

Kids Cook-Off Rules & Regulations

Activity Description

On Saturday, **September 21, 2013**, ten finalists will compete in the *6th Annual Kids Cook-off* during the *Visalia Home EXPO* held at the Visalia Convention Center.

Activity Goal

To provide children ages 6-18 with a fun and educational culinary experience in a supportive environment that encourages the preparation of good and nutritional meals made using locally grown produce, cheese, nuts and other products.

Activity Coordinators

Steve Tarter (Show Manager, Showcase Events)

Kathy Powers (Host, *Hey Kids, Let's Cook*, Public Television)

Don Waddell (Director, Institute of Technology's Culinary Division, Fresno)

Who May Enter

Children ages 6-18 who reside in Fresno, Kern, Kings, Madera, or Tulare Counties (California) may enter recipes for the Kids Cook-off.

Qualifying Entries

To qualify as a finalist, entries must include a recipe for a nutritious lunch made up of TWO DISTINCT MENU ITEMS that can be prepared in an hour or less. The entry may include, but is not limited to, fruits, vegetables, chicken, turkey, beef, pork or fish, and it may include items such as breads (wheat, rye, pita, etc.), tortillas, crackers, pasta, salads, drinks, etc. Be sure to consider locally grown fruits, vegetables, dairy products, nuts and other seasonal items that promote a healthy lunch.

Rule Changes

Show Management reserves the right to modify contest rules in a way that will best serve the number of entries received but still provide a fair competition for all involved.

How To Enter

All entries **must may be submitted ONLINE** and include the child's name, age, date of birth, parent/guardian(s) name, address, phone, school and grade level. All recipes must list all ingredient, with the specific quantities at the top, followed by a numerical list of preparation steps below. Please visit www.VisaliaHomeShows.com or www.HeyKidsLetsCook.com to find a direct link to the Online Entry Form.

Deadline

All entries must be submitted ONLINE no later than **September 6, 2013**.

Selection of Finalists

Staff and students at the Institute of Technology will review all submitted entries from the two age groups (6-12 and 13-18). After reviewing the recipes, the staff and students will select five entries from each group as finalists.

Parental Permission Requirement

All Finalists must submit a written *Parental Permission Slip/Photo Waiver* in order to participate. In addition at least one parent or guardian must be present during the (respective child's) cook-off performance.

Cook-Off Date and Location

Finalists from each age group will be invited to participate in the Cook-off held **September 21, 2013**, in the designated kitchen area of the Visalia Convention Center. Each contestant will be required to provide all ingredients, equipment and additional items required to prepare his/her recipe in an hour or less. Contestants will also be allowed to use the facility equipment.

Live Cook-Off Rules

A safety mentor will be assigned to each contestant to help during preliminary set-up, ensure proper food preparation and oversee equipment usage. The mentor will also help as a time monitor, but it remains the responsibility of each contestant to prepare his/her recipe. At the Cook-off, each child, with the assistance of his/her mentor, will prepare his/her recipe within the specified time frame and in front of an audience. The entries will then be presented to a panel of judges who will select first- and second-place winners from the two age groups.

Cook-Off Times

Five finalists ranging in age from 6-12 will compete from 12:30 p.m. - 2:30 p.m.

Five finalists ranging in age from 13-18 will compete from 2:30 p.m. - 4:30 p.m.

Judging Criteria

Recipes will be judged on the following criteria:

- **Overall Appeal** (originality, creative ingredients, sportsmanship)
- **Appearance and Presentation** (visual appeal, aroma, garnish)
- **Execution of Recipe** (cooked just right, not over or underdone, color volume, not too moist or dry)
- **Taste** (seasoning, spices and herbs, flavor balance, tender texture, moist or crunchy as appropriate)
- **Difficulty Bonus** (judges' discretion in awarding additional points for nutritional value, local ingredients, etc.)

Prizes

Finalists may be videotaped live and the footage will be aired in a fall episode of *Hey Kids, Let's Cook*. Finalists will also receive honorable mention on the Website. First-place winners in the younger age category will receive a party for 10 sponsored by Build-A-Bear Workshop (Visalia) and the first-place winner in the older age category will receive four Passport tickets to the Disneyland Resort in Anaheim, including a tour of kitchen facilities. Additional prizes will be awarded by Visalia Mall retail stores and Comcast. **Prizes are subject to change by Show Management but all finalists will be notified in advance of the cook-off.**