



This information created and shared by Brianne Langdon, County Extension Agent in Somervell and Hood Counties.

Please feel free to alter as needed based on your team's strengths or areas for improvement.

For practice recipes, refer to the Texas 4-H cookbook on DishDish.us



Food Challenge

Suggested Practice Schedule

WEEK 1 –

Identify your team. Set a team goal and an individual goal for each team member.

Start with the basics.

Kitchen safety. Fight BAC

Knife Safety***** I cannot stress this enough!

Practice cutting, dicing, slicing, chopping, etc...

Have your team box assembled so the kids can start to familiarize themselves with everything in the box. Let them look at, pick up, and test out the equipment.

WEEK 2 -

Learn basic cooking techniques and how to apply them on the equipment we are allowed to use. Boil, Steam, Saute, Brown, etc.

WEEK 3 –

Start identifying which team member will do which job. Try watching a cooking show together like MasterChef, Top Chef, or Iron Chef so that the kids get an idea of what the competition will be like. (The major differences between the shows and our competition are that we compete as a team and we talk about nutrition.)

WEEK 4 –

All about MyPlate, Nutrition, and Healthy Substitutions.

WEEKS 5, 6, 7 & Beyond -

Practice!! Talk about garnishing and food presentation. Because the judges can't taste the dishes, presentation is very important. Also work on the judges' presentation and have each team member work on their job. It's important to have strong presentation skills.

Other Pointers -

Team building activities are great ice breakers and ways to start a practice. The strongest teams are the ones that work together the best!