



COLORADO STATE UNIVERSITY
EXTENSION

Creative Cooks Contest

- This contest is open to any 4-H members and is not limited to those enrolled in a 4-H foods project.
- Counties may enter one entry in each age division for a maximum of 12 entries per county.
- Contestants may enter as an individual or as a member of a team, but not both.
- A team shall consist of two 4-H members. They may be from different age divisions, but they must compete in the age division of the oldest team member.
- Contestants participating in other contests may participate in Creative Cooks as long as they can be available during the judging period for their age group and before the judges begin final consultations.
- A tentative schedule will be emailed to all contestants the week prior to the contest.
- Judges briefly interview participants regarding their exhibits and what they have learned.



Order of Contest

- 1st: Juniors followed by their awards
 - 2nd: Intermediates followed by their awards
 - 3rd: Seniors followed by their awards.
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#InspireKidsToDo



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Creative Cooks Contest

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
 - Exhibitor — well groomed; understands meal planning
 - Menu — balanced for flavor, color, texture, shape, and nutrition
 - Prepared dish — appearance, flavor, and quality
 - Table Setting — attractive; suitable for meal
 - Knowledge of nutrition
 - Specialty food knowledge
 - Food safety
 - Creativity



Resources:

Located at Colorado4h.org:

- Creative Cooks Contest Requirements
- Creative Cooks Judging Sheet
- Colorado Specialty Foods Category Information