



National High School BBQ Championship – [Virtual Contest Information](#) –

## THE SLAB (Students **U**T **A**bout **B**arbecue)

### Welcome To Our Barbecue Family and the National High School BBQ Association - NHSBBQA!

#### MISSION:

The mission of the National High School BBQ Association is to inspire and prepare students for life by creating a nation-wide competitive challenge and league to teach, preserve, and promote the tradition of barbecue and live fire cooking as a sport designed around project based learning while using it to develop leadership, career, and life skills for today's youth.

#### VISION:

To become the premiere youth organization in America inspired by live fire cooking focused on Career and Technical skills development.

#### TAGLINE:

MAKING HOMEWORK FUN AGAIN™

#### MOTTO:

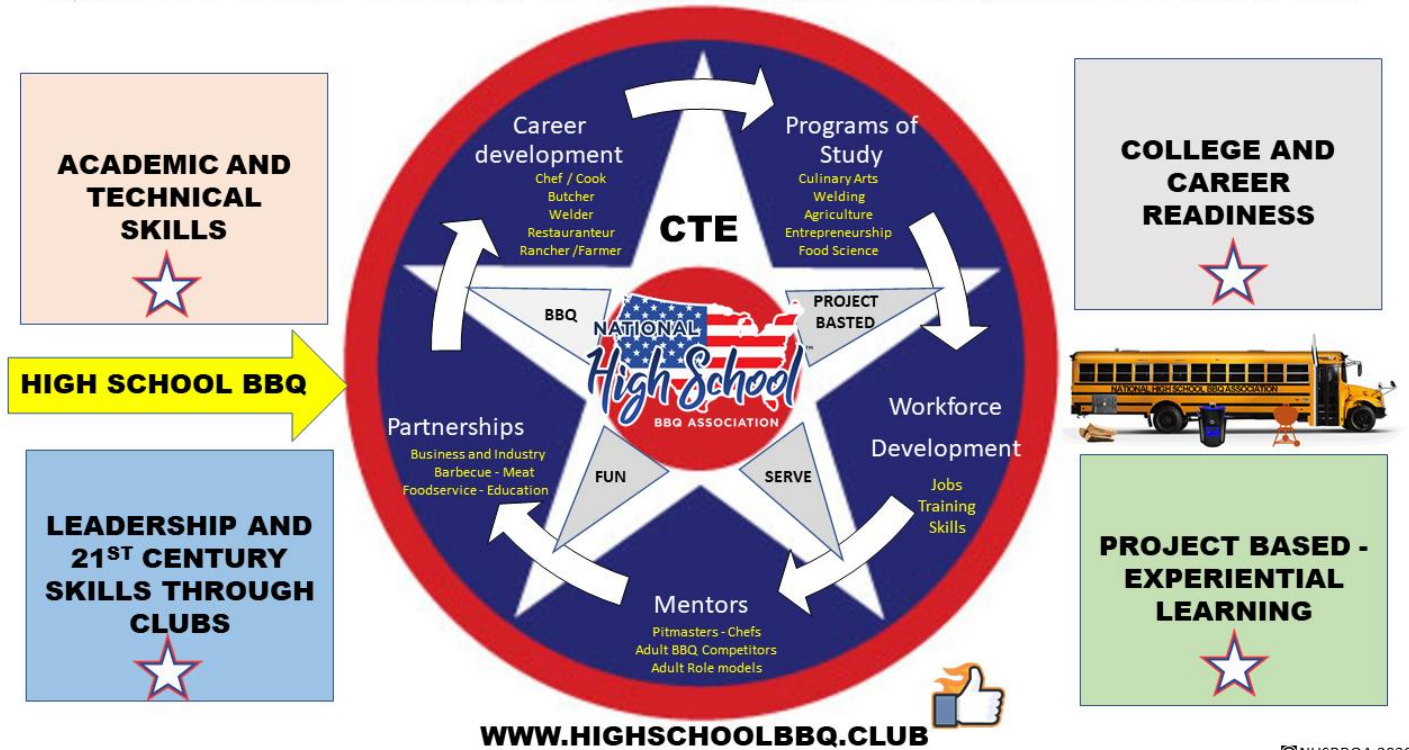
COME EAT OUR HOMEWORK™



What is project-based learning? [WATCH NOW](https://youtu.be/LMCZvGesRz8) - <https://youtu.be/LMCZvGesRz8>

Project Based Learning (PBL) is a teaching method in which students learn by actively engaging in real-world and personally meaningful projects.

# QUALITY COMPONENTS OF CAREER AND TECHNICAL EDUCATION



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## What is PROJECT BASTE BBQ?..... COME EAT OUR HOMEWORK!

**Project Baste BBQ** is the educational philosophy the **National High School BBQ Association** used to designed its curriculum and lesson plans which helps schools and teachers implement Live Fire cooking and a cook out as part of many State and National Standards and career pathways. Project Based learning has been incorporated into Culinary Arts, Agriculture, Welding, Engineering, Robotics, Business, and Marketing classes for many years. Several schools have done Cross Curricular projects so students can have the real experience of designing and creating a BBQ or Grill, learning meat identification, anatomy, and muscle structure, developing a business plan for a catering operation, designing the marketing and brand including logo, learning the welding and metal skills to make the equipment cooked on, and much more. Create a High School BBQ Club today and form your team to see the incredible impact it will have on your children, schools, and community. We believe in student collaboration, teamwork, and incorporating **STEW** (Science, Technology, Engineering, and Welding)





COME EAT OUR HOMEWORK! **EAT BBQ**

## CAREER AND TECHNICAL EDUCATION

**What is Career and Technical Education?**



Career and technical education (CTE) is the practice of teaching specific career skills to students in middle school, high school, and post-secondary institutions.

95% of students concentrating in CTE graduated high school—10 percent higher than the overall U.S. graduation rate.

★ **THANK YOU FOR SUPPORTING OUR TEACHERS AND SCHOOLS!** ★



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# NATIONAL HIGH SCHOOL BBQ ASSOCIATION

HOW TO  
BUILD A  
DRUM  
SMOKER



STEW

## SCIENCE

Chemistry of Smoke  
Heat Transfer  
Burn Rates  
Meat, Muscle, and Anatomy

## TECHNOLOGY

CAD Design  
Publishing Software  
Website Design  
Thermometers

## ENGINEERING

Thermodynamics  
Heat and temperature  
Design and Construction  
Failure Modes and Effective Analysis

## WELDING

TIG Process /MIG Process  
The Pit  
The Drum Smoker  
The CNC Machine

MAKING HOMEWORK FUN AGAIN!

Here are steps for implementing PBL, which are detailed below:

Start with our Essential/Launch Questions

Follow our Design a Plan for the Project

Create a Schedule for classroom research, learning, speakers, demos, cooking, cook out, and final contest.

Monitor the Students and the Progress of the Project

Assess the Outcome – FINAL COMPETITION RESULTS FOR EACH BRACKET WILL BE SHARE WITH NHSBBQA.

Evaluate the Experience – Reflect with class how you can improve your cook next time. Barbecue Challenge Post Event Survey

RESOURCE - <https://www.edutopia.org/project-based-learning-guide-implementation>

## PROJECT ESSENTIAL / LAUNCH QUESTIONS

What is American Barbecue and its history? What makes quality que and how do you cook it?

The **Project Based Barbecue Challenge, a.k.a – THE SLAB** is broken down into **FOUR** sections – Research, Writing, Documentation, and Execution, COOKING BARBECUE. Each of these is an important part of project baste learning and our barbecue program. These sections are the Final Paper, The Video, and Meat Evidence.

