

DEPARTMENT Q - SECTION 906
FAVORITE FOODS REVUE
Premium Schedule B

RULES:

1. Do not need to be enrolled in a Foods Project.
2. Select and prepare a favorite recipe (doesn't have to be from project books, but should relate to learnings in project).
3. Plan a menu which includes the favorite food. Write on a 4 x 6 card.
4. Write recipe on 4 x 6 card. Members must do own cards.
5. Prepare a centerpiece and place setting for one on a card table. You must supply your own card table.
6. Display in place by 15 minutes before hour to begin, so the judging may begin promptly.
7. Parents and leaders may assist carrying articles for display but 4-H'ers are to set up display themselves.
8. The favorite food may be displayed as the whole product or as one serving.
9. Contest is divided into Senior, Intermediate, Junior and Novice Divisions, this is subject to change based on number of youth entering contest, may be divided into Junior and Senior Division.
10. Ribbon will be dropped one placing if above guidelines are not followed. Each contestant will be interviewed by the judge for about five minutes. Questions will be asked about the favorite food, menu, and centerpiece and place setting.

JUDGING CRITERIA

Food Preparation
Menu Planning
Meal Management
Nutrition
Table Setting
Food
Display



CLASSES:

902. **Junior** (age 8-10)
903. **Intermediate** (age 11-14)
904. **Senior** (age 14 & over)

AGE DIVISIONS DEPENDANT ON NUMBER OF ENTRIES.

STATE FAIR
4-H CULINARY CHALLENGE CONTEST

Purpose of the contest:

The 4-H Culinary Challenge Contest will require youth to demonstrate healthy decision making through nutrition, food preparation, menu planning, and food safety, utilizing foods and nutrition curriculum. They will apply healthy living knowledge and skills by planning a nutritious menu, demonstrating their understanding of time management skills in the kitchen, and expressing their originality and creativity through an appropriate themed and properly set table. To showcase these skills, youth will create a menu, prepare one food item, and choose an appropriate theme for their occasion while expressing their food, nutrition, and food safety knowledge during a live interview with a judge at the contest. In order to highlight knowledge and skills acquired during pre-contest preparation, youth will utilize technology as part of their interview.

Eligibility:

Winners at a county contest (Favorite Foods) may advance to the 4-H Culinary Challenge Contest, but participation at the county level is not required. The 4-H'er must be enrolled in at least one Foods and Nutrition project to enter the Contest. State Fair 4-H Foods Event. Each County is eligible to submit up to 4 teams of two 4-H members for the 4-H Culinary

Challenge Contest State Fair 4-H Foods Event to be held during the Nebraska State Fair. Selection of such eligible teams shall be at the discretion of the county

State Contest:

County teams of 2 two 4-H members will have the opportunity to advance to the 4-H Culinary Challenge Contest State Fair 4-H Foods Event, which will be held the first weekend of the Nebraska State Fair. Teams will be determined by the oldest 4 -H'ers age and will be placed as follows: Intermediate – ages 10 - 13– 15; and Senior – ages 14 - 18.

Advance Entry:

Must be submitted to the State 4-H Office through the county extension office with all other advance entries. Check the master schedule for complete schedule of contest.

Contest Entry Fees:

A nonrefundable entry fee of \$5.00 per person/team is required.

Awards:

Team members will receive either purple, blue, red, or white Nebraska State Fair ribbons. Medals will will be awarded to first and , second, third place teams in each age division. Results will be posted following the completion of contest.

Challenge Ingredient/Item:

A challenge ingredient will be selected each year, highlighting a Nebraska commodity food product. **The 2017 challenge ingredient is dried beans, peas and lentils. These may be used in any form, including dry-packaged or canned.** **More information about the Nebraska Dry bean Commission may be found at <http://nebraskadrybean.com/>** Each team must incorporate the challenge ingredient into their food item they will be presenting during the contest.one of the items on their menu. This may require altering a recipe or creatively incorporating an item into their overall table theme. (For example: spaghetti squash, pumpkin muffins, butternut squash soup, etc.) The challenge ingredient must also be included in the interview presentation, demonstrating youth knowledge of the ingredient, such as nutritional value, a farm-to-fork concept, or how to adapt a recipe to include the ingredient.

Judges Interview:

The team should view themselves as the hosts, welcoming the judge, cooperatively presenting the table to the judge, incorporating multi-media resources, and answering any questions from the judge. Teams must be prepared to present to the judge utilizing technology. (PowerPoint, picture story, or other multi-media resource. Presentations may include photos, clip art, animation, video or audio sound.) The 4-H members should cooperatively present a verbal presentation to the judge that is highlighted by their multi-media presentation via computer or iPad. Participants must provide their own computer or other equipment needed for their 4-H Foods Event judging interview. Presentations will occur at participants' tables. Please do not bring projectors or other equipment which will require extra space.

Considerations should be given to creatively include the following items through the multi-media presentation:

- nutritional facts of their menu
- food safety
- time management
- choice of menu
- food preparation
- cost of item/per serving
- food handling techniques
- recipe of the food item shared with the judge
- challenge ingredient (nutritional value, farm-to-fork, recipe revision, etc.)

General Rules/Guidelines

A team will consist of two members to be eligible to compete. 4-H members must all be at least 10 years of age by

January 1, of the current calendar year.

All team members must be enrolled in a 4-H foods and nutrition project during the current 4-H year.

Judging interviews will be approximately 12 to 15 minutes for Intermediate and Senior Divisions. This time includes a short presentation by the teams, as well as questions from the judge.

Teams should arrive at least 15 minutes prior to your assigned time to set up their table.

Team members must provide their own card table for the display.

Upon arriving, check-in at the registration table. Teams will be assigned a specific area to set up.

Check-in area will contain a refrigerator, a microwave and *limited* temporary storage for table settings.

Only contestants will be allowed to set up or arrange table settings.

Participants must have their table setting ready by the assigned time. Once tables are set, contestants should stay with their tables, as they are responsible for items placed on tables. Chairs will be available for contestants.

During judging, 4-H members may choose to dress in appropriate clothing, costume, or accessories relevant to the theme.

A 4-H chevron or 4-H emblem must be visible on clothing.

All tables will be removed following a designated time. Tables will available for judging and public viewing for a maximum of 2 hours.

Contest Resources: A SF s4-H Culinary Challenge Contest ScoresheetScore Sheet. More information regarding will be available via the website. Proper table setting guidelines, recipe development resources, and food safety guidelines will also be made available through the website <http://food.unl.edu/youth/projects>.