

## FAVORITE FOODS SHOW

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

### I. Eligibility

- A. Read general rules.
- B. Any 4-H member who meets the general eligibility rules may participate.
- C. Contestants enter as an individual.
- D. The contest is limited to three individuals per county.

### II. Procedures

- A. Each individual must submit the Favorite Food Show entry form and recipe by the State Conference registration deadline to the State 4-H Office.
- B. Participants will select a Favorite Food from a reliable source. The Favorite Food should have nutritional value, show originality and creativity and be appropriate for the participant's chosen theme. Recipes should take about one hour to prepare and be ready to serve (that is about one hour start to finish).
- C. The Favorite Food must be a bread, sandwich, main dish, salad, fruit or vegetable. **No desserts, crockpot or Instapot recipes allowed.**
- D. Practice preparing the Favorite Food until it can be completed with ease and a good product is consistently achieved. Be prepared to tell judges how the food was prepared.
- E. Plan a full day's menu, including breakfast, lunch, dinner and a snack, if desired, to complement the Favorite Food choice and theme. Place the menus on one 8 ½" x 11" poster. A second poster of the same size will include the recipe ingredients, amounts, and calories per serving. Posters must be freestanding and placed on the tabletop. Simple decorations may be used on the posters to promote the chosen theme.
- F. Set up a card table sized display to include a place setting for one person with correct table setting and appropriate dishes, glassware, flatware and centerpiece. **Tables will be supplied by the State 4-H office.**
- G. A presentation schedule based on required preparation times will be given to all contestants as they report at the designated time to the contest. Contestants may not set up their display or prepare their Favorite Food until directed to do so by the contest superintendent. Each contestant is responsible for bringing all equipment and ingredients needed for the preparation of their Favorite Food.
- H. The Favorite Food is the only food from the contestant's menus which will be prepared. Contestants must prepare the entire dish at the contest site. Safe food handling practices must be followed at all times when transporting the Favorite Food ingredients to the contest and when preparing, serving, and storing the food during and after the contest.

- I. A time limit of five minutes will be allowed per contestant for judges to ask questions based on the Senior Favorite Food Show score sheet.
  - J. Contestants will be responsible for cleaning their preparation area, as well as their display table and surrounding area after the contest. Contestants will receive 0-5 points added onto their total score based on kitchen practices, including clean-up, food safety, cooperation with others, and self-sufficiency.
  - K. Contestants should wear closed-toed shoes, hair up or tied back, and wear an apron. No sleeveless shirts or sleeveless dresses allowed.**
  - L. Plastic, food safe, disposable gloves must be worn during food preparation.**
- III. References
- A. Senior Favorite Food Show Guide (200 E-24)
  - B. 4-H Foods Project Literature
  - C. Senior Favorite Food Show Score Sheet (300 E-27)
- IV. Awards
- A. The High Point Individual will receive a buckle. Second through fifth place will receive ribbons.