

2021-22 4-H Chopped Contest

Students in grades 4-12 are invited to participate in this cooking contest. Registered contestants will be assigned three ingredients. They will choose (or create) a recipe that includes all three of the announced ingredients, plus any other ingredients they choose, cook it, plate it attractively, take a picture of their finished food and upload it to their 4-H Google Classroom by the deadline, along with the recipe and reflection assignment. Top youth advance to the next round; three rounds total.



Students cook at home with adult supervision appropriate for their age. However, the work needs to be the student's work.

Friday, October 22 – Last day to register; no late entries accepted. <https://tiny.utk.edu/4Hchopped>

Round 1:

- Friday, Oct 29 – Ingredients announced to registered contestants (using the email provided during registration)
- Wednesday, Nov 3 – Midnight deadline to upload Round 1 material to 4-H Google Classroom (photo of food, recipe, reflection)

Round 2:

- Friday, Nov 5 – Announce who has advanced to Round 2 and reveal ingredients to Round 2 participants
- Wednesday, Nov 10 – Deadline to upload Round 2 material to 4-H Google Classroom (photo of food, recipe, reflection)

Round 3 (Final Round):

- Friday, Nov 12 – Announce who has advanced to Round 3 (final round) and reveal ingredients to Round 3 participants
- Wednesday, Nov 17 – Deadline to upload Round 3 material to 4-H Google Classroom (photo of food, recipe, reflection)
- Friday, Nov 19 – Announce Chopped Contest Winners

4-H Chopped Scorecard

%	Criteria
20%	Nutritional Value: Entry is nutritious and follows "My Plate" guidelines (visit myplate.gov)
20%	Presentation: Finished product is appealing and plated with care, attention, and style.
20%	Creativity & Technical Skills: How unique is the dish? How simple or complex is it? What food prep skills are utilized? What tools and/or equipment is used?
20%	Recipe: Uses correct abbreviations, detailed recipe, indicates number of servings made, clear instructions, grammatically correct.
20%	Reflection: <ul style="list-style-type: none">• What food prep skills did you utilize to make this dish? Was this a new skill you learned or had you done it before?• What did you do to prepare this food safely? Did you have assistance/supervision and if so, what role did that person have?• How did you find this recipe, or if you created it yourself, what was your inspiration for the recipe?• Did you like the taste of the finished recipe? Did others in your family like the recipe?• Would you make this recipe again in the future? What changes would you make, if any?
For each round, the entry will be judged excellent (blue-5 points), good (red-3 points), or fair (white-1 point). In each round, 1st, 2nd, 3rd place medals will be awarded per grade division. We will not have any social media voting this year.	