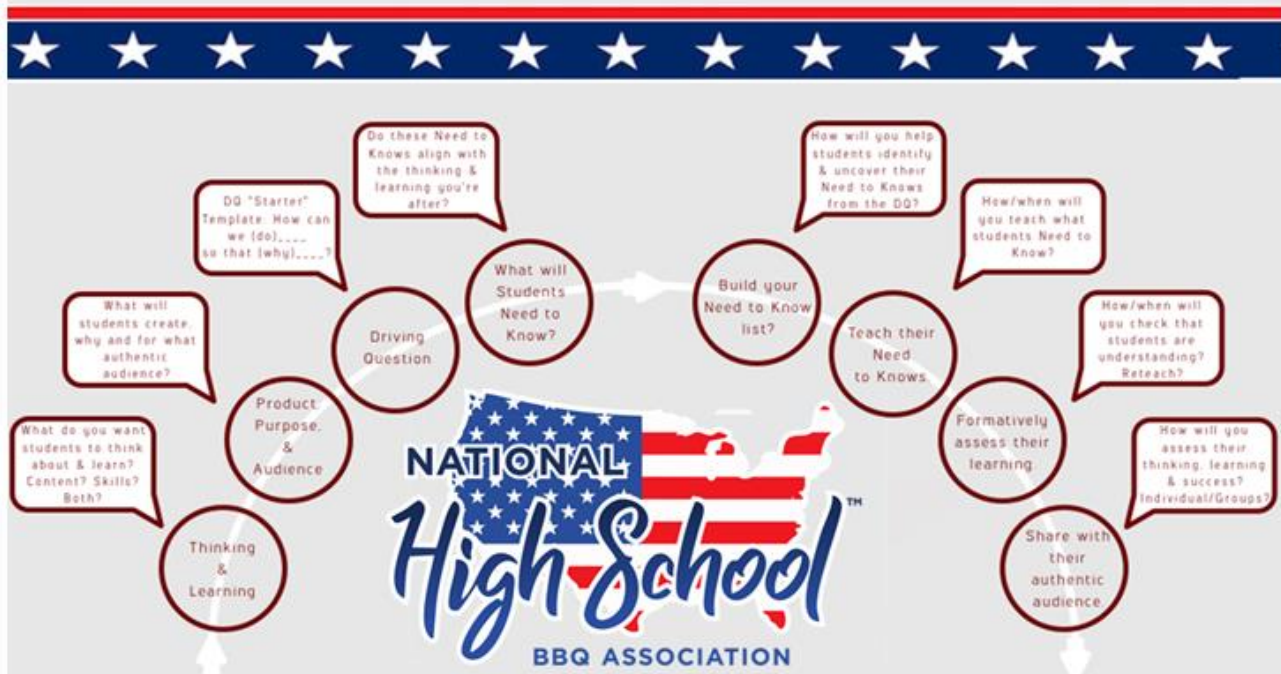


COME EAT OUR HOMEWORK! **EAT BBQ**

## PROJECT BASTE BBQ LEARNING

**Project Based** and experiential learning are Nationally recognized pedagogy and standards for teaching **Career and Technical Education** in schools across the country.

### 8 BASIC STEPS OF **PROJECT – BASTE BBQ LEARNING** TO GET YOU STARTED



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# THE PROJECT RUBRIC

## The Final Paper: (Worth 25%)

The first part of the program is to learn about the History of American Barbecue and especially in the realm of cooking techniques and competition barbecue, we like to call FOOD SPORT also known as the Old Fashion family Cook Out or Tailgate. It is critical that students take the time to do the proper research using technology to learn about different methods of cooking, meat, food science, and how equipment functions to create mouthwatering food that is an American tradition. Students should also determine based on the recipe of choice, what would be the best method of processing their entrée choice (This is hypothetical based on your research). *Preparing food to eat in their backyard on live fire cooking equipment is not easy.* The project goal is to take them on an experiential learning journey explore food, cooking technique, technical skills and education, and career paths. May schools build their own Barbecue Pits or Grills as part of this experience or have another class such as welding, engineering, metal fabrication or machining participate a collaborative campus-based project. See 30 Tips to High School BBQ Clubs for more ideas on how this program can impact your students, campus, and community.

You may use the following Links to help with some of your research, but **Please look at other resources that you can find on the internet as well.**

## Competition Barbecue –

HISTORY – <https://youtu.be/zeM6j0vO71g>

REGIONS - <https://youtu.be/X2XszzFxyg>

TEXAS - <https://youtu.be/lBt5fSBZF4w> (Beef Brisket)

MISSOURI - <https://youtu.be/AZgD2pn8CAQ> (Burnet Ends)

CAROLINAS - <https://youtu.be/3vB2ZCS3mCo> (Vinegar and Mustard Sauce / Pork and Pulled Pork Sandwiches)

ALABAMA - <https://youtu.be/zCv2oXxZAHc> (White Sauce)

GEORGIA - <https://youtu.be/cnP0FyPVCt8> (Spritzing Meat)

