4-H COOKING CHALLENGE - COOKING AWAY QUARANTINE

Livingston County 4-H
WHAT IS IT?

• 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?

• Form a team – family or remote friends
• Join as an Individual
• All ages and experience levels are welcome!
• Points will be awarded and prizes given
GOALS OF THE CHALLENGE

• To have fun in the kitchen
• To learn new skills
• Connect with other 4-H members
WHAT ARE THE CHALLENGES?

• 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?

- 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?

- 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?

• A la Carte Challenges
  • Points based on correct answers
**HOW DOES EVALUATION WORK?**

- 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

Contact Renee Hopkins - rh445@cornell.edu
HOW DO I GET MORE INFORMATION?

• Once you have signed up you will be invited to join the challenge through Flipgrid
• Contact Renee rh445@cornell.edu