
 - d. Note cards may be used by contestants to prepare their presentation. Entries should be exact on ingredients used, preparation steps, cooking time, temperature, etc.
 - e. Entries will be judged during the preparation phase of the contest. Judges may choose to taste the burger based on observation of safe cooking practices and temperatures. If judges see any unsafe practices, they can elect to not taste the burger and the entry receives zero points for that section. Judges’ decisions are final.
9. Food safety: Each station will have food safety resources. Entries should follow the steps listed to ensure proper food safety and be prepared to discuss food safety practices used in the entry presentation to the judges.
10. Nutrition: Each station will have the same nutrition and beef promotion resources/references as named in the general rules.
11. Presentation: When time is called, each entry will present their burger, according to the criteria on the scorecard, to a panel of at least two judges.

- a. All entry 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. Entries 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. Entries need to be prepared for judges to ask questions that are not directly related to the dish prepared. Entries 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 entry members while waiting to give the entry presentation. Entry members caught talking and/or writing will receive a warning. The second time, the entry will be disqualified and asked to leave the contest facility. Entry members should not have pens or pencils in their possession while waiting to give their presentation.
12. Clean-up: entries must clean up their preparation areas. Clean-up time is included in the 45-minute preparation allotment. Entries 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 45 minutes, only hot equipment and the finished, plated burger may be on the table.
13. Judges reserve the right to determine whether the prepared burger entries will be tasted or not. No left-over food should be shared with any participant or the audience.
14. Placing will be based on rankings of entries by judges. Judges' results are final.
15. An awards program will be held at the conclusion of the judging process.

BUILD A BETTER BURGER RESOURCES

In preparation for the Build a Better Burger contest, 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.myplate.gov
- Dietary Guidelines for Americans, 2015-2020, <https://www.dietaryguidelines.gov/>
- 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/>
- Virginia Beef Industry Council Website, <https://www.vabeef.org/>
- Beef It's What's for Dinner Website, <https://www.beefitswhatsfordinner.com/>
- FAQs about Beef Nutrition, <https://www.beefitswhatsfordinner.com/nutrition/beef-faqs>

The following resources will be provided to entries at the Build a Better Burger contest.

- 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: Burger Battle graphic, <https://www.vabeef.org/Media/VABeef/Images/burger-battle-ground-beef-vs-ground-turkey.jpg?width=640>
- Resource 5: Beef's Top 10, <https://p.widencdn.net/rpmre9/Beefs-Big-10>

BUILD A BETTER BURGER SCORECARD - PRESENTATION (70 pts)

	<i>Judge's Comments</i>	<i>Possible Points</i>	<i>Score</i>
Knowledge of Beef, Nutrition, and MyPlate			
Acknowledges role of beef in MyPlate		5	
Reports function of key nutrients in beef		5	
Mentions substitutes or alternative ingredients to complement beef		5	
Shares accurate knowledge of beef production practices		5	
Lists serving size		5	
Food Preparation			
Lists & explains steps in how burger is built		5	
Explains reasoning for added ingredients		5	
Safety Concerns & Practices			
Explains & applies food safety principles		5	
Mentions beef handling instructions & proper cooking temperatures		5	
Food Appearance/Quality			
Food is appealing and appetizing		5	
Attractive and appropriate garnish & plating		5	
Effectiveness of Communication			
Presentation is persuasive; audience feels compelled to eat beef		5	
Poise & personal appearance		5	
Participant(s) answers judges' questions accurately and completely		5	
	Total	70	

Additional Comments:

BUILD A BETTER BURGER SCORECARD - PREPARATION (30 pts)

	<i>Judge's Comments</i>	<i>Possible Points</i>	<i>Score</i>
Safety Concerns & Practices			
Uses equipment safely (heat, utensils, sharps)		5	
Demonstrates good personal hygiene (hair, nails, jewelry, gloves) & habits during contest		5	
Handles ingredients properly to avoid cross contamination		5	
Preparation			
Practices correct cooking procedures for ingredients provided; tests ground beef for doneness with thermometer		5	
Management			
Managed work space and time efficiently; table clean at conclusion of contest		5	
Taste/Quality			
Burger is tasty, flavors complement beef		5	
	Total	30	

Additional Comments: