

# Marais des Cygnes FAVORITE FOODS SHOW

Miami County  
June 3 at 12:30pm  
Paola Office

Linn County  
June 13 at 9:30am  
Linn County 4-H Building

**\*Winners in the two age divisions can compete at the Area Favorite Foods Contest, June 23 at Neodesha.**

## ***Favorite Foods Rules and Guidelines:***

4-H'ers select a favorite food recipe and prepare it. To exhibit in the "Favorite Foods Show", 4-H'ers select a favorite recipe from one of the following groups:

|            |          |                  |
|------------|----------|------------------|
| Snacks     | Desserts | Meats            |
| Sandwiches | Breads   | Soups            |
| Casseroles | Drink    | Vegetable Plates |
| Salad      | Fruits   | Other            |

The favorite food should be displayed with a proper table setting; formal or informal depending upon the food. (Paper plates are acceptable as long as the setting is informal.)

## **A RECIPE CARD FOR THE FAVORITE FOOD SHOULD ALSO BE EXHIBITED ALONG WITH A PLANNED MENU**

*4-h'ers are responsible for providing their own table; no electrical appliances are allowed in the school. Judge will not taste food due to food safety concerns.*

4-H'ers should be prepared to tell the judge how to prepare and serve the favorite food, why they selected the table service and dishes, and why their centerpiece is appropriate. (A centerpiece is not always a necessity; however, the table setting should be attractive.)

4-H'ers should also check into the nutritional value of the favorite food and be able to discuss something of that with the judge, if the judge should question the 4-H'er. **THERE ARE NO HARD AND FAST RULES!**

NOTE: Entire product does not have to be displayed in the "Favorite Food Show"; serving size is an appropriate amount of food to display.

## **FAVORITE FOOD SHOW SCORE CARD\***

### **I. THE EXHIBITOR**

- Understands preparation of the food item . . . . .
- Can discuss some nutritional questions . . . . .
- Has a neat and clean appearance . . . . .

### **II. THE FOOD**

- Appearance . . . . .
- Quality . . . . .

### **III. MENU WITH FAVORITE FOOD**

- Suitable for favorite food . . . . .
- Balanced in color . . . . .
- Balance in texture . . . . .

### **IV. TABLE SETTING WITH FAVORITE FOOD**

- Appropriate for food . . . . .
- Attractive-color scheme, dishes, food, placemats, linen, etc. . . . .
- Appropriate centerpiece . . . . .