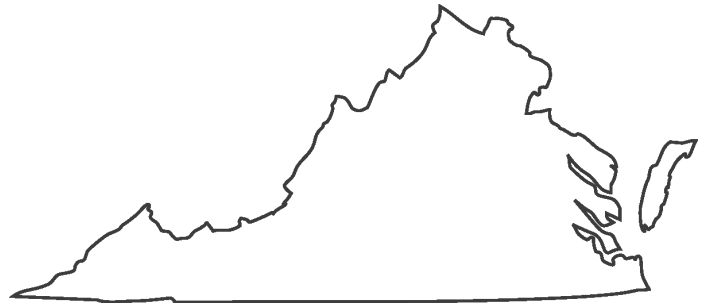
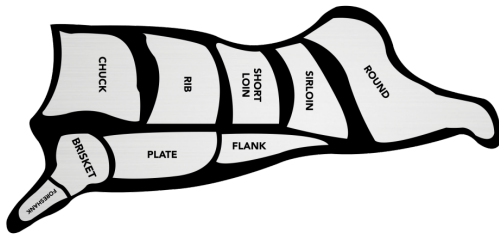


2023 VIRGINIA BEEF CHALLENGE RULES AND GUIDELINES MANUAL



Friday, April 14, 2023

5:30 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/20vbc23>

Registration Deadline: April 5, 2023

Please read the enclosed packet very carefully!



Virginia Cooperative Extension

Virginia Tech • Virginia State University

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Issued in furtherance of Cooperative Extension work, Virginia Polytechnic Institute and State University, Virginia State University, and the U.S. Department of Agriculture cooperating. Edwin J. Jones, Director, Virginia Cooperative

Packet Revised 3/2019 Extension, Virginia Tech, Blacksburg; M. Ray McKinnie, Administrator, 1890 Extension Program, Virginia State University, Petersburg. If you are a person with a disability and desire any assistive devices, services or other

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

Virginia Beef Council

****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_rules_guidelines_23.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 2023 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://tinyurl.com/20vbc23>

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).
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 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:

Beverage glass	Kitchen shears (1 pair)	1 plate/platter
Bowls (up to 4 - any size)	Kitchen timer	1 bowl
Calculator	Knives (up to 6)	1 utensil
Can opener	Liquid measuring cup	Skewers (1 set)
Colander	Manual pencil sharpener	Skillet with lid
Cutting boards (up to 4)	Measuring spoons (1 set)	Spatula (up to 2)
Disposable tasting spoons (no limit)	Non-stick spray	Stirring spoon
Dry measuring cups (1 set)	Note cards (no larger than 5 x 7)	Storage bags (1 box)
Electric skillet	Paper towels (1 roll)	Tongs (up to 2)
Extension cord*	Pancake turner (up to 2)	Toothpicks (no limit)
First aid kit	Pencils (no limit)	Hot plate burner** – Electric Only!
Food thermometer	Plastic box or trash bag (for dirty supplies)	Whisk
Fork	Pot with lid	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)
Gloves (no limit)	Potato masher	
Grater	Potato peeler	
Hand sanitizer	Sanitizing wipes (1 container)	
Hot pads (up to 5)	Serving dishes/utensils	

*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!

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. Equipment malfunction: some electrical replacement equipment may be available, but equipment replacement is not guaranteed.
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 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.

2023 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			
Used work space efficiently		1	
Managed time efficiently		2	
Table was clean at conclusion of contest		1	
	Total	25	

Additional Comments: