



Wisconsin Team Nutrition (WI TN) is excited to announce the eighth annual Whipping Up Wellness, Wisconsin Student Chef Competition. Teams will compete to develop a nutritious, student-friendly recipe that can easily be incorporated into the school food service program and used at home. Students will gain hands-on cooking experience that will give them the knowledge and skills necessary to prepare healthy meals. The competition consists of a Recipe Contest and a Cooking Competition.

## Recipe Contest

In the first round, teams will be asked to submit a completed contest application with nutritional analysis and a photograph of their dish. Recipes should be developed by the students with an adult team supervisor. Recipes will be judged on creativity, recipe presentation, school meal menu, school food service reproducibility, culinary skills utilized, and level of application completion. Qualifying recipes may be included in the eighth annual student chef cookbook.

### Team Formation

- The team must consist of three to five students in grades 6-12. **Students must attend a school that participates in the National School Lunch Program.**
- The team must also have one adult team supervisor that may be a school employee or parent/guardian. The adult team supervisor will be the primary contact between the Department of Public Instruction and their team. In addition, the adult team supervisor should provide the team with culinary guidance, teach food safety techniques, assist with the nutritional analysis, and help meet contest deadlines.
- The adult team supervisor must be present at the Cooking Competition but may only provide guidance on cooking techniques and food safety at the Cooking Competition.

### Application Process

- All team members must view the MyPlate for School Meals video prior to completing the application. The video is available on the [Whipping Up Wellness website](#).
- The team must submit an **original** recipe. See the "[Helpful Hints](#)" handout for more information about developing an original recipe.
- The team/school must supply the ingredients for developing the Recipe Contest dish.
- The team should consider the Cooking Competition criteria as they develop their recipe.
- All team members must complete the [electronic student questionnaire](#) in addition to the entry form to be considered for the competition. The questionnaire should be completed following completion of the recipe development and nutrient analysis.
- The completed application and photograph of the dish must be submitted **electronically** to the Wisconsin Department of Public Instruction by **March 12, 2020**. Entries may be submitted via email to [DPINFNSTeamNutrition@dpi.wi.gov](mailto:DPINFNSTeamNutrition@dpi.wi.gov) or as a shared Google Doc.

### Recipe Requirements

- The recipe must serve six to eight people.
- The recipe should NOT be a smoothie or dessert.
- The recipe must include at least one cooking step.
- If the recipe contains grains (e.g., flour, pasta, rice) all grains must be whole grain-rich. The use of non-whole grain-rich ingredients is permissible when used in small amounts (e.g., flour as a thickening agent, bread crumbs as a garnish).

## What Makes a School Meal

Schools participating in the National School Lunch Program must offer students minimum quantities of all the MyPlate food groups: protein, grains, milk, fruit, and vegetables. All schools meals must provide the following portions of each component:

<b>Protein</b> at least: 1 oz eq (K-8) 2 oz eq (9-12)	<b>Grains</b> at least: 1 oz eq (K-8) 2 oz eq (9-12)	<b>Milk</b> 1 cup (K-12)
<b>Fruit</b> at least: 1/2 cup (K-8) 1 cup (9-12)	<b>Vegetables</b> at least: 3/4 cup (K-8) 1 cup (9-12)	

To accompany the entrée, students must identify additional items that would be served with the entrée to make a complete school meal. **When completing the application, students are not required to calculate or ensure their meal provides the required number of cups or ounce equivalents of each food group.** Please note entrée garnishes do not count as a full food group.

### Additional Recipe Considerations

- Student teams may include fresh, frozen, or pre-cooked meat, fish, and poultry products in their dish. Teams using these products are expected to follow appropriate food safety procedures. For information related to safe minimum cooking temperatures and preventing cross-contamination, please visit [FoodSafety.gov](https://www.foodsafety.gov). Raw meat **may not** be served for consumption.
- Student teams are encouraged to develop recipes that contain less than 10 percent of calories from saturated fat and 480mg of sodium per serving.

### Recipe Contest Judging Criteria

The Recipe Contest will be scored on creativity, recipe presentation, school meal menu, school food service reproducibility (including affordability), culinary skills utilized, and level of application completion.

**Creativity:** Recipes will be judged on innovative use of ingredients and flavor combinations.

**Recipe Presentation:** The recipe will be judged on its description (included on the Application Form) and the photograph of the dish. Recipe descriptions should include the taste, texture, and appearance of the dish. It is recommended that you use descriptive words such as colorful, crisp, hearty, spicy, etc. The [Smarter Lunchroom Sensory Word](#) handout has more descriptive word ideas. See the "[Helpful Hints](#)" handout for more information about food photography.

