



# FIELD TO FORK CHALLENGE

## STUDENT REGISTRATION PACKAGE



**ENTRY DEADLINE: SEPTEMBER 30, 2020**





**The Field to Fork Challenge is on! Prepare a video of you cooking a favorite recipe highlighting BC products and submit to win great prizes!**

## Eligibility

The Field to Fork Challenge is open to all registered BC Agriculture in the Classroom Foundation (BCAIRC) Take a Bite of BC Students (as well as 4-H British Columbia Junior and Senior Members). This registration package is intended for Take a Bite of BC Students.

Contest closes September 30, 2020. One submission per person. Late or incomplete entries will not be accepted.

## Prizes

All Take a Bite of BC participants have a chance to win these amazing prizes!


1 <sup>st</sup> Place	\$400
2 <sup>nd</sup> Place	\$300
3 <sup>rd</sup> Place	\$200
4 <sup>th</sup> to 10 <sup>th</sup> Place	\$100 each

**BONUS PRIZES:** All placing Take a Bite of BC Students will ALSO win an exciting virtual Field to Fork Challenge Day on Saturday, November 7! This day will be packed full of fun... In the morning, participants will take part in virtual farm tours, games, and activities — and the chance to win even more prizes! The afternoon features the amazing opportunity to create 3 delicious dishes, all under the expert online instruction of BCAIRC Celebrity Chef Randle (participants will receive a valuable BC food gift pack that they will use to create delicious recipes in the comfort of their own homes)! Participants just access to a laptop, the Internet, and a kitchen to join in all the fun! Wow!



# Judging Criteria

Judging will be completed based on criteria outlined in the following *Field to Fork Challenge Score Card*:

 **Field to Fork Challenge Score Card**

Name: \_\_\_\_\_ Age: \_\_\_\_\_


Recipe Name: \_\_\_\_\_

Time Used: \_\_\_\_\_

		EXCELLENT	VERY GOOD	GOOD	FAIR	POOR
<b>Presentation</b>	• Well organized & logically presented					
	• Equipment & visual aids used effectively					
	• Poised, friendly & enthusiastic					
	• Voice: pitch, clarity, projection					
	• Presence					
<b>BC Recipe &amp; Ingredient Selection</b>	• Recipe choice					
	• Use of BC ingredients					
	• Evidence of thorough study					
	• Food and kitchen safety					
	• Purpose of presentation accomplished effectively					
<b>Column Total</b>						*
						x4
						x6
						x8
						x10
						(100)

Judge #1		
Judge #2		
Judge #3		
Sub-total		
+ 3 = Average Score		
- Time Penalty		
<b>FINAL SCORE</b>		

\_\_\_\_\_ **Judge's Signature**

 **Field to Fork Challenge Comment Sheet**

Name: \_\_\_\_\_

Time Used: \_\_\_\_\_

<b>Presentation</b>	
<b>BC Recipe &amp; Ingredient Selection</b>	

Judge's comments to be cut off score card and returned to club after the event.

**Field to Fork Challenge**  
Revised May 2020

### JUDGE'S GUIDE — Field to Fork Challenge

- A. PRESENTATION**
- Well organized & logically presented — Did the presentation have an introduction, body and conclusion?
  - Equipment & visual aids used effectively — Equipment should be labelled & displayed for all to see. Is the work area always neat, tidy, and organized logically?
  - Poised, friendly & enthusiastic — Does participant show confidence, smile, friendly toward audience, show interest & enthusiasm in the presentation?
  - Voice: pitch, clarity, projection — Is the participant easy to hear & listen to?
  - Presence — Does the participant hold the audience's attention through use of effective communication skills? Are they neat, well groomed, and dressed appropriately?
- B. BC RECIPE AND INGREDIENT SELECTION**
- Recipe choice — Did the presenter choose a recipe that was of appropriate difficulty? Was the audience able to see and understand each step?
  - Use of BC ingredients— Were BC grown or processed ingredients the stars of this recipe?
  - Evidence of thorough study — Did the presenter research their topic? Did they share interesting facts about their ingredients during the presentation?
  - Food and kitchen safety — Did the presenter demonstrate and/or mention safety practices such as: washing hands, preventing cross-contamination, etc.?
  - Purpose of presentation accomplished effectively — How well does the participant meet the objectives of the presentation by highlighting BC foods from Field to Fork?
- GENERAL**
- Time: 5 to 10 minutes for 4-H BC Junior Members, 10 to 15 minutes for 4-H BC Senior Members and BC Agriculture in the Classroom Take a Bite of BC Students
  - Deduct 5 points for every minute or part thereof under time, or overtime.
- \* No score for poor rating

