

VIRTUAL COOKING/BAKING CONTEST

1. Club leaders/parents are encouraged to help youth members select an age appropriate food preparation project. 4-H members must have experience preparing their food item prior to participating in this contest.
2. Entry must include 4-H member's name, 4-H age (member age on October 1, 2019), name of recipe, source of recipe, number of servings, and a copy of the recipe.
3. Entries may include a video and/or photos showing all the steps in preparing the recipe. If using a video, you may stop/pause during cooking and baking times to reduce the length of the video.
4. Upload video to YouTube.
5. Email YouTube video and/or photos, along with all information listed in number 4 (above) to kristine.shackley@wsu.edu by August 7.

Lot A - Food for All Occasions

1. 4-H members utilizing the "Exploring Foods Around the World" project material should enter this class if a complete meal is prepared.
2. A complete meal for four people must be prepared.

Lot B - Lunch on the Go

1. Participant will prepare lunch from beginning to end during the activity. Lunch preparation should demonstrate food and kitchen safety, appropriate preparation skills, and knowledge.

Lot C - Quick to Fix Meals

1. Participant will prepare a simple meal that demonstrates food and kitchen safety, appropriate preparation skills, and knowledge.
2. Participant must provide the judge with a written menu of the sample meal, and identify the food groups represented in the meal.

Lot D - Foods of the Pacific Northwest/Native Foods

1. Participant will prepare a dish which features an agricultural product produced in the Pacific Northwest.
2. Participant must submit a short essay discussing the preparation and quality of the food product and the nutritional, historical, and cultural aspects of the agricultural product used in the activity.

Lot E- My Favorite Foods

1. 4-H members utilizing the "Exploring Foods Around the World" project material should enter this class if a single Item Is prepared.

Lot F- Bread Baking

1. Participant will prepare a yeast or quick bread product.

Lot G - Food Preservation

1. Drying
2. Freezing
3. Water Bath Canning

Lot H - Other Cooking/Baking Activity

1. Beverages
2. Snacks for All Occasions
3. Brown Bag Lunch
4. Salads
5. Quick-to-Fix Meals
6. Any other baked item