



# River Valley District 4-H

## Favorite Food Show



### Step 1: Pick your Favorite Food

Choose an item that is your favorite to eat/drink and that is age appropriate for you to make! The dish can be an appetizer/salad, main or side dish, dessert, or a beverage!

### Step 2: Pick a theme and event

Choose where you would serve your Favorite Food! Is it appropriate for a birthday party, backyard barbeque, or picnic? The themes and events are endless! Your theme should coordinate with your favorite food, menu, and table setting!

### Step 3: Plan the rest of the menu

You will only be making your favorite food but plan what else you would serve at your event! Your menu needs to be age appropriate with food that you are able to cook. Include the basic elements: Appetizer/Salad, Main Course, Side Dish, Dessert, and Beverage but you may choose to have as many courses as needed to match your event. Things to consider:

- ✿ Nutritional Content: Is my menu colorful? Does it represent the food groups according to the My Plate model? Check out [www.choosemyplate.gov](http://www.choosemyplate.gov) for more information.
- ✿ Location/Atmosphere: Would it be safe and appropriate to serve this menu at your event? Would you be able to keep your menu at the proper temperature? Check out [www.foodsafety.gov](http://www.foodsafety.gov) for more information on food safety.

### Step 4: Set your table for judging

A table will be provided. If you would prefer to use a small card table, you are allowed to bring your own. You will need the following items to display on your table:

- ✿ Tablecloth and/or placemat
- ✿ Table setting for 1 (Paper items are appropriate for informal themes and/or events)
- ✿ 1 serving size portion of your Favorite Food
- ✿ Displayable menu – Get Creative – can be in a photo frame, paper table tent, etc.
- ✿ Displayable Recipe Card for your Favorite Food
- ✿ Utensils to serve your Favorite Food (potholders, spoons, knives, etc.)
- ✿ Centerpiece (optional)

### Entry Information:

To participate in the Favorite Food Show, the 4-H'er must be enrolled in the Foods & Nutrition project through 4-H Online at <https://v2.4honline.com>. The Project Add/Drop Deadline is May 1<sup>st</sup>.

**Please register for this event by the first Sunday in June. The registration link is typically shared via email.**

Entries received after this date will be dropped a ribbon placing and will not be eligible for Champion/Reserve Champion. Questions regarding the Favorite Food Show should be directed to Nutrition, Food Safety & Health Agent, Kaitlin Moore, at 785-243-8185 or [kaitlinmoore@ksu.edu](mailto:kaitlinmoore@ksu.edu).

## Additional Rules:

1. Food must be prepared prior to arriving for judging. There will be a kitchen available for final preparations. A refrigerator/freezer and oven/stove are available. If you need any utensils, dishes, or electronic appliances, such as a crockpot, you are responsible for bringing it with you.
2. Follow all food safety regulations! Due to food safety concerns, the judge may choose not to taste food. Check out the Food Safety Information Sheet attached for important tips. Questions and concerns about Food Safety should be directed to your local River Valley District Extension Office.
3. No alcohol can be used.
4. To receive your ribbon and premium, you must exhibit your Favorite Food entry at your local county fair. Your fair exhibit should include your place setting, menu, recipe, centerpiece, and a photo of your Favorite Food.

## Placing Information:

Each 4-H'er will receive a ribbon placing using the scorecard below. Since this is a fair exhibit, ribbons will be awarded per county. If deserving, a Champion and Reserve Champion will be selected in the following age divisions at the Favorite Food Show.

- ✿ Beginner (4-H age 7-8)
- ✿ Junior (4-H age 9-11)
- ✿ Intermediate (4-H age 12-14)
- ✿ Senior (4-H age 15-18)

## The Scorecard:

1. The Favorite Food
  - Appearance (including proper portion size)
  - Flavor
  - Quality
2. Menu
  - Appropriate food choices to compliment Favorite Food and event/theme
  - Age appropriate food choices
  - Balanced in color and texture
  - Provide 2-3 photos showcasing your preparation
3. Table Setting
  - Menu and recipe are clean, legible, and displayed
  - Appropriate for menu/event
  - Attractive (theme, color scheme, dishes, tablecloth, centerpiece, etc.)
4. 4-H'er
  - Understands preparation, nutritional value, table setting techniques, and food safety  
*(Questions asked: Why did you choose this recipe? What makes this food healthy or not healthy? How did you make the rest of the menu healthy to compliment your favorite food?)*
  - Appropriate Dress
  - Interview – Eye contact, clarity, volume of voice

