

4-H Favorite Food Show Rules

The purpose of the Favorite Food Show is to give 4-H members a chance to exhibit a favorite food, plan a balanced menu around the food, learn to properly set a place setting, and develop an appreciation of the relationship between good health and good nutrition.

To be eligible:

Can be any 4-H'er enrolled in community club, special interest clubs, afterschool, school enrichment, or open enrollment. Youth must fill out 4-H enrollment forms and medical release forms.

Age Divisions: Cloverbud (5-8), Junior (9-13), Senior (14-19)

Food Groups: Meats/Beans, Dairy, Grains, Vegetables, Fruits, and Desserts

General Rules:

1. Contestants will prepare favorite food at home prior to the contest.
2. Last minute preparations will be allowed on site.
3. Contestant's exhibit will include the table setting, recipe cards (2), menu cards (2), and main dish.
4. Contestants will arrange their own exhibit on tables provided.
5. Plan a complete menu for one meal.
6. Contestants may not use the same recipe if they have received first place with that same recipe in previous years.
7. 4-H'ers must present, to the Judge, the menu they have prepared and the recipe.
8. Awards: each participant will be given an award and 1st-3rd will be placed.

Checklist for 4-H'ers:

____ Favorite Food

____ Recipe Cards (2) with info on back.

____ Menu Cards (2) with info on back

____ Place Setting (tablecloth, placemat, centerpiece, plates, utensils, napkins, glasswear.)