

# SOUTHWEST DISTRICT CONTEST

## FAVORITE FOODS

Favorite Foods is a competition that gives you a chance to exhibit a favorite food you have learned to prepare this year and to tell how and why the food you exhibit makes a difference in you.

To exhibit in Favorite Foods, you will:

A. Select your favorite recipe from one of the following groups:

Snacks	Vegetable Plates
Breads	Drinks
Sandwiches	Fruits
Salads	Main Dish

B. You have studied each of these groups during the year. You may want to prepare one of the new recipes you have discovered rather than the recipe given in your project book.

C. Practice preparing the recipe until you are sure a good product is made each time.

D. On the day of the competition, exhibit your prepared favorite food along with the recipe and what it might be served with and when.

E. Show the food on a card table with the appropriate table setting and a centerpiece.

F. Be able to tell the judge how to prepare and serve the food and why this food makes a difference to good health. Then tell them why you selected the dishes, table covering, silverware, and centerpiece you are exhibiting.

G. You will be scored with the Scorecard 300 E-27.

## **Favorite Food Show Planning Guide**

The contest is made up of a display by an individual member of one favorite food item. The display for each member is made on a small table, such as a card table. The member should have a place set for one person with appropriate table covering, dishes, glassware, silverware and a centerpiece.

The Favorite Foods competition is intended to meet these objectives:

### **OBJECTIVES:**

1. To provide the member an experience in planning, preparing, and serving food as part of a meal or snack.
2. To give the member an opportunity for self-expression, both verbally and visually.

### **WHAT THE MEMBER SHOULD DO:**

1. Select a tested recipe from a reliable cookbook, 4-H foods bulletins, or other dependable sources.
2. Practice preparing the favorite recipe until it can be done easily and a good product is achieved. Be able to tell how it is done, if asked. Originality is encouraged, especially for advanced members. Put the recipe on an 8 ½ X 11-inch poster.
3. Plan a menu for the family where the meal or snack includes the favorite food. Put the menu on an 8 ½ X 11-inch poster.
4. Plan for table covering or placemat, dishes, glassware, silverware, and a centerpiece to use for displaying the food. Magazines and books on design can serve as help in making an attractive centerpiece for the table. On the day of the Favorite Food Show, set up the display including the recipe and menu posters. Each member should bring his/her own card table.
5. Planning Tips
  - Always consider food safety in transporting recipe ingredients to the contest and when preparing the recipe on site. Keep hot foods hot and cold foods cold and avoid cross-contamination of ingredients. Be sure to safely prepare, serve and store all ingredients.
  - The contestant is responsible for bringing all ingredients, utensils, dishes, table covering, potholders, towels, dishcloths, and other preparation or display items needed for the contest. Do not assume forgotten items will be available at the contest. A refrigerator, freezer, microwave, stoves and ovens will likely be available for contestant use; however, it is best to check with the contest

superintendent. Contestants must clean their kitchen area before leaving the contest.

## **Evaluation**

Leaders are encouraged to work with members in preparation for the Favorite Foods competition. Members should be encouraged to evaluate their own work.

At the Favorite Food competition, a critique or critical discussion will be held with each contestant. Those serving as the judge, will ask questions which test the entrant's understanding of the preparation and nutritional value of their favorite food and menu. The entrant should be able to say something about the choices of accessories for serving the favorite food. Use the "Favorite Food Check Sheet" for each member and discuss various points as needed.

The person in charge of the critique should be chosen for an understanding of girls and boys, as well as, knowledge of foods and nutrition.

Comments and interviewing of participants will help 4-H'ers learn how they can make their best better.