

# **Video Cooking Contest Guidelines**



### You do not need to be a 4-H member to participate

### Participants must be:

- Grades 5-12
- Reside in state of Hawai'i OR
- OCONUS military-connected youth overseas in the Pacific

### Submission must:

- Be 5-7 minute video
- Feature a **LOCAL** commodity
- Include safe food-handling
- Include a photograph

### Recipe must:

- Feature a LOCAL commodity (grown or raised locally)
- Be a healthful recipe
- Include nutrition information
- Feature commodity in recipe title

## **Video Requirements**

### Commodity

- Where featured commodity is grown or raised locally
- Background information on the commodity
- Cultural and/or local connections

### Safety

- Follows guidelines for food handling
- Kitchen safe skills are utilized

### **Nutrition**

- Commodity nutrition facts are discussed
- Commodity health benefits are explained

### Resources

 References for recipe, nutrition, and/or food safety information is listed or mentioned.

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### **Cooking Demonstration Video**

- RECIPE used is of interest to the audience and) Incorporates some commonly found ingredients. Recipe is easily made at home.
- LOCAL COMMODITY is the featured ingredient in the recipe and includes information on nutrition, source, handling, and local/cultural connections
- MEASUREMENTS used are specific for recipe and demonstration follows techniques.
- INFORMATION teaches the audience something about the commodity and audience is entertained.
- SAFETY and sanitation guidelines are followed (at least 5).
- PRODUCT is featured in an appealing way. Presenter tastes dish and describes taste in detail.
- VIDEO allows viewer to hear and see all that is going on, is good quality, and has good eye appeal.
- Food Photography
  - o **Subject** The subject is clear and rules of composition and light draw emphasis to the subject.
  - Lighting Light improves and enhances the photo's visibility, clarity, contrast, and value.
  - Content Photo is simple and uncluttered. Compositional concepts such as Rule of Thirds, Center,
    Diagonal, Curved, and Leading Lines are successfully used to enhance the subject.