

FAVORITE FOODS CHALLENGE

Participants in the Favorite Foods Challenge will gain experience in planning, preparing and serving a nutritious favorite food as part of a meal or snack. A display including correct table setting, recipe and menu posters, and decorations will accompany the participant's chosen Favorite Food.

I. Eligibility

- A. Read general rules.
- B. Any 4-H member who meets the general eligibility rules may participate.
- C. Contestants may enter as an individual.
- D. The contest is limited to three individuals per county.

II. Procedures

- A. Each individual must submit the Favorite Food Show entry form and recipe by the State Conference registration deadline to the State 4-H Office.
- B. 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).
- C. The Favorite Food must be a nutritious snack or beverage, bread, sandwich, main dish, salad, fruit or vegetable. No desserts allowed.
- D. 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.
- E. 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, cost per serving and calories per serving. Posters must be freestanding and placed on the tabletop. Simple decorations may be used on the posters to promote the chosen theme.
- F. 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.
- G. 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.
- H. The Favorite Food is the only food from the contestant's menus which will be prepared. Contestants must prepare the entire dish at the contest site. Safe food handling practices must be followed at all times when transporting the Favorite Food ingredients to the contest and when preparing, serving, and storing the food during and after the contest.
- I. A time limit of five minutes will be allowed per contestant for judges to ask questions based on the Senior Favorite Food Show score sheet.
- J. Contestants will be responsible for cleaning their preparation area, as well as their display table and surrounding area after the contest. Contestants will receive 0-5 points added onto their total score based on kitchen practices, including clean-up, food safety,

cooperation with others, and self-sufficiency.

III. References

- A. Senior Favorite Food Show Guide (200 E-24)
- B. 4-H Foods Project Literature
- C. Senior Favorite Food Show Score Sheet (300 E-27)

IV. Awards

The High Point Individual will receive a plaque and medals. Second through fifth place teams will receive ribbons.

New Mexico State 4-H Conference Favorite Food Show

(Three entries per county)

Contestant Entry Form

Deadline: June 15 in the State 4-H Office

(Please type)

Name(s) _____ **County** _____

Name of Favorite Food _____

(Must be a nutritious snack or beverage, bread, sandwich, main dish, salad, fruit or vegetable.
No desserts allowed)

- Include a typed copy of your Favorite Food recipe with this entry form.**
(List of ingredients, including amounts, directions, number of servings, cost per serving and calories per serving)
- Total time needed to prepare the entire recipe on site at the contest. _____**
- Kitchen appliances needed to prepare your recipe** (refrigerator, freezer, oven, cooktop, or microwave) **Small kitchen appliances and utensils will not be provided.**

Planning Tips

- Always consider food safety in transporting recipe ingredients to the contest and when preparing the recipe on site.
- 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. Contestants must clean their kitchen area before leaving the contest.
- Contest time will be from 8:00 am – 12:00 noon, depending on the number of contestants.
- Contestant order will be based on total time needed to prepare each Favorite Food.

SENIOR 4-H FAVORITE FOOD SHOW SCORE CARD

300.E-27
(R--2016)

Name _____ Contestant # _____ County _____

Name of Favorite Food _____

Total Score _____ (200 pts.) Average Judge's Score _____ Placing _____

JUDGING CRITERIA	8 – 10 Pts Excellent	6 – 7 Pts Good	3 – 5 Pts Fair	1 – 2 Pts Poor	Judge's Comments
I. THE EXHIBITOR					
Understands the USDA MyPlate recommendations					
Knows Favorite Food nutrients and their functions					
Understands and effectively explains Favorite Food preparation					
Communication skills; poise					
Personal appearance: neat, well groomed					
II. THE FAVORITE FOOD					
Level of skill required to prepare Favorite Food					
Attractively displayed as entire dish or single serving					
Appealing combination of flavors, textures, colors, and temperature					
Overall quality of Favorite Food					
Food safety practiced when transporting, preparing, and serving Favorite Food					
III. THE MENU					
Suitable for favorite food and chosen occasion					
Variety of flavors, texture, color temperature and shape					
Nutritionally sound, follows MyPlate recommendations					
Creativity in menu planning					
IV. TABLE SETTING / DISPLAY					
Appropriate for foods to be served in chosen menu					
Correct placement of table setting					
<u>Menu Poster</u> : correct size, neat, attractive, with full day's menu					
<u>Recipe Poster</u> : correct size, neat, attractive, list of ingredients with amounts, directions, number of servings, cost per serving and calories per serving					
Overall attractiveness with appropriate centerpiece					
Display area neat and clean					

SENIOR FAVORITE FOOD SHOW

300.E-27A

(R-2016)

KITCHEN PRACTICES SCORE CARD

Name of Contestant _____ County _____

Name of Favorite Food _____ Contestant # _____

Total Score _____ (5 points possible)

Kitchen Practice		Score
Food Safety Practices	(2 points)	
<i>Comments:</i>		
Cooperation With Others	(1 point)	
<i>Comments:</i>		
Self-Sufficiency	(1 point)	
<i>Comments:</i>		
Clean-up	(1 point)	
<i>Comments:</i>		