

# YOUNG CHEF SHOWDOWN

## Beef Recipe Video Demonstration Contest

**CONTEST DATES: MARCH 15 – APRIL 15**

*This contest gives Virginia youth (K-12) an opportunity to use their creativity to demonstrate the safe preparation of a beef recipe.*

### CONTEST OUTLINE AND RULES:

**Divisions: Elementary (K-5),  
Middle (6-8), High (9-12)**

- Videos should be between 4-8 minutes in length.
- Copyrighted material, logos, memes etc. (on clothing or in video editing) will not be allowed.
- All videos must be school appropriate.
- A team or family of 1 or 2 children is allowed. One contest submission per team.
- Videos will be judged based on kitchen and food safety, the delivery of clear instructions, the creativity of recipe, the incorporation of beef in the dish, and the overall organization of ingredients and supplies.

### Register Using this Link:

<https://forms.gle/KM33H3EQ9WmP6TeC8>

### Submitting Video and Recipe:

On **Dropbox**, create a folder that contains the 2 following items:

- Your Video (.MOV or MP4 format)
- Recipe (PDF or DOC format)

Share this folder with **AITC@vafb.com**.

**Winning videos will promoted on the Virginia Ag  
in the Classroom Facebook page and  
YouTube channel!**

**Questions? Email AITC@vafb.com**

