



THE SOUTH CAROLINA 4-H HEALTHY LIFESTYLES CHALLENGE

The 4-H Healthy Lifestyles Challenge is modeled after such competitions as the Food Network's "Iron Chef," challenges teams of 4-H members to create a dish they are assigned. Team members must prepare the dish, make a presentation about it to the judges, interpret a label, plan a menu utilizing the dish and prepare a fitness plan. The presentation will include information about the serving size, nutritional value, how to utilize the dish in a meal and the cost of the dish. The 4-H Healthy Lifestyles Challenge allows 4-H members to demonstrate their culinary and food safety skills to judges and observers.

The Healthy Lifestyles Challenge was developed through a partnership of 4-H, Zest Quest and Partners for Academic Community Engagement.

Objectives:

- Provide opportunities for participants to exhibit their knowledge and skills when preparing and presenting a dish
- Provide opportunity for participants to explain their understanding of labeling
- Provide opportunity for participants to demonstrate their knowledge of ones need for physical activity
- Provide opportunities for participants to learn from other team members
- Promote teamwork
- Give participants opportunities for public speaking
- Provide leadership opportunities
- Give 4-H members the opportunity to participate in a new, exciting, competitive event

PARTICIPANT RULES

1. Participants. Participants must be 4-H members currently enrolled in a South Carolina 4-H county program.
2. Age. Age divisions are determined by a participant's age
Junior Division (Cloverleaves): Grades 4-5
Junior Division: Grades 6-8
Senior Division:
3. Teams per county. Each team will be comprised of 4 team members. Each county may enter a maximum of two teams in each age division. The first and second place teams in each age division should advance to the district contest. All teams require that all members be of the same age category.
4. Substitution of team members. Substitution of team members should be made only if necessary. No more than two team members may be substituted, up to the day of the Healthy Lifestyle Competition. The substitute 4-H members must have participated in the county Healthy Lifestyle Challenge to be eligible.
5. Entry fee. Each team will be required to pay a registration fee to cover the cost of ingredients for the contest.
6. Food categories: Fruits, Vegetables, Grains, Main Dish and Snacks
7. Attire. Each team will have the option of wearing coordinated clothing, aprons or hair coverings.
8. Resource materials will be provided at contest related to calories, nutritional value and the burning of calories.
9. Supply box. Each team must supply their own equipment for the challenge. Teams may bring only the supplies listed in the supply box section. Any extra equipment will be confiscated and the team may be disqualified.
10. Awards. District awards have not been determined at this time and will depend on sponsorships. Mystery awards will be given based on sponsorship.

CONTEST SCHEDULE

8:30 am	Agents, Leaders and Judges Orientation
9:00 am	Food Challenge Teams Check In
9:15 am	Food Challenge Teams Report to Stations
9:30 am	Food Challenge Begins
10:30 am	Group Presentations Begin
11:30am	Approximate Time for Awards Program

SUPPLY BOX

Counties will be given the equipment needed in a supply box. It will contain all of the necessary supplies you will need to prepare any of the recipes selected in the Healthy Lifestyles Challenge.

RULES OF PLAY

1. Teams will report to the designated location for check-in.
2. Each team will be directed to a food preparation station. There will be given a set of ingredients and a recipe they are to prepare. The recipe will come from one of the following categories: Main dish, Fruits, Vegetables, Grains, Milk and Nutritious Snacks.
3. General guidelines, resources and instructions will be located at each station to assist the team.
4. Each team will have 60 minutes to prepare the dish, plan a presentation and clean up the preparation area.
5. Each team may be given a challenge/obstacle to overcome during the contest.
6. Only participants and contest officials will be allowed in food preparation areas.
7. Preparation and presentation:
 - a. **Preparation:** Each team will create the dish given them. They can make variation to the recipe if they chose. Note cards will be given to the team to write down notes related to nutrition, food safety, and cost analysis.
 - b. **Food safety:** Each station will have food safety resources. Follow the steps listed to ensure proper food safety. Be prepared to discuss food safety practices used in the team presentation to the judges.
 - c. **Nutrition:** Each station will have a variety of nutrition resources/references. Each team Must name key nutrients in their dish and their functions, and identify where the dish belongs on MyPyramid. The team must also plan a nutritional menu utilizing the dish they have prepared.
 - d. **Cost analysis:** Prices will be available for each ingredient. Find the ingredients on the list and calculate the price of the dish along with the price per serving. Teams will determine the number of servings per recipe.
 - e. **Nutritional Label:** Each team will be given a nutritional label to evaluate.
 - f. **Fitness Plan:** Each team will develop a fitness plan to burn the calories consumed during the meal.
 - g. **Meal Plan:** Each team must plan a healthy meal utilizing the recipe they have prepared.
 - h. **Presentation:** When time is called, each team will present their dish to a panel of at least two judges. Teams must be able to communicate with the judges effectively. All team members must participate in the presentation, with at least three of them having a speaking role. Judging time will include:

