

# California 4-H Throwdown

2016 California State Fair  
July 12 or 19, 2016  
Cal Expo in Sacramento  
Promoting University of California 4-H

## 4-H Throwdown

All 4-H members are invited to participate in the 4-H Throwdown at the California State Fair. Teams will consist of 3 youth members.

Each round will have a secret ingredient. Each team must prepare an appetizer, main course, and desert. Each course must include and focus on the secret ingredient. Each team will have 15 minutes to prep and then 60 minutes to cook a three course meal. A panel of judges will taste all courses prepared and the winners of each round will then compete at 4:00pm each day to determine the daily Throwdown Champion!

Each team may bring one tool to use during competition. No cookbooks are allowed. Each team must wash their dishes and return them after competition.

## Age Divisions:

- Juniors: 9-13 years old
- Seniors: 14-19 years old

\*The oldest member on the team determines the groups' age division

## Themes:

Round 1 and 2: Something on a Stick  
Round 3: 5-Star Dining

\*The themes are the same for both Junior Day and Senior Day

## Times:

Round 1: 11:00 am-1:00 pm  
Round 2: 1:30 pm-3:30 pm  
Final Round: 4:00 pm- 6:00 pm

**Facility:** California Kitchen at the State Fair. Below are images of the California Kitchen where the Throwdowns will take place!



**Questions?** Contact Alyssa Sankey, [ajsankey@ucanr.edu](mailto:ajsankey@ucanr.edu) or Anne Iaccopucci, [amiaccopucci@ucanr.edu](mailto:amiaccopucci@ucanr.edu)