

# FAVORITE FOOD SHOW

The objective of The Favorite Food Show is to allow 4-Hers the opportunity to experience meal planning and presentation while preparing a dish that they like. 4-Hers learn about food preparation and nutrition while preparing for the show. 4-Hers prepare a favorite dish and learn about its nutrients. The 4-Hers plan a full day's menu to include the dish and select a table setting with a centerpiece to present the dish.

Contestants will need to furnish all supplies needed for the contest including table and plates for the judges.

The Southeast District Favorite Food Show Scorecard will be used.

Parents or Agents not assigned to assist with the contest will not be allowed to be in the contest areas.

Contestants are to check in with the superintendent, prior to unpacking and setting up, for the preparation schedule. The schedule will also be posted. **(Remind your 4-Hers not to start preparing their food until they are told to do so.)**

## Eligibility

- A. Read general rules.
- B. Any 4-H member who meets the general eligibility rules may participate.
- C. Each County may send 6 Novice and 6 Junior members.

## Procedures

- Note to Contestants: Please send recipe and an estimated Preparation Time (of how long you will need to get your food ready at the contest) to the Contest Superintendent at least 5 days prior to the district contest.
- Participants will select a Favorite Food from a reliable source. The Favorite Food should have nutritional value, show originality and creativity and be appropriate for the participant's chosen theme. Recipes must take no longer than one hour to prepare and be ready to serve (that is one hour start to finish).
- The Favorite Food must be entered within one of the following categories:
  - ❖ Nutritious Snack or Beverage
  - ❖ Main Dish
  - ❖ Bread
  - ❖ Salad
  - ❖ Sandwich
  - ❖ Fruit or Vegetable
- Practice preparing the Favorite Food until it can be completed with ease and a good product is consistently achieved. Be prepared to tell judges how the food was prepared.

- Plan a full day's menu, including breakfast, lunch, dinner and a snack, if desired, to complement the Favorite Food choice and theme. Place the menus on one 8 1/2" x 11" poster. A second poster of the same size will include the recipe ingredients, amounts, and directions with no abbreviations. Also include the number of servings, and cost per serving. Posters must be freestanding and placed on the tabletop. Simple decorations may be used on the posters to promote the chosen theme.
- Set up a card table sized display to include a place setting for one person with correct table setting and appropriate dishes, glassware, flatware and centerpiece.
- A presentation schedule based on required preparation times will be given to all contestants as they report at the designated time to the contest. Contestants may not set up their display or prepare their Favorite Food until directed to do so by the contest superintendent. Each contestant is responsible for bringing all equipment and ingredients needed for the preparation of their Favorite Food.
- The Favorite Food is the only food from the contestant's menus which will be prepared. Favorite Food does not have to be prepared on site. Safe food handling practices must be followed at all times when transporting the Favorite Food and/or ingredients to the contest and when preparing, serving, and storing the food during and after the contest.
- A time limit of three minutes will be allowed per contestant for judges to ask questions.
- Contestants will be responsible for cleaning their preparation area, as well as their display table and surrounding area after the contest. Contestants may have 0-10 points deducted from their total score based on kitchen practices, including clean-up, and food safety.
- Favorite Food Show Tie Breaker: Total number of points in section 1 of the score sheet will be used as a tie breaker. This will cover the contestants knowledge of nutrition. Section 4 will be used as a second tie breaker if the first does not work.
- Remember when selecting a recipe and place setting, keep in mind transporting the items and the difficulty of setting up.
- As soon as we know what type of facility we will be using for district we will notify the county offices, so that appropriate recipes can be selected.

## **Information for Contest Superintendents:**

Contact host county to verify room arrangements early, so 4-Hers can plan recipes accordingly.

Best situation for help is 4 judges, 2 judge's helpers, and 2 kitchen helpers.