5 minutes for the presentation

3 minutes for judges' questions

4 minutes between team presentations for judges to score and write comments

- i. **Clean-up:** Teams must clean up their presentation areas. Clean-up time is included in the 60 minute allotment. Teams should plan to not have access to a kitchen facility; therefore, dirty dishes should be placed in a plastic container or box to be cleaned at home. Left-over food should be disposed of properly.
8. Judges will be allowed to taste the foods prepared. No left-over food should be shared with any participants or the audience.
9. Placing will be based on rankings of teams by judges. Judges' results are final.
10. An awards program will be held at the conclusion of the judging process.

This competition has been patterned after The Texas 4-H Food Challenge

4-H HEALTHY LIFESTYLES CHALLENGE SCORE CARD

TEAM NUMBER		ENTRY CLASS	
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CATEGORY	COMMENTS	EXCELLENT	GOOD	FAIR	POOR
Knowledge of MyPyramid: Food group of individual ingredients Serving amount needed from each group daily Food group that dish falls into Number of serving provided by an individual serving of the dish					
Nutrient Knowledge: Key nutrients Function of key nutrients Ingredient providing nutrients Healthy substitutions Use of the dish in a menu					
Food preparation and Safety: Steps in preparation Food safety concerns Food safety practices					
Serving Size Information: Number of servings in the dish Size of serving Cost of entire dish Cost per serving					
Food Appearance/Quality: Appearance of food Garnishing Taste					
Reading of Label: Ability to interpret information on the label					
Presentation Skills: Voice Poise Number of members presenting Correctness of Information Overall effectiveness of communication					
Fitness Plan: Calculation of the number of calories in the meal planned Exercises planned to burn the calories					

Meal Plan: Balanced Meal Appealing Meal					
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4-H HEALTHY LIFESTYLES CHALLENGE TEAM WORKSHEET

Use back of sheet for additional space

Knowledge of MyPyramid:		
Write the food and where it falls on MyPyramid.		
Food	MyPyramid	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:

Serving Size Information:		
Accurately calculate the cost of the dish and the cost per serving		
Ingredient	Total cost of Ingredient	Cost per Servings
TOTAL		
Total Cost per serving		

Reading of Label:	
Ability to read your label	
Ingredient by largest amount	
Ingredient by smallest amount	
List of nutrients by order	Function of that nutrient

Fitness Plan:	
Ability to develop a fitness plan for the person eating the dish	
Total calories for the dish	
Fitness Plan	

Menu:

4-H HEALTHY LIFESTYLES RANKING FORM

PLACING	TEAM NUMER	COUNTY
1		
2		
3		
4		
5		
6		
7		
8		
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11		
12		
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21		
22		
23		
24		

Signature, Judge 1	Signature, Judge 2	Signature, Judge 3

HEALTHY LIFE STYLE CHALLENGE WORKERS

The Healthy Lifestyles Challenge does require some preparation beforehand to ensure that all the ingredients are assembled and all resources are carefully placed with the package of content materials. However, once the contest starts, it is all fun, for both the 4-H members and those working the contest. Below is a list of the average number of officials and judges you will need. Of course, these numbers will vary depending on the number of participants entered at each level.

GROUP LEADERS: two per category, per age division

JUDGES: two to three per age division

RUNNERS: two to four based on the number of participants, size of contest area,
And location of judging stations

4-H HEALTHY LIFESTYLES CHALLENGE RESOURCES

Resource 1: *MyPyramid*

Resource 2: *SC 4-H Healthy Lifestyles Manual*

Resource 3: *Altering Recipes for Good Health* by Texas Extension Service