



CREATIVE COOKS CONTEST

State Contests



Contest Information and Links

[Creative Cooks Contest Requirements](#)

[Creative Cooks Guide](#)

[Colorado Specialty Foods Division](#)

[Contest Judging Score Sheets](#)

Tips

- Plan a Menu for a Meal—any type of meal and theme can be planned
- Set One Place Setting Appropriate to the Meal—the table should be set for just one person for judging purposes
- Prepare One Food Item From the Menu—commercially prepared food items are not acceptable unless as an ingredient in a larger recipe.
- Food --all food used for the contest should be brought from home.
- Judging Criteria -- Menu-balanced for flavor, color texture, shapes, nutrition -Prepared Dish-appearance, flavor, quality-Display and Place Setting-Nutrition-knowledge and application to menu--Food Safety-Creativity

Creative Cooks Contest

This contest is open to any enrolled 4-H members and do not have to be enrolled in a 4-H foods project.

Counties may enter one entry in each age division as listed for a maximum of 12 entries per county. A county may enter both a team and an individual in each age division for the Colorado Specialty Foods Category.

Contestants participating in other contests may still participate in Creative Cooks as long as they can arrange to be available for the judging period for their age group and before the judges begin final consultations.

Contestants may enter as an individual or as a member of a team, but not both.

Juniors, 8-10 years old will compete first, followed by their awards, then Intermediates, followed by their awards and then Seniors followed by their awards.

A tentative schedule will be emailed to all contestants during the week prior to the contest.

For more information on the contest, please refer to the exhibit requirements at: http://www.colorado4h.org/events_opportunities/state_fair/packet/CreativeCooksContestRequirements.pdf