Best situation for rooms is a home economics kitchen with 2 classrooms near by

Remind counties ahead of time to send in recipes with preparation needs. Assign cooking order prior to arriving at the contest

Hold an orientation session, remind of rules, give out order, and give 15 minutes for 4-Hers to set up their tables before preparation begins.

Remind judges that they will have a large number of 4-Hers and have 3 minutes with each. If there are a lot of contestants, use a stopwatch with the judges.

Bring: plates, cups, napkins, forks, and spoons for tasting party, which is usually between 11:30 and noon.

Revised April 2013

**Favorite Food Show Score Sheet  
Southeast District (N-04)**

10-12 = Excellent                      7-9 = Good                      4-6 = Fair                      3 = Poor

**I. Exhibitor**

- \_\_\_\_\_ A. Knows the MyPlate.
- \_\_\_\_\_ B. Knows the number of servings needed daily from each group.
- \_\_\_\_\_ C. Knows three main nutrients in the food prepared and explains use in the body.
- \_\_\_\_\_ D. Knows steps in preparing food.
- \_\_\_\_\_ E. Personal appearance. Clean, neat, well groomed, dressed appropriately for serving meal or snack.
- \_\_\_\_\_ F. Communicates effectively. This is where the judges can add or deduct points for contestant's behavior.

**II. Favorite Food**

- \_\_\_\_\_ A. Appearance
- \_\_\_\_\_ B. Texture
- \_\_\_\_\_ C. Taste
- \_\_\_\_\_ D. Color
- \_\_\_\_\_ E. Aroma
- \_\_\_\_\_ F. Temperature
- \_\_\_\_\_ G. Appropriate and attractive display of food.
- \_\_\_\_\_ H. Appropriate for carrying to the contest from the standpoint of food safety.

**III. Menu**

- \_\_\_\_\_ A. The menu for the meal is suitable to serve with food exhibited and for occasion selected.
- \_\_\_\_\_ B. Nutritionally sound menu for the meal which includes variety of food groups from the pyramid.
- \_\_\_\_\_ C. Variety of color, shape, texture, temperature, and flavor.
- \_\_\_\_\_ D. The full day menu includes the appropriate number of servings from the Food Guide Pyramid.

**IV. Display**

- \_\_\_\_\_ A. Posters: Correct size (8 1/2" x 11"), attractive, readable, etc.
- \_\_\_\_\_ B. Appropriate for food served.
- \_\_\_\_\_ C. Attractive color scheme for dishes, table covering and food.
- \_\_\_\_\_ D. Appropriate decoration.
- \_\_\_\_\_ E. Correct placement (dishes, flatware, napkin, etc.)
- \_\_\_\_\_ F. Display area: Neatness around and under table.

\_\_\_\_\_ **Total Points**  
 \_\_\_\_\_ **Deduction of 10 points if work area is left dirty.**

**COMMENTS**

**Excellent: 228 – 288**  
**Good: 180 - 227**  
**Fair: 84 – 179**  
**Poor: 0 - 83**

## Sample Questions the Judges Might Ask You

How did you prepare this food? \_\_\_\_\_

\_\_\_\_\_

Why did you choose this food? \_\_\_\_\_

\_\_\_\_\_

What food group is it from? \_\_\_\_\_

\_\_\_\_\_

What is the main nutrient in the food and what does this nutrient do in the body?

\_\_\_\_\_

\_\_\_\_\_

Why did you choose this centerpiece? \_\_\_\_\_

\_\_\_\_\_

Why did you pick the other foods on the menu? \_\_\_\_\_

\_\_\_\_\_

Why is this table setting appropriate for this food? \_\_\_\_\_

How did you decide what dishes and silverware to use? (example: how many forks?)

\_\_\_\_\_

Where did you prepare the food? \_\_\_\_\_

Was it frozen? Was it refrigerated? \_\_\_\_\_

How was it handled for transporting to the contest? \_\_\_\_\_

What is the cost per serving of the favorite food? \_\_\_\_\_

\_\_\_\_\_