**School Meal Menu:** Menus will be judged on inclusion of all food items to make a complete school meal. Meals that contain multiple colors, textures, temperatures, and flavors will be scored favorably.

**School Food Service Reproducibility:** Recipes should be developed that could easily be modified for school food service. Scoring will take into consideration student acceptability, ease of preparation, number and types of ingredients, cooking time, and recipe cost.

*Culinary Skills:* Recipes will be judged on culinary techniques, such as knife skills executed (e.g., chopping, dicing, mincing) and cooking methods utilized (e.g., baking, roasting, sautéing).

*Application Completion:* Reviewers will judge the application for inclusion of all ingredients, clear and concise instructions, appropriate serving size and yield, and completion of the nutritional analysis.

## Cooking Competition

In the second round, the top five finalists from the Recipe Contest will be invited to prepare their recipe at a Cooking Competition at the Madison Area Technical College – Truax Campus on **Thursday, May 14, 2020**. The finalists will receive a banner to display at their school and recognition on the Wisconsin Department of Public Instruction website. More than one team per school may enter the Recipe Contest, however only one team per school district will be invited to the Cooking Competition.

The five finalist schools will receive travel reimbursement for one vehicle to and from the Cooking Competition. Additionally, reimbursement of up to \$300 will be available for the purchase of ingredients to adjust, perfect, and test their recipes. Once recipes are perfected, teams must adjust their recipe to yield 48-50 servings, prepare this adjusted recipe, and conduct a taste test with their classmates. The adjusted recipe may be slightly different than the submitted recipe to allow for better use within quantity foodservice operations. The adjusted recipes will be provided to Wisconsin food service directors for use in school meals. A completed reimbursement form and receipts are required to be submitted. The Department of Public Instruction will only be able to reimburse the school/district for costs incurred.

### Cooking Competition Requirements

- The teams must prepare, cook, and plate their recipe (yield of six to eight servings) in less than two hours. Ingredients will be provided, and no food preparation may be done in advance.
- The teams must plate six completed servings of their dish.
- The teams must give the judging panel a brief presentation of their dish that includes an introduction of team members, a description of the entrée, an explanation of the dish creation, the student taste test results, and description of other menu items that would be served to complete a school meal.

### Equipment

The Cooking Competition will take place at a cooking lab facility at Madison Area Technical College – Truax Campus. At the Cooking Competition, teams will be responsible for cleaning their station, including equipment, and returning items to their proper place. **Teams may not bring their own utensils or equipment to the competition.** Each team will be provided with:

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|-----------------------|--------------------|---------------------|
| • Aprons and hairnets | • Knives           | • Slotted spoons    |
| • Baking pans/sheets  | • Measuring cups   | • Spatulas          |
| • Cutting boards      | • Measuring spoons | • Strainers         |
| • Disposable gloves   | • Mixing bowls     | • Thermometers      |
| • Electric hand mixer | • Rolling pin      | • Tongs             |
| • Food processor      | • Saucepans        | • Vegetable peelers |
| • Frying pans         | • Scales           | • Whisks            |

*Additional equipment may be available upon request.*

## **Cooking Competition Judging Criteria**

The dishes will be evaluated by a panel of judges based on the following criteria.

*Overall Appeal:* The dish will be judged on creativity, student appeal, use of local foods, and school food service reproducibility.

*Appearance and Execution:* The dish will be judged on color/plate appeal, aroma, and cooking quality.

*Taste:* The dish will be judged on the use of flavors, variety of textures, and serving temperature.

*Presentation:* Presentations should be 10 minutes in length and will be scored on thoroughness of dish introduction and ability to answer judge questions. Teams should discuss development of dish, nutritional content, results of student taste tests, and interaction with school food service staff (if applicable).

## **Contact**

Please contact Alicia Dill at [alicia.dill@dpi.wi.gov](mailto:alicia.dill@dpi.wi.gov) or (608) 266-2741 or Kelly Williams at [kelly.williams@dpi.wi.gov](mailto:kelly.williams@dpi.wi.gov) or (608) 267-9120 with questions regarding the competition.

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(1) mail: U.S. Department of Agriculture  
Office of the Assistant Secretary for Civil Rights  
1400 Independence Avenue, SW  
Washington, D.C. 20250-9410;

(2) fax: (202) 690-7442; or

(3) email: [program.intake@usda.gov](mailto:program.intake@usda.gov).

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