**Additional Comments:**


**Field to Fork Challenge**  
Revised May 2020

## Entry Guidelines

### Step 1

Please submit the following three items to [specialevents@bc4h.bc.ca](mailto:specialevents@bc4h.bc.ca):

1. All completed registration forms (pages 7-9 of this package), including your recipe – saved as one PDF
2. A photo of yourself with your BC ingredients
3. A photo of the completed recipe

Ensure you do the following before submitting:

- Name the subject line of the e-mail and PDF of forms in the following format:
  - **FTFC\_Entry\_Category (A)\_FirstnameLastname**
  - **Example:** FTFC\_Entry\_A\_CassiSauer
- Refer to Photo Guidelines for more photo submission details

### Step 2

Once your email is received, you will be sent a confirmation e-mail with a **link** and instructions on how to submit your video.

**All submission components must be the independent, created or adapted work of the participant.**

## Video Guidelines

- Videos must be in English
- Please introduce yourself at the beginning of the video, providing your **first name** and the **name of your school**
- Videos must be **10 to 15 minutes**
- Maximum file size of 3GB (the larger the file, the longer it will take to upload - it may take up to one hour to upload the video)
- Accepted file formats: .mov, .AVI, h.264, .mpa, or .m4v
- Name your video files in the following format:
  - **Category (A)\_FirstnameLastname\_video**
  - **Example:** A\_CassiSauer\_video
  - **Category Legend:** A = BCAITC Take a Bite of BC Students



REMINDER: You will receive a link on where to submit your video AFTER you've submitted your Registration Package to [specialevents@bc4h.bc.ca](mailto:specialevents@bc4h.bc.ca)

Check out a sample video here: <https://www.youtube.com/watch?v=7N3FKTzw9AY&feature=youtu.be>

## Photo Guidelines

Along with your registration forms you need to submit a photo of yourself with your BC ingredients, and a photo of your completed recipe. Each photo should meet the following guidelines:

- JPEG or PNG format
- Photos must be in colour
- Minimum photo quality of 800 pixels by 1000 pixels, ideally 2400 pixels by 3000 pixels (same as an 8x10 photo at 300 dpi/resolution)
  - Determine your photo quality by viewing your photo's properties on the computer (will be shown the width and height in pixels)
- Any variations of a 8x10 photo ratio are allowed – photos that are not 8x10 will appear stretched, compressed or distorted
  - Check your photo ratio by taking the lower pixel number and dividing it by the higher pixel number, if you get 0.8 you've hit the ideal ratio  
e.g.  $2400/3000 = 0.8$
- Name your photo files in the following format:
  - **Category (A)\_ FirstnameLastname\_photo(1/2)**
  - **Example:** A\_CassiSauer\_photo1
  - **Category Legend:** A = Take a Bite of BC Students
  - **Photo Number Legend:** Photo 1 = Picture of you with the BC ingredients, Photo 2 = Picture of the completed recipe

### TIPS FOR TAKING GOOD PHOTOS

Be mindful of the lighting (natural light is best – avoid angles producing shadows)

Ensure the picture is clear (keep the camera still – try using a tri-pod and set a camera timer)

Use a neutral background (arrange your food and keep surrounding areas neat – remove all distractions)

Balance contrasting colours (ensure focal point – avoid overuse of similar colours)

Keep it simple!

### Examples:



S\_CassiSauer\_photo1



S\_CassiSauer\_photo2





## EXAMPLE Recipe Submission Form

**Recipe Title:**

**Participant Name:**

**Recipe Owner Name (Credit):**

**Time to Prepare:**  **Time to Cook:**  **Total Time:**

**Yield/Number of Servings:**

List ingredients in order of use. Please use imperial measurements (e.g. cups, tablespoons, teaspoons).

### BC Ingredients:

Please identify the ingredients in your recipe that were grown or produced in BC.