RIBS - <https://youtu.be/Hy5wnwulZ2M> (NOTE: We are cooking Pork Spare Ribs **NOT** Baby Back or Beef Ribs)

CHICKEN – <https://youtu.be/Vg1B90EWwE0> (NOTE: We are cooking thighs **NOT** breast, whole, wings, or drum sticks)

STEAK - <https://youtu.be/OwNSAr7lJow> (NOTE: We are cooking New York Strip Steaks **NOT** Ribeye)

WHOLE HOG - <https://youtu.be/v0e9MS26QmA> (Rodney Scott BBQ)

SCIENCE - <https://youtu.be/ccqOVmsybO4>

**Food Safety:** One member on the student team must be Food Safety Certified and provide a copy of their certificate when they submit their final paperwork.

**Professionalism:**

Students should wear a team chef coat, team t-shirt, or coordinating uniform. School Spirit is also HIGHLY WELCOME!

**Contents of the Paper:** (template will be posted on the website – [www.HighSchoolBBQLeague.com](http://www.HighSchoolBBQLeague.com))

Your Barbecue Team name

Your schools name and address

Please include a picture of your team

1 paragraph of what you learned about barbecue, smoking, and type of smoking equipment your team is using.

1 paragraph describing the Regions of Barbecue in America and their specialties

1 paragraph about rib process and cooking technique

1 paragraph about what you learned throughout this process of the Barbecue challenge.

***Your paper is graded on what you provide according to above, but also will be given extra points for going beyond the requirements stated.***

## **The Video: (15%)**

This is a 2 min video showing your work and what you have learned

### **Requirements:**

You must talk in the video

Talk about your team and your school

Touch on what you learned about barbecue

Tell about your food and why you chose it (Show us your rib entrée)

Mention the National High School BBQ Association name in your video

Mention the THE SLAB in your video

Be CREATIVE

***Please put your video on youtube and share the link at [Principal@highschoolBBQ.Club](mailto:Principal@highschoolBBQ.Club).***

***Please let me know if you see a problem meeting this request.***

***These videos may be shown on the National High School BBQ Association website(s) and used for local and National Media.***

## **The MEAT Evidence: (60%)**

***This year's categories –***

***Students will cook all five categories and receive an overall cumulative score from an average of each category and the overall Project Baste BBQ Challenge Rubric for the Paper, Video, Food Presentation, Cooking, and Taste.***

***Barbecue is graded based on the Project Rubric Categories – Taste, Appearance, Cooking Technique, Moisture Content, and Overall Presentation.***

**Pork Spareribs** – must be presented on a plain white plate with 7 Ribs (VIDEO EVIDENCE – SLICING THE RIBS, Bend Test – PHOTO EVIDENCE - of final full rack of ribs on a plain solid white background (suggest parchment paper or White Cutting Board

**Chicken Thighs** – must be presented on a plain white plate with 6 Thighs (PHOTO EVIDENCE – 1 – Raw Final Seasoning Photo, 1 – On Smoker Photo, 1 – Beauty Shot Photo on Plain White Plate)

**New York Strip Steak** – must be presented on a plain white plate. (PHOTO EVIDENCE – 1 – Top View Photo, 2 - End Cuts Photos, 1 -Center Cut Medium Rare Meat Temperature Photo)

**Burger** – single plate presentation. Open to creativity, garnish, and plate presentation to include Burger with top and bottom bun, toppings, sauce, medium meat temperature. Garnishes may include steak knife, wooden or metal skewer, or meat toothpick). (PHOTO EVIDENCE – 1 – Top View, 1 – Beauty Shot, -Center Cut Medium Meat Temperature).

NO SAUCE POOLING

NO GARNISH, EXCEPT ON THE BURGER

ALL FOOD MUST BE PRESENTED ON SOLID WHITE PLATES

**The Final Paper: (Worth 25%)**

**The Video: (15%)**

**The MEAT Evidence:** (60%) 4 Categories averaged together for 60% - Ribs, Chicken, Steak, and Burger

**FINAL AVERAGE= (100%) COULD YOU BE A NATIONAL CHAMPION?**

**Maybe not, but you and your kids will grow and learn which is what us as educators as supposed to do each year. YOU WILL HAVE FUN!**

***RULES: ALL COOKING MUST BE DONE OUTSIDE ON***

***Definition of a Cook Team:*** Any combination of five (5) from one high school. Can be any combination of male and female students up to five teammates. Students may be substituted if student is unable to compete. Cooking roles can be teamwork or individual delegation of tasks and food. All categories scores are cumulative and averaged.

