



# Chef Demo Contest

Students can learn advanced cooking techniques, prepare recipes and spend a complimentary session with the Florida Department of Agriculture and Consumer Services "Xtreme Cuisine" Chef. (All food and promotional items will be supplied.)

**Entries must be postmarked on or before December 31, 2009. Mail to:**

Florida Department of Agriculture and Consumer Services  
 Xtreme Cuisine Chef Demo  
 407 S. Calhoun St. Rm. 429A  
 Tallahassee Florida 32399-0800  
 Attn: Arlette Roberge

## Win 1 of 3 Awards!

### 1. Be First.

Hurry up! The first completed entry to be postmarked with accompanying documents will win.

### 2. Be Great.

Think big! The coordinator with the greatest number of students to participate in "Xtreme Cuisine" classes will win. One or more classes for up to **75 students** will be provided.

### 3. Be Smart.

What did they learn? Tell us what your students enjoyed, discovered and what they will do differently since taking "Xtreme Cuisine."

\*Student essays, photos, quotes, drawings, and other descriptions are all encouraged.



The winner will be notified on or before January 31, 2010. The event will be held prior to May 31, 2010, on a mutually agreed upon time and date. Previous year's winners will qualify and may enter.

For more information contact Arlette Roberge at 850-922-9828 or robergea@doacs.state.fl.us

## Chef Demo Contest Entry

Coordinator name \_\_\_\_\_

Organization or agency \_\_\_\_\_

Organization address \_\_\_\_\_

Organization city \_\_\_\_\_

Office phone ( ) \_\_\_\_\_ Home or cell phone ( ) \_\_\_\_\_

Coordinator email address \_\_\_\_\_

The information on my partner application is accurate

and I have conducted \_\_\_\_ (Number of classes) for \_\_\_\_ (Total number of students)

I would like to hold the Xtreme Cuisine Chef Demo at the following (Facility name)

Address \_\_\_\_\_ City \_\_\_\_\_

Zip code \_\_\_\_\_ Location phone number ( ) \_\_\_\_\_

The Award I am competing for is: First  Great  Smart  (Please mark at least one)



# Rules

Look for  
the Teacher's Guide  
on the Web

1. Set up an "Xtreme Cuisine" class in your school or youth setting (ages 10-15 recommended.) Please review curriculum and fill out a Partner Application to order classroom sets at [www.Florida-Agriculture.com/xtreme.htm](http://www.Florida-Agriculture.com/xtreme.htm)
2. Using existing curriculum, conduct an "Xtreme Cuisine" class (at least 10 students) between September 30, 2009 and December 31, 2009.
3. Students will prepare at least 2 "Xtreme Cuisine" recipes from the "Know your Nutrition Activity Book" (page 16-17) or the "Xtreme Cuisine Kids Cookbook" using at least 6 total fresh Florida fruit and vegetable commodities. Commodity substitutions are allowed. Frozen commodities are acceptable when commodities are not in season. For a complete list of acceptable Florida commodities and availability please visit: [www.Florida-Agriculture.com/marketing/seasonal\\_availability.htm](http://www.Florida-Agriculture.com/marketing/seasonal_availability.htm)
4. Fill out the attached "Xtreme Cuisine Chef Demo Contest Entry" and mail with accompanying documents to the address on page 1.
5. Please specify the categories you are competing for (First, Great or Smart). You may choose any number of categories.

**Mail in these components:** (see additional suggestions for "Smart Award"\*)

## 1. Completed "Xtreme Cuisine Chef Demo Contest Entry" and "Xtreme Cuisine Partner Application"

- Conduct your "Xtreme Cuisine" class(es). Save a copy of your partner application and verify accuracy. Resubmit with your "Xtreme Cuisine Chef Demo Contest Entry."

## 2. Photos

- Include at least 2 different photos of "Xtreme Cuisine" class recipes being prepared and 2 photos documenting total Florida commodities used.
- If photos of students' faces are used, please submit a Florida Department of Agriculture and Consumer Services' model release form for each photographed student signed by the student's parent or legal guardian. Identify the student by name on the back or bottom of each photo. Model Releases will be provided with curriculum material.

## 3. Nutrition Quiz

How much did your students learn? Send in copies of a completed nutrition quiz (Know Your Nutrition Activity Book, page 10) for each student with name, age and youth organization at top right hand corner.

This contest is open to all Florida youth workers in public and private settings. Employees of the Florida Department of Agriculture and Consumer Services and their immediate families are not eligible. Contestants may enter any number of times. Each entry will be evaluated individually. In the event of a tie in any category, a drawing will be held to choose the winning entry.

Florida Department of Agriculture  
and Consumer Services  
Charles H. Bronson, Commissioner

