

**Thank You!**

Nicole Swinson  
Duplin County 4H-EFNEP Program Assistant  
Cooperative Extension  
Tammy Dean  
Youth Entrepreneurship Leadership Lab  
Corey Purdie  
Wash Away Unemployment

Thanks to all of the partners, volunteers and parents that have assisted. Without **T.H.I.N.K.** would not be possible.



**T.H.I.N.K**

**(Teen Health Initiative Nurturing Knowledge)**

**Teen Cooking Competition**

**December 15<sup>th</sup> 2018**

**10a**

**Sponsored by Duplin County 4H EFNEP  
and  
Wash Away Unemployment**

## Competition Judges

Kevin Reese

As the instructor for the culinary arts program at New Bern High school Mr Reese brings years of cooking experience to a classroom setting. His over 20 year culinary experience ranges from restaurants to managing school cafeterias. He was named North Carolina Cafeteria Manager in 2014 and was named one of nine rookie teachers of the year.

Angela Byrd

Co-founder and CEO of Each One Teach One Culinary Arts Foundation, a non-profit organization that provides creative education and charitable platforms to teach kids and their parents the importance of making healthier food choices, cooking, and eating nutritiously which helps to jumpstart their journey towards leading a healthier life. Their key focus is specifically aimed at helping to improve the quality of life for all, especially those facing the challenges of childhood and adult obesity.

## Cooking Competition

### Moderator

Tiffany Purdie  
T.H.I.N.K Program Coordinator

### Welcome

Nicole Swinson  
Duplin County EFNEP Program Assistant

### Rules & Regulations

Each student will compete in two rounds of cooking competition. Each dish will feature a secret ingredient, which will be revealed at the start of each round. Teams will be given 30 minutes to create their dishes and present their creations to our highly-qualified panel of judges. The team's scores from each round will be tallied to come up with a combined total score. The team with the highest total in the last round will be the winner of the 2018 T.H.I.N.K Teen Cooking Competition.

**All 2 rounds will follow the same format. Every team will compete in both rounds.**

Judges will rate the dishes from 1 to 5 (1 being the least score, 5 being the highest score). Factors to be included in the score will be:

1. Taste (Does it taste good?)
2. Technique (Did they use the EFNEP Skills learned?)
3. Presentation (Does it look appetizing?)
4. Nutrition (Did they utilize the MyPlate Model?)
5. Use of the secret ingredient (Is the secret ingredient the main star of the dish?)

**Announcement of the Winner  
Dismissal**