***EQUIPMENT:*** Any commercial outdoor cooking equipment can be used. We recommend all equipment fit in the bed of a standard pick-up. 20X 20 Cook Off area. Student Cook Teams must provide Safety Cones to mark the perimeter as well as a rope or survey tape barrier to keep adults out of the cooking area. All cooking, prep, and work must be done by student team. Teachers and mentors can verbally coach and mentor their team from outside the roped off area holding the student cook team (Cookers). NO SOUS VIDE, ROUTISSERIE, PRESSURE COOKERS, DIRECT HEAT SUCH AS PROPANE BURNER OR TORCH CAN BE USED TO COOK FOOD Gas and electric heat sources shall not be permitted for cooking or holding. Meat thermometers may be used and recommended as a food safe way to cook. No wire brushes may be used for cleaning grates or smokers. No glass equipment.



**FUEL:** Any of the following fuel sources may be used – wood, charcoal, lump, briquettes, pellets, wood chunks. NO PROPANE, ELECTRICITY, GAS, OR PETROL FLUIDS may be used to cook. Propane Guns, sticks, or tanks may be used to start fires.

**FOOD:** Part of the Barbecue Challenge and Project Baste Learning is meat and ingredient selection. Learning about what makes quality meat and what cuts are good for barbecue are final outcomes and goals. Knowing the importance of ingredient selection is part of being a pit master and master cook.

## **SAFETY:**

STUDENT BBQ TEAMS MUST HAVE FIRE EXTINGUISHER WITHIN COOKING ARE VISIBLE DURING VIDEO INTRO AND PROVIDE PHOTO EVIDENCE

FIRST AIDE KIT AT COOKING SITE

WELDING OR FIREPROOF GLOVES

COOKING MUST BE DONE ON SCHOOL DISTRICT PROPERTY

## **JUDGING:**

Preliminary Bracket Contests will be judged by opposing team panel of judges consisting of five adult judges over the age of 21 years of age. No relative, coaches, or team teachers can judge for either team. HEAD JUDGE MUST BE A HIGH SCHOOL PRINCIPAL OR SCHOOL ADMINISTRATOR – CTE DIRECTOR, CENTRAL OFFICE, DISTRICT LEADERSHIP, OR SCHOOL BOARD. The Head Judge's email address should be shared with Opposing Team and NHSBBQA Staff at [Principal@HighSchoolBBQ.Club](mailto:Principal@HighSchoolBBQ.Club) for results to be shared. Judges selected will follow the Barbecue Challenge Rubric and Judges Sheets provided.

NHBBQA follows School District policies, State, and Federal Department of Education Guidelines for all contests.

**NO ALCOHOL IN COOKING OR ON SITE – EVER!**





# NATIONAL HIGH SCHOOL BBQ ASSOCIATION



TOP 32 TEAMS - 2 from each State



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## ***PRIZES AND AWARDS***

***Knowledge, Certificates, Awards, Bragging Rights, Mentorship for students and teachers, \$1,000 cash prize to the #1 School District BBQ Team for the Program and teacher, trophies, Patches, Self Esteem, Community Service (Team BBQ), Friendship, Leadership, and Cooking Skills for life!***

***Visit – [www.HighSchoolBBQLeague.com](http://www.HighSchoolBBQLeague.com) for more information.***









**EDUCATION IS NOT  
THE FILLING OF A  
PAIL, BUT THE  
LIGHTING OF A FIRE.**



[www.HIGHSCHOOLBBQLEAGUE.com](http://www.HIGHSCHOOLBBQLEAGUE.com)



MAKING HOMEWORK FUN AGAIN!™

[WWW.HIGHSCHOOLBBQ.CLUB](http://WWW.HIGHSCHOOLBBQ.CLUB)

