

# 4-H Cutting Board Challenge

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## INTRODUCTION

The 4-H Cutting Board Challenge is a collaborative effort between three counties in Northwest Ohio. The program was designed to give teens a hands-on experience related to food preparation safety procedures, as well as an opportunity for team building and critical thinking.

The Centers for Disease Control estimates that one in every six U.S. residents will suffer from foodborne illness each year.<sup>1</sup> Proper food safety measures can greatly reduce the risk of foodborne illness.

Ohio 4-H currently publishes sixteen food and nutrition 4-H project books. A review of these publications was conducted to determine the depth of food safety content. Four levels of content were determined:

1. Books with an entire section devoted to food safety
2. Books with labeled tips throughout
3. Books with unlabeled tips throughout the text
4. Books with no mention of food safety

While the majority of food and nutrition project books did contain some form of food safety content, only six of the sixteen had a dedicated section for food safety.

## CURRICULUM FOCUS

The 4-H Cutting Board Challenge was designed to be an annual program for 4-H Teen Leaders and Camp Counselors. The program has four program objectives:

- ❖ Build Teamwork-participating teens were broken into groups of 4-6 members to
- ❖ Learn food preparation techniques and common food pairings
- ❖ Brainstorm recipes
- ❖ Create a main dish and a dessert dish for the judges

### Food Safety

- ❖ Presentation adapted from the Minnesota Department of Health's Safe or Sorry<sup>2</sup>
- ❖ Participants took a post-presentation food safety quiz to insure knowledge was gained before preparing foods

### MyPlate

- ❖ Before cooking, participants reviewed MyPlate recommendations
- ❖ Six mystery ingredients were selected based on food groups: ground chuck (protein), asparagus (vegetable), goat cheese (dairy), mango (fruit), puff pastry (grain), and chocolate (use sparingly)
- ❖ MyPlate is included on judging rubric

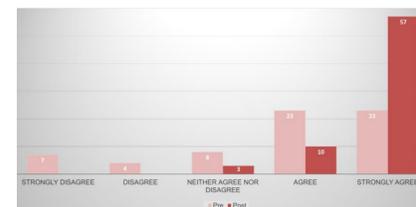
### Critical Thinking

- ❖ One hour time limit to create two dishes
- ❖ Teams rely on their own knowledge to turn raw ingredients into works of art
- ❖ No technology allowed during preparation
- ❖ Teams present their dishes to three judges, who critique food based on taste, presentation, and MyPlate balance

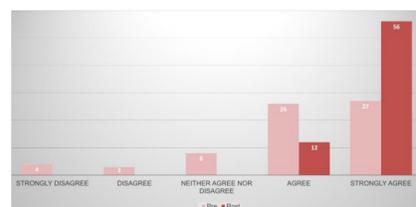
## RESULTS

A pre and post survey was given to all participants at three separate events (n=68) to measure transferred learning. Numerical codes were used to identify participants. Participants rated their agreement on the following statements:

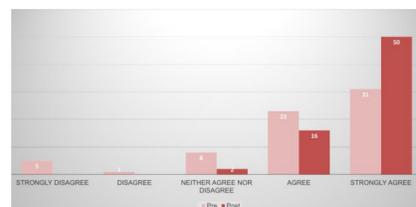
I know what foodborne illness is and how to prevent it.



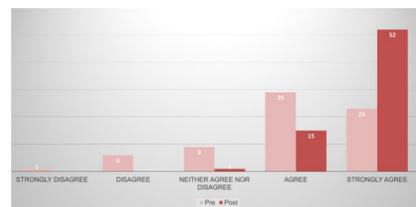
I know several ways to prevent cross-contamination of food products.



I am confident in my ability to turn raw ingredients into a balanced meal.



I know how to serve a dish that meets MyPlate requirements.



Comparing the pre and post survey data shows that the majority participants agreed or strongly agreed that they had adequate knowledge of food safety and MyPlate recommendations after the program.



## CONCLUSION & RECOMMENDATIONS

The 4-H Cutting Board Challenge provided youth with new knowledge and confidence about food safety, MyPlate recommendations, as well as teamwork and critical thinking skills. Allen, Putnam and Hardin County 4-H will continue to conduct this program for Teen Leaders and Camp Counselors, as both groups benefit from the four program objectives.

Food safety measures are important for the success for any food and nutrition 4-H project. Since only 6 of 16 Ohio 4-H food and nutrition project books dedicate attention to food safety issues, it is also recommended that this program be offered to youth enrolled in food and nutrition projects.



## BIBLIOGRAPHY

- 1 Centers for Disease Control and Prevention <http://www.cdc.gov/foodborneburden/>
- 2 Safe or Sorry-Food Safety Program of the Minnesota Department of Health, Environmental Health Division, April 2001, Revised 2006

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