

# 4-H COOKING CHALLENGE - COOKING AWAY QUARANTINE

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Livingston County 4-H





# WHAT IS IT?

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- Weekly cooking challenge (6 weeks)
- Begins May 14th
- Each week a new set of challenges will be launched
- You have one week to complete the challenges and submit your results

# WHAT IS IT?

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- Form a team –family or remote friends
- Join as an Individual
- All ages and experience levels are welcome!
- Points will awarded and prizes given





# GOALS OF THE CHALLENGE

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- To have fun in the kitchen
- To learn new skills
- Connect with other 4-H members

# WHAT ARE THE CHALLENGES?

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- Recipe Challenge
  - Create or adapt a recipe featuring
    - Focus Ingredients
    - Focus Skills
  - Submit your recipe and a video presentation of your completed dish using Flipgrid



# WHAT ARE THE CHALLENGES?

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- A la Carte Challenges
  - 2-3 per week
  - Focus on a variety other culinary topics– food safety, techniques in cooking, nutrition, attractive plating & NY products
  - May be a Kahoot, a video demonstration, or submission of written answers



# HOW DOES EVALUATION WORK?

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- A team of evaluators will watch your presentation video and review your recipe.
- You will receive points and feedback on
  - Recipe thoroughness
  - Appearance of your dish
  - Your Video Presentation
  - Creativity of recipe



# HOW DOES EVALUATION WORK?

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- A la Carte Challenges
  - Points based on correct answers

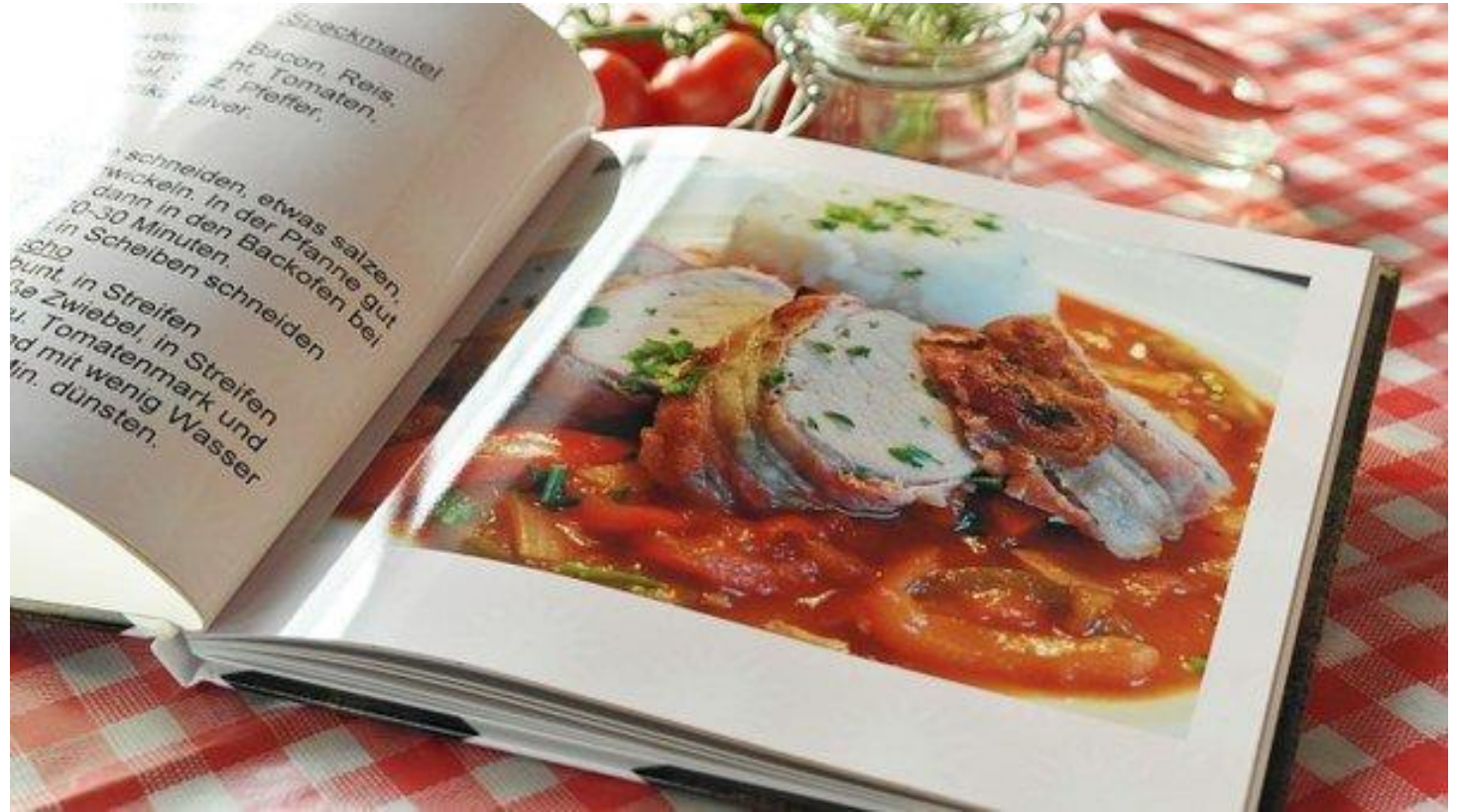




# HOW DOES EVALUATION WORK?

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- Scores kept throughout the challenge
- Prizes awarded for different levels of achievement
- Cookbook will be generated and shared!



# HOW DO I SIGN UP?



WATCH WEEKLY EMAILS FOR A  
REGISTRATION LINK



VISIT OUR WEBSITE-  
[CCELIVINGSTONCOUNTY.ORG/4-H-YOUTH](http://CCELIVINGSTONCOUNTY.ORG/4-H-YOUTH)



CONTACT RENEE HOPKINS-  
[RH445@CORNELL.EDU](mailto:RH445@CORNELL.EDU)

# HOW DO I GET MORE INFORMATION?

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- Once you have signed up you will be invited to join the challenge through Flipgrid
- Contact Renee [rh445@cornell.edu](mailto:rh445@cornell.edu)

