

Linn County 4-H FAVORITE FOODS SHOW

During the Linn County Fair! The morning of Monday, August 4th during 4-H Foods Judging. 4-Hers must be enrolled in the Foods project and pre-entered in Favorite Foods to participate.

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	Breads	Meats
Sandwiches	Drink	Soups
Casseroles	Fruits	Vegetable Plates
Salad	Desserts	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 DO NOT need to bring their own table; no electrical appliances are allowed. 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 they 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

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

II. THE FOOD

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

III. MENU WITH FAVORITE FOOD

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

IV. TABLE SETTING WITH FAVORITE FOOD

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