



# Food Preparation Competition

The Food Preparation competition is open to junior and senior members in the Foods project. Members will create an item based on the recipe they receive. For additional details, scoresheets, rules and guidelines, please contact your Regional Program Coordinator (RPC).

## Rules & Regulations

1. Members are required to register to receive a recipe.
2. A number of members will work simultaneously and the event will continue until all contestants have participated.
3. Members will be neat in appearance because they will be handling food. Clean hands are a must and long hair should be tied back.
4. **Please bring the following:**
  - a. two (2) mixing bowls
  - b. measuring spoons
  - c. spatula
  - d. measuring cups (dry)
  - e. measuring cup (wet)
  - f. hair net
  - g. one (1) butter knife
  - h. two (2) mixing spoons
  - i. paring knife.
5. Members are responsible for their own measurements, preparations, combining ingredients, baking, timing and cleaning up.
6. The proficiency of the member and the quality of the finished product will be judged.
7. Prizes will be awarded to the top junior and senior members.
8. The Junior Food Preparation Competition will be **forty-five (45) minutes** long.
9. The senior Food Preparation Competition will be **one (1) hour or sixty (60) minutes** long.
10. It is suggested that there be two (2) judges – one (1) for the Junior Food Preparation Competition and one (1) for the Senior Food Competition.
11. Each county is eligible to send one junior member and one senior member to the Food Preparation Competition at the 4-H Nova Scotia Provincial Show.