**JOIN OUR HIGH SCHOOL BBQ LEAGUE!**

## PROJECT BASED BBQ EDUCATION

f TEAM HIGH SCHOOL BBQ

**LETTER  
IN  
VARSITY  
BBQ?**



**CAREER AND TECHNICAL EDUCATION**

CULINARY ARTS WELDING AGRICULTURE LIFE SKILLS FOODSERVICE LEADERSHIP

**2020-2021 SEASON**

START A CLUB \* START A TEAM \* LEARN \* COMPETE \* HOST AN EVENT \* MENTOR \* JUDGE \* SPONSOR \* SANCTION \* PARTNER \* BBQ \* GRILL \* EAT \* SERVE

[Principal@HighSchoolBBQ.Club](mailto:Principal@HighSchoolBBQ.Club)

# PROJECT- BASED (**BBQ**) LEARNING!

## NATIONAL HIGH SCHOOL BBQ ASSOCIATION



# REGISTRATION DUE BY: JANUARY 15<sup>TH</sup>

(Team Brackets will be selected on February 1<sup>st</sup>)

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# MEAT EXAMPLES:

## 6-8 PORK SPARERIBS





## 6-8 CHICKEN THIGHS



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# NEW YORK STRIP STEAK





**HIGH SCHOOL STEAK OFF**

ONE STRIP STEAK  
ONE GRILL  
ONE STUDENT  
ONE DREAM

  
**CAN YOU COOK THE PERFECT STEAK?**



- RARE
- MEDIUM RARE
- MEDIUM
- MEDIUM WELL
- WELL DONE

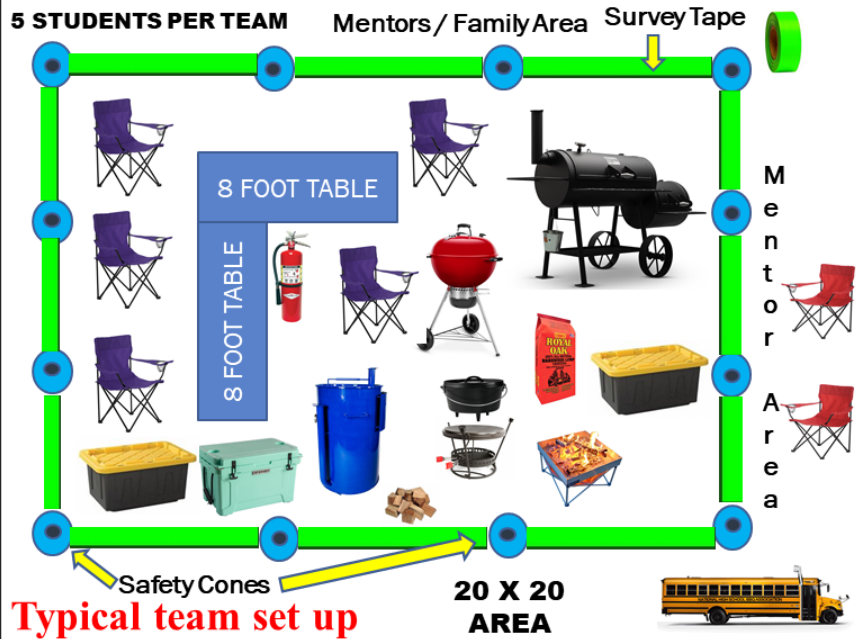


	RARE 135°F/57°C	MEDIUM-RARE 145°F/63°C	MEDIUM 160°F/71°C	MEDIUM-WELL 165°F/74°C
¼ inch	45 seconds	1 minute	2 minutes	3 minutes
½ inch	3 minutes	4 minutes	5 minutes	6 minutes
¾ inch	4 to 5 minutes	6 to 7 minutes	8 to 10 minutes	10 to 12 minutes
1 inch	8 to 10 minutes	10 to 12 minutes	12 to 14 minutes	14 to 16 minutes
1½ inches	14 to 16 minutes	16 to 19 minutes	22 to 26 minutes	26 to 30 minutes
2 inches	18 to 22 minutes	24 to 28 minutes	28 to 32 minutes	33 to 36 minutes

