



# TENNESSEE 4-H CHOPPED CHALLENGE

Monday, August 22, 2022  
@ The Tennessee State Fair

Check-in @ 12:30 p.m.  
Contest begins @ 1:00 p.m.

Applications can be found at:  
<https://forms.gle/SfJvYToXoXVPycaXA>

4-H YOUTH DEVELOPMENT  
**UT**EXTENSION  
INSTITUTE OF AGRICULTURE  
THE UNIVERSITY OF TENNESSEE



# Rules

1. Team members must be 9th-12th grade Tennessee 4-H members.
  2. Teams may be comprised of no less than 2 youth and no more than 4 youth.
  3. Team members must be from the same county.
  4. A mystery box will be given to each team. The items inside the box must be used in the recipes.
  5. An appetizer, side, main course, and dessert will be required of each team. Teams will have a total of 45 minutes to prepare and plate their meal.
  6. Only one cooktop may be used per team.  
(Everything needed to cook will be supplied.)
  7. 4-H members should be well-versed in food safety. Study materials will be sent.
  8. The deadline to apply is July 22. Application can be found at <https://forms.gle/SfJvYToXoXVPycaXA>.
  9. Teams selected will be notified by August 1.
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If you have questions about the 4-H Chopped Challenge, contact Lori Gallimore, [lbellew@utk.edu](mailto:lbellew@utk.edu) or/and Lynne Middleton, [LMiddle2@utk.edu](mailto:LMiddle2@utk.edu) or call 865-974-2128.