

FAVORITE FOOD SHOW
(R2019)

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

I. ELIGIBILITY

- A. Any 4-H member meeting the general eligibility rules. There is no requirement to be enrolled in a 4-H foods or nutrition project in order to participate in the contest.
- B. Age Divisions:
 - 1. Novice: Ages 9 – 11
 - 2. Junior: Ages 12 – 13
- C. Participants Per County:
 - 1. Novice: 4 Individual Participants
 - 2. Junior: 4 Individual Participants

II. CONTEST GUIDELINES Entry Process:

Each individual must submit a Favorite Food Show Entry Form AND a typed copy of their Favorite Food Show recipe to their County Extension Office by the designated county deadline for entry.

Favorite Food:

- A. Select a tested recipe from a reliable cookbook, 4-H foods project book, Extension publication or other dependable source. Choose a recipe that has nutritional value, shows originality and creativity, is appropriate for your chosen theme.
- B. **Choose a recipe that can be made in approximately 20 minutes to 1 hour, including preparation, marinating, chilling and cooking time.** The Favorite Food must be made at the contest site, however ingredients may be pre-measured, chopped or browned to save time at the contest.
- C. Each contestant will choose a Favorite Food that fits in one of the categories below, however all Favorite Foods, regardless of category, will compete against one another. **Dessert recipes, slow-cooker/ Instant Pot recipes and recipes including alcohol are not allowable Favorite Food Show choices.**
 - 1. Nutritious Snack
 - 2. Bread
 - 3. Sandwich
 - 4. Appetizer
 - 5. Main Dish
 - 6. Salad
 - 7. Fruit or Vegetable
 - 8. Beverage

- D. Practice preparing your Favorite Food recipe on your own until it can be prepared with ease and a good product is achieved with consistency. Be prepared to tell judges how the food was prepared.
- E. Plan a menu, which will include your Favorite Food. The menu will be for breakfast, lunch, a snack **OR** dinner, depending on the Favorite Food chosen. Be sure to include foods that provide variety in flavor, color, texture, temperature and shape. Foods from all five food groups – grains, protein, fruits, vegetables and dairy -- should also be represented in your menu selections. The choosemyplate.gov website will provide additional information related to food groups, daily nutritional requirements and healthy food and lifestyle choices for individuals.
- F. The only food you will need to prepare for the contest will be your Favorite Food and any necessary garnishes. **Do not prepare any of the other foods or beverages listed in your menu.**
- G. Prepare two separate 8½" x 11" freestanding posters to be placed on top of the contestant's display table. Frames, acrylic stands or other sturdy, free standing items may be used.

1. **Favorite Food Recipe**, including ingredients, amounts, directions for preparation, and number of servings. **Junior contestants should also include the cost per serving.**

2. **Menu including Favorite Food**

Decorations may be used on the posters to promote the chosen theme. Be sure posters are neat and that all words are spelled correctly.

- H. Plan a place setting for one person with appropriate table covering, dishes, glassware, flatware, and centerpiece to compliment your Favorite Food. Please do not bring fragile china or other expensive items that could be damaged or lost. Paper plates, cups and utensils will be provided by the contest superintendent for judges to use when sampling your Favorite Food. You may choose to bring a card table to the contest for setting up your display, if you desire.
- I. Ingredients for your Favorite Food must be transported to the contest site with food safety in mind. Keep hot foods hot and cold foods cold and avoid cross-contamination of ingredients. Be sure to safely prepare, serve and store all ingredients.
- J. A refrigerator, freezer, microwave, stoves and ovens will likely be made available for contestant use, however it's best to check with the contest superintendent.
- K. Bring all ingredients, utensils, serving spoons and dishes, as well as your table covering, dishes, flatware, centerpiece, recipe and menu posters, dish towels / cloths and any other necessary items for your Favorite Food and accompanying display. **Do not assume forgotten items will be available at the contest site.**

- L. **Contestants must wait to set up their Favorite Food display and to prepare their Favorite Food recipe until directed to do so by the contest superintendent.** Contestants will have approximately 1 hour to prepare before judging begins. **Parents, leaders and Extension agents are not allowed to assist the contestants in setting up displays or preparing the Favorite Food.** The contest superintendent and designated volunteers will be available during the contest should contestants have questions or need assistance.
- M. Contestants will be responsible for cleaning their preparation area, display table and surrounding area after the contest. Please double check that no personal items are left at the contest site.
- N. No sleeveless shirts, open-toed shoes or sandals will be allowed.

