



4- H Cutting Board Challenge

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OVERVIEW

The Centers for Disease Control estimates that 1 in every 6 U.S. residents will suffer from foodborne illness each year.¹ Proper food safety measures can greatly reduce the risk of foodborne illness. The 4-H Cutting Board Challenge is designed to give youth a hands-on experience related to food preparation, food safety procedures, and an opportunity for team building and critical thinking. After learning about food safety and MyPlate, teams are challenged to prepare a meal using a pantry of general food items paired with three surprise ingredients. Each team presents their created food dishes to a panel of judges. Teams are evaluated on the food preparation process and final product.

TARGET AUDIENCE

Can be used with 4-H clubs, 4-H camps, teen groups, and volunteers. Appropriate for audiences 14 and older.

SUGGESTED GROUP SIZE

Multiple Teams of 4 to 6

TIME OF ACTIVITY

Up to six hours including food safety instruction, evaluating food preparation, and judging presented food items. Can be adapted to fit tighter schedules, or lessons can be separated into multiple days.



Teams use mystery ingredients to create a main dish and a dessert dish during the 4-H Cutting Board Challenge.

CURRICULUM OBJECTIVES

The 4-H Cutting Board Challenge has four program objectives:

Provide opportunities for teamwork

- Research food preparation techniques and common food pairings.
- Brainstorm recipes.
- Create a main dish and a dessert dish for the judges.

Better understand concepts of food safety

- Presentation adapted from the Minnesota Department of Health's Safe or Sorry 2.
- Participants will take a post-presentation food safety quiz to insure knowledge was gained before preparing foods.

Learn about MyPlate

- Before cooking, participants will review MyPlate recommendations.
- Six mystery ingredients will be selected based on food groups.
- MyPlate consideration is included on judging rubric.

Critical thinking

- One hour time limit to create two dishes.
- Teams will rely on their own knowledge to turn raw ingredients into works of art.
- No technology allowed during preparation.
- Teams will present their dishes to three judges, who will critique prepared foods based on taste, presentation, and MyPlate balance.



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The 4-H Cutting Board Challenge participants had the use of a pantry and kitchen equipment to create their dishes in addition to the six mystery ingredients.

MATERIALS NEEDED

- PowerPoint outlining food safety strategies.
- Judging rubric.
- Pre-Post surveys for participants.
- Basket or box of surprise food ingredients teams must use in their prepared meals.
- A pantry that includes a variety of food items teams can use in their meal preparations. Suggested items include: milk, cheese, butter, fruits, breads, seasonings, vegetables, oil, flour, sugar, and so on.
- Dishes and kitchen appliances for each team as needed. This may include: plates, utensils, stovetop heating elements, blenders, microwaves, toaster ovens, knives, grills, pots/pans, and so on.
- Proper food preparation area that includes table, sink, hot water, soap, towels and washcloths.
- Panel of judges to evaluate food prep process and prepared meals.

RECOMMENDATIONS

The 4-H Cutting Board Challenge provides youth with new knowledge and confidence about food safety, MyPlate recommendations, as well as teamwork and critical thinking skills. A successful program will require careful consideration of the following:

1. Location - facilities with industrial sinks, proper food prep surfaces, refrigerators, and sanitation is important. School cafeterias are a good choice.
2. Funding - the event takes start-up funds to purchase cookware. Each event will require funds to purchase groceries for each team.
3. Food allergies - survey participants before the event in order to avoid severe food allergies and accommodate dietary needs as possible.
4. Mystery ingredients - consider the versatility of products when selecting mystery ingredients. Make a list of possible ways to prepare an ingredient to ensure room for creativity by participants.

5. Food choices - select 2 food items commonly used in most households. The third food item can be more uncommon but inform group of that item ahead of time.
6. Food preparation - make sure you are selecting foods that can be prepared in the time given for the challenge.

IMPACT

The pre-post surveys are designed to measure transferred learning. Numerical codes are used to identify participants. Each participant rated their agreement on the following statements:

- I know what foodborne illness is and how to prevent it.
- I know several ways to prevent cross-contamination of food products.
- I am confident in my ability to turn raw ingredients into a balanced meal.
- I know how to serve a dish that meets MyPlate requirements.

Pre-post survey data have consistently shown that all participants agreed or strongly agreed that they had increased knowledge of food safety and MyPlate recommendations after the program.

SUPPLEMENT MATERIALS INCLUDED

1. PowerPoint on Food Safety: Safe Food 101
2. Pre-post survey
3. Judge rubric

Useful References

Centers for Disease Control and Prevention. last updated August 19, 2016, <http://www.cdc.gov/foodborneburden/>

Safe or Sorry-Food Safety Program of the Minnesota Department of Health, April 2001, Revised 2006 <http://www.health.state.mn.us/foodsafety/sos/sos.pdf>



Pre-Survey

Circle your level of agreement to the following statements:

Code (use your county and birthday, example: Hardin1216): _____

Gender: Male Female Age: _____ Years in 4-H: _____

I know what foodborne illness is.	Strongly disagree	Disagree	Neither agree nor disagree	Agree	Strongly Agree
I know how to prevent cross contamination.	Strongly disagree	Disagree	Neither agree nor disagree	Agree	Strongly agree
I am confident in my ability to turn raw ingredients into a food dish	Strongly disagree	Disagree	Neither agree nor disagree	Agree	Strongly agree
I know how to serve a meal that meets MyPlate requirements	Strongly disagree	Disagree	Neither agree nor disagree	Agree	Strongly agree

Post-Survey

Circle your level of agreement to the following statements:

Code (use your county and birthday, example: Hardin1216): _____

Gender: Male Female Age: _____ Years in 4-H: _____

I know what foodborne illness is.	Strongly disagree	Disagree	Neither agree nor disagree	Agree	Strongly Agree
I know how to prevent cross contamination.	Strongly disagree	Disagree	Neither agree nor disagree	Agree	Strongly agree
I am confident in my ability to turn raw ingredients into a food dish	Strongly disagree	Disagree	Neither agree nor disagree	Agree	Strongly agree
I know how to serve a meal that meets MyPlate requirements	Strongly disagree	Disagree	Neither agree nor disagree	Agree	Strongly agree

Post activity comments:

4-H Cutting Board Challenge Judging Score Sheet

Team: _____

Main Course: _____

	Score	Comment
Food Safety Procedures/ Compliance	/10	
MyPlate Compliance	/5	
Creativity/ Transformation of Ingredients	/10	
Taste	/15	
Presentation to Judges	/10	

Dessert: _____

	Score	Comment
Food Safety Procedures/ Compliance	/10	
MyPlate Compliance	/5	
Creativity/ Transformation of Ingredients	/10	
Taste	/15	
Presentation to Judges	/10	