WWW.HIGHSCHOOLBBQLEAGUE.COM



# COOK OFF AREA



SMOKE, GRILL, BAKE, STEW

EAT

COOK OFF SPACE



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@TeamHighSchoolBBQ

www.HIGHSCHOOLBBQ.CLUB

# HIGH SCHOOL BBQ SET UP

SMOKE, GRILL, BAKE, STEW

EAT

SUGGESTED EQUIPMENT



MAKING HOMEWORK FUN AGAIN!™

@TeamHighSchoolBBQ

www.HIGHSCHOOLBBQ.CLUB






COME EAT OUR HOMEWORK! **EAT BBQ**

## JOIN WITH US – TEAM BBQ


We can not accomplish our mission to impact young people across the country with out your financial support, relationships, and commitment to change our country and its education system by bringing students, schools, and communities together to learn and share an American tradition of Barbecue and so much more!



**EDUCATION  
COMMUNITY  
BUSINESS  
FUTURE WORKFORCE  
COLLABORATION**

### A Model For Success

This unique model includes education, businesses, our future workforce, service, and the community. **This all-star partnership** prepares students ready for engaged high school education, college (tailgating), career skills, competition, cooking, and ultimately, life success.



[WWW.HIGHSCHOOLBBQ.CLUB](http://WWW.HIGHSCHOOLBBQ.CLUB)

**"Education** is not the filling of a pail,  
but the **lighting of a fire."**

★ **THANK YOU FOR SUPPORTING OUR TEACHERS AND SCHOOLS!** ★



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# EAT BBQ

**E****DU****CATION** – Is the central focus of the National High School BBQ Association through supporting teachers and schools.

**A****TTITAINMENT** – Achievement in a child's life builds self esteem and character forever.

**T****R****A****I****N****I****N****G** – The 5 C's - Cooking, collaboration, critical Thinking, communication, creativity and leadership skills will serve these young people for life as they explore learning outcomes using barbecue as the vehicle from how to cook nutritious quality food and meat as well as serving their campus or community.

**B****A****R****B****E****C****U****E** – Is a cooking technique that teaches patience, time management, planning, exploration, teamwork, passion, focus. science, physics, and more.

**B****R****A****V****E** – Perseverance, grit, and determination creates better citizens and Americans.

**Q****U****I****N****T****E****S****S****E****N****T****I****A****L** – BBQ, friends, family, fun, fellowship, and fire are MAKING HOMEWORK FUN AGAIN!

★ **THANK YOU FOR SUPPORTING OUR TEACHERS AND SCHOOLS!** ★



**E****D****U****C****A****T****I****O****N**. **B****A****R****B****E****C****U****E**. **F****A****M****I****L****I****E**.





COME EAT OUR HOMEWORK! **EAT BBQ**

**TALK ABOUT CAREER OPPORTUNITIES**

**TACO**

- WELDER
- PITMASTER
- BUTCHER
- RANCHER
- FARMER
- ENGINEER
- SALESPERSON
- FABRICATOR
- CHEF
- CATERER
- FOOD TRUCK OWNER
- RESTAURANTEUR
- GRAPHIC DESIGNER

**There are about 30 million “good jobs”—jobs that pay a median income of \$55,000 or more and require education below a bachelor’s degree.**



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COME EAT OUR HOMEWORK! **EAT BBQ**

## TALK ABOUT CAREER OPPORTUNITES

137,350 needed Butchers jobs in the United States today in industries like, grocery stores, specialty stores, packing houses and processing plants, merchant wholesalers, and more.

Over the next 10 years, it is expected the US will need 30,300 welders.

More than 700,000 cattle farms, ranches and feed yards exist in the U.S.



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# ★ SPONSORSHIP ★



**National High School BBQ Association, Inc. (NHSBBQA)** is a Texas based Corporation developed by educators around Project Based Learning designed as a BBQ competition to inspire student engagement while teaching leadership, career, and life skills to today's youth while preserving the American tradition of Live Fire Cooking – the cookout. We welcome you to support the new high school sport – Barbecue and **COME EAT OUR HOMEWORK.**

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# EAT BBQ



**STATE OF GEORGIA**  
INSERT HIGH SCHOOL NAME HERE



★ THIS CERTIFIES THAT ★

Is a  
Certified High School Junior Pitmaster  
For the State of Georgia.

Date: March 20, 2017      National Director:



# BBQ

## Regards.



EAT BBQ

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