III. JUDGE'S SAMPLE QUESTIONS

Judges will ask each individual contestant questions based on the Favorite Food Show score sheet. Practice giving answers to the following sample questions and review the contest score sheet in order to gain confidence and poise before the contest.

1. How did you prepare your Favorite Food? Did you have any difficulties?
2. How many times have you prepared your Favorite Food?
3. Why did you choose this recipe for the contest?
4. Which food groups are included in your Favorite Food?
5. Do you know the amount and number of suggested servings per day for these food groups?
6. What are the main nutrients in your Favorite Food and what are their functions?
7. What is the cost per serving for your Favorite Food? (**Jr. Contestants**)
8. What food safety rules did you practice as you transported, prepared, and served your Favorite Food?
9. Why did you choose the other foods listed in your menu?
10. Tell me about your centerpiece, dishes and other items chosen for your display.
11. Why is this table setting appropriate for your Favorite food and your menu?

I. REFERENCES

Northern District 4-H Favorite Food Show Score Sheet

USDA MyPlate materials and website (www.choosemyplate.gov) 4-H Foods Project Literature

Senior Favorite Food Show Guide (200.E24)

<https://www.fsis.usda.gov/food-safety/safe-food-handling-and-preparation/food-safety-basics/steps-keep-food-safe>

II. AWARDS

Medals and ribbons will be awarded to first place contestants in each age division. Contestants placing second through fourth in each division will receive ribbons.



COOPERATIVE EXTENSION SERVICE

NEW MEXICO STATE UNIVERSITY

COLLEGE OF AGRICULTURE AND HOME ECONOMICS

FAVORITE FOOD SHOW SCORE CARD

Name _____

Club / County _____

Favorite Food _____

4-H Age Division: Novice _____ Junior _____

Average Score _____ Placing _____

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FAVORITE FOOD SHOW SCORE CARD

Name _____ Contestant # _____ Novice _____ Jr. _____ County _____

Favorite Food _____ Total 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 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, textures, color, temperature and shape					
Nutritionally sound, follows MyPlate recommendations					
Creativity in menu planning					
IV. Table Setting and Display					
Appropriate for foods in menu					
Correct placement of table setting					
Posters: correct size, attractive, neat, with required information					
Appropriate centerpiece					
Overall attractiveness					
Display area neat and clean					

NORTHERN DISTRICT 4-H CONTEST FAVORITE FOOD SHOW
Contestant Entry Form

Revised 2019

Name _____ Year _____

County _____ Age Division: _____ Novice _____ Junior _____

Recipe Information

Name of Recipe _____

Recipes may be a: (All recipe categories compete against one another)

- Nutritious Snack
- Sandwich
- Salad
- Bread
- Main Dish
- Fruit or Vegetable
- Beverage
- Appetizer

Ineligible Recipes

- Dessert Recipes
- Slow-Cooker/Instant Pot Recipes
- Recipes Containing Alcohol

Must include a typed copy of your Favorite Food recipe with your entry form. The recipe must include a list of all ingredients and directions. Each contestant will receive a district recipe booklet.

▶ **How much total time is needed to prepare your dish from start to finish at the contest site?**
(Approximately 20 minutes to 1 hour) _____

▶ **What appliances will you need to use at the contest site to prepare your recipe?**

▶ **What appliances are you bringing, if any?**

▶ **What ingredients can you prepare beforehand to save time?**
(Chop vegetables, pre-measure spices, or pre-cook ingredients)

▶ **BEFORE LEAVING HOME, remember to double check ingredients, utensils, dishes, table covering, centerpiece, recipe, menu and other items you will need for the contest. *Do not assume utensils, small appliances, ingredients and other forgotten items will be available at the contest site. This is your responsibility as a contestant to bring all necessary items; to know how to prepare your dish; and how to set up your table entirely on your own. Remember to always keep food safety in mind when purchasing transporting, preparing, serving and storing recipe ingredients.***