- ⅓ cup butter
- ¾ cup pear juice
- ¼ cup + ¼ cup + 2 tbsp. honey
- 3 cups frozen blueberries
- 3 medium apples
- 1 cup flour
- 1 pinch + 1 pinch of sea salt
- 1 medium egg white
- 1 ½ cups hazelnuts

### Other Ingredients:

- 2 tsp arrowroot powder
- 2 cups quick oats
- 1 tsp + 1 tsp ground cinnamon
- ¼ tsp nutmeg
- ¼ tsp ginger powder
- 1 tbsp. sugar
- ¼ tsp allspice

**Instructions:** Include all steps required and reference all ingredients and tools used.

1. Preheat oven to 350 degrees F.
2. In a medium bowl, whisk together 2 tsp arrowroot powder, ¾ cup pear juice, and first ¼ cup honey until smooth.
3. Allow 3 cups of frozen blueberries to thaw. Peel and core 3 medium apples then cut into ½ inch thick slices. Fold thawing blueberries into the sliced apple and juice mixture ensuring juice evenly coats all fruit.
4. Pour into baking dish and place into preheated oven for 20 minutes while preparing crumble topping.
5. To prepare crumble topping, mix together 1 cup flour, 2 cups quick oats, 1 tsp ground cinnamon, ¼ tsp nutmeg and ¼ tsp ginger powder and a pinch of sea salt.

6. Melt  $\frac{3}{4}$  cup butter in small saucepan over low heat and whisk in second  $\frac{1}{4}$  cup honey until smooth. Fold into dry mixture, until it is an even, crumbly, doughy texture. Refrigerate crumble topping until fruit mixture has finished pre-baking.
7. Once fruit is pre-baked and out of the oven, spread crumble topping evenly over top of prepared fruit and return baking dish to oven for another 20 minutes, or until fruit juices are bubbling up sides and topping is golden brown. Remove from oven and let cool while making candied hazelnuts.
8. To make the candied hazelnuts, in a small bowl, beat 1 medium egg white and 2 tbsp. honey until frothy and set aside.
9. Next add 1 tbsp. sugar, 1 tsp. cinnamon,  $\frac{1}{4}$  tsp. allspice, and a pinch of sea salt. Pour  $1\frac{1}{2}$  cups hazelnuts into the bowl and toss until evenly coated.
10. Spread hazelnuts onto your parchment lined roasting pan so they do not touch.
11. Place roasting pan into preheated 350 degree F oven, and bake for 15 minutes, then remove the pan from the oven and use a metal spatula to unstick nuts from bottom of pan, and toss well. Return to oven to bake for another 10-12 minutes, or until toasted and golden.
12. Remove pan from the oven and loosen the hazelnuts from the bottom of the pan with a spatula, and cool in the pan at room temperature.
13. Add chopped hazelnut topping to the crumble and enjoy!



## Entry Details

### Part 1

First Name:

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Last Name:

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Phone:

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Email:

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Birth Date (MM/DD/YEAR):

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City:

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### Part 2

School: 

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Grade:     8     9     10     11     12





## Recipe Submission Form

**Recipe Title:**

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**Participant Name:**

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**Recipe Owner Name (Credit):**

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**Time to Prepare:** \_\_\_\_\_ **Time to Cook:** \_\_\_\_\_ **Total Time:** \_\_\_\_\_

**Yield/Number of Servings:** \_\_\_\_\_

List ingredients in order of use. Please use imperial measurements (e.g. cups, tablespoons, teaspoons).

**BC Ingredients:**

Please identify the ingredients in your recipe that were grown or produced in BC.

**Other Ingredients:**

**Instructions:** Include all steps required and reference all ingredients and tools used.



## Video/Photo Release Form

Please read the following information, fill in the requested information at the bottom of the page, sign and date.

4-H British Columbia and BC Agriculture in the Classroom Foundation (BCAIRC) are requesting your permission to post photos and/or videos on their respective websites, social media channels and/or additional publications such as an annual calendar, annual reports, or magazine/newsletters.

These photos and/or videos, either in its entirety or portions thereof, may be used for promotional purposes by 4-H British Columbia and BCAIRC, in print or in video format for broadcast or non-broadcast purposes.

- I grant 4-H British Columbia and BCAIRC perpetually and exclusively the right and unrestricted permission to use video and electronic images of my child (or myself) taken (including print, film, slides, CD-ROM and any other electronic medium presently in existence or invented in the future) and submitted as an entry to the Field to Fork Challenge.
  
- I understand that all entries become property of 4-H British Columbia and BCAIRC and that they have the right, at any time, to re-use, publish, distribute and display the footage shot in whole or in part without compensation.

I agree that I am of legal age to contract my own name. I have read this release, and I fully understand it.

_____	_____	_____
<b>Participant (please print)</b>	<b>Signature</b>	<b>Date</b>
_____	_____	
<b>City, Province</b>	<b>School Name</b>	

*If you are under 18 years of age, a parent/guardian is required to sign this form*

_____	_____	_____
<b>Parent or Guardian (please print)</b>	<b>Signature</b>	<b>Date</b>