

FAVORITE FOOD SHOW

The Favorite Food Show gives you a chance to exhibit a food you have learned to prepare and to tell how and why the food makes a difference in/to you. It is a chance for you to show your parents, your friends, and other 4-H'ers what you have learned.

Purpose:

1. To provide the member an experience in planning, preparing and serving foods as part of a meal or snack.
2. To give the member an opportunity for self-expression, both verbally and visually.
3. To provide members the opportunity to show what they have learned about menu planning, the food pyramid and nutritive values of food.
4. **To have fun with food!**

Preparing for the Favorite Food Show:

1. Select a tested recipe from a reliable cookbook, Extension bulletin or other dependable source and enter in **one** of these **six favorite food categories:**

Nutritious Snack or Beverage

Bread

Sandwich

Main Dish

Salad

Vegetable or Fruit

2. When choosing a dish for the show, think ahead to consider traveling and transporting the dish. Cold foods need to stay cold and hot foods hot. Pick a dish that will maintain its consistency and not deteriorate over time.

3. Guidelines for the Favorite Food Categories:

The display by each member is made on a table (tables provided). The display includes:

- a. A place setting for one person with appropriate table covering, dishes, glassware, silverware, and centerpiece. A "theme" can be used in the display such as "Balloon Fiesta Party", "Valentine's Day Brunch", "Hobo's Picnic", etc. Use your imagination and make it a lot of fun too! Then carry out the theme in your table setting, selection of food prepared, menu and you can even dress in costume to complete the theme.
- b. A full day's menu, including the dish prepared on an 8 1/2" x 11" poster (free standing).
- c. The recipe on an 8 1/2" x 11" poster (free standing)
- d. The prepared dish.

Tips to help Get Ready for the Event:

1. Practice preparing the recipe until you are sure a good product will be made each time. Bring three copies of the recipe for judges. If you wish to bring additional copies recipes may be shared with audience members.

2. Plan for table covering or mats, dishes, glassware, silverware and centerpiece to be used for serving and displaying the food. Please do not bring fragile china or other precious items that could be damaged or lost. If you do, it is at your own risk.
3. When planning your full day's menu for the family include one food as a major source of Vitamin A and one food as a major source of Vitamin C. Keep in mind the fat and sodium content and keep them at a minimum. Also remember USDA MyPlate number of servings recommended.
4. Have at least three small plates, three forks, and three napkins on the table for use by the judges.