



# CHAUTAUQUA COUNTY 4-H FAVORITE FOOD SHOW

**Saturday, February 24, 2024 9:00 am**

**Sedan High School Lobby**

The Favorite Food Show is an exhibit and contest to encourage 4-H'ers to learn about meal planning, food preparation, and presentation. A "Favorite Food" is chosen, one the 4-H'er likes and likes to prepare. A menu is planned with the food, and the table decor is coordinated. Foods chosen may be main courses, desserts, snacks, breads, casseroles or other.

A recipe card and a menu card should be displayed with the proper table setting. The 4-H'er will visit informally with the judge and tell how to prepare and serve the food, why they selected the table service and dishes, and why the centerpiece is appropriate. The 4-H'er should also know some of the nutritional value of the food and be able to discuss that with the judge. This is a creative and fun event for 4-H'ers. There are no hard and fast rules, but the following score card is suggested:

**25% - The Exhibitor**

- Be neatly dressed and well groomed, properly dressed for the occasion of the menu.
- Understand the preparation of your food and be able to describe it to the judge.
- Understand the nutrition of your food and the menu planned and be able to discuss it with the judge.

**25% - The Favorite Food**

- The food should be good quality and flavorful and look appealing.
- Have the recipe printed on a card to set on the table.
- Prepare and serve one serving. The judge may sample the food.

**25% - The Menu**

- The menu should be suitable for the occasion you've planned and suitable for your favorite food.
- The menu should have a suitable combination of color, texture, flavor and food value. Have the menu printed on a card on the table.

**25% - The Table Setting**

- Bring your own card table, table covering, plates, service (what would be used for the menu) and small decoration.
- The table setting should be appropriate for the menu.
- Use an attractive color scheme, dishes, food and appointments.

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## **Favorite Food Show Entry**

**Entries due in the Extension Office by Friday, February 16, 2024**

Name \_\_\_\_\_ Age \_\_\_\_\_ (4-H Age)

My Favorite Food will be \_\_\_\_\_

Served for (Occasion) \_\_\_\_\_