



NASSAU COUNTY 4-H PRESENTS

# CHEF-IN-TRAINING

Registration Deadline: March 15

Food Drop-off: March 29 from 2:30-4:30pm

Awards Ceremony: March 29 at County Events

## RULES & SCORING

- Entry Categories: appetizer, main course, sidedish, dessert
- Food Groups: fruits and vegetables; dairy; protein; grains
- Open to all ages of 4-H members. Intermediates & Seniors must do all work unassisted. Cloverbuds & Juniors may have adult assistance as needed. Mixes & precooked items may only be used by Cloverbuds and Juniors.
- The entire amount of one recipe must be submitted.
- Each submission must have an index card listing the name & age category of youth exhibitor, the food group, category, & complete recipe.
- This is a county-level event. Entries do not move on to the district level.
- As much as possible, healthy recipes and ingredients should be used.
- Youth may submit a maximum of 2 entries. Entries must be from different food groups and categories. Youth will receive 1 fair point total.
- All entries must be received by 4:30pm or they will not be judged. After judging, dishes will be shared at the County Events program.
- Entries will be judged on presentation, taste, difficulty, and completeness. In the event of a tie the complexity of the recipe will determine the winner.
- Awards will be presented at County Events on 3/29. All entries will be recognized by Modified Danish scoring. Cloverbuds will not be judged, but will receive a participation ribbon.

***IF YOU HAVE ANY QUESTIONS, CALL 904-530-6353!***

