



Elk County 4-H FAVORITE FOOD SHOW



**Wednesday, May 28, 2025
1:30 p.m. -- Extension Meeting Room, Howard**

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. The following score card is used at the Area Contest and will be used at the Elk County contest.

30 Points - The Exhibitor

- ✿ Appropriate Dress
- ✿ Originality
- ✿ Interview - Eye contact, clarity, volume of voice. Demonstrates understanding of table setting techniques and the menu, food preparation and food safety.

30 Points - The Favorite Food

- ✿ Can discuss nutritional value and healthy portions.
- ✿ Understands preparation of the food item.
- ✿ Appearance of food including portion size.
- ✿ Food safety knowledge.

20 Points - Menu with Favorite Food

- ✿ Appropriate food choices.
- ✿ Understanding of meal preparation time management.
- ✿ Knowledge and experience with this menu.
- ✿ Balanced in color and texture.

20 Points - Table Setting with Favorite Food

- ✿ Appropriate for menu
- ✿ Menu and recipe are clear and legible.
- ✿ Attractive-color scheme, dishes, food, placemats, linen, etc.
- ✿ Appropriate centerpiece.

Favorite Food Show Entry **Entries due in the Extension Office by Friday, May 23**

Name _____

Age _____
(4-H Age)

My Favorite Food will be _____

Served for (Occasion) _____