

— CONSUMER & FAMILY SCIENCES —

FAVORITE FOODS DAY CONTEST

PRE-ENTRY

Friday, July 15 by 4:30 p.m. / Nebraska Extension Office, Fremont

TABLE/DISPLAY SET UP

15 minutes prior to assigned interview time.

INTERVIEW JUDGING

Wednesday, August 3 by appointment (9:30 a.m. – 12:00 noon)

TAKE DOWN

Sunday, August 7 from 8:00 - 9:00 p.m.

PREMIUMS

Purple \$6.00; Blue \$5.00; Red \$4.00; White \$3.00

GENERAL GUIDELINES:

Favorite Foods Day is a 4-H contest that allows 4-H members to be creative. Contestants coordinate several aspects of the meal planning process. The contestants are evaluated on their ability to plan a nutritious menu that is appealing in its color, texture and flavor combinations. Consideration is given to the use of linens, centerpieces and table appointments to create an appetizing atmosphere for the meal. Finally, the serving of one food from the menu allows the 4-H member to demonstrate his or her food preparation skills.

FOR ADDITIONAL INFORMATION: Refer to the GENERAL RULES AND REGULATIONS at the front of this fair book.

JUDGING:

- The Favorite Foods Day Contest is judged using the interview method. This requires the contestant to express themselves verbally.
- 4-H members should be prepared to discuss time management, food preparation and meal planning as it relates to his or her display.
- Contestants are encouraged to create an attractive table setting for a special occasion that fits on a card table. The theme ("special occasion") may be a birthday party, football party, Halloween party or a picnic, to name a few.
- Exhibitors are **REQUIRED** to interview and make appointments with superintendent at time of check-in/set-up on Wednesday, August 3, 7:30-9:00 a.m. Interviews will be scheduled on Wednesday, August 3 from 9:30 a.m.-12:00 noon in the 4-H Exhibit Hall.
- Participants will be allowed to set-up their table 10-20 minutes prior to their scheduled interview time. **ONLY participants will be allowed to set-up table displays.**

CONTEST RULES:

Contestants need to be enrolled in 4-H but are not required to be enrolled in a foods project to participate. Plan an entire menu and display the menu choices on a 4" x 6" card. (*HINT: Be sure to use the correct menu form.*) Prepare and display one of the foods from the menu and provide the recipe for that food item using another 4" x 6" card. The "favorite food" may be displayed as the whole product of as one serving. (*HINT: Avoid foods that could spoil easily. Keep the current weather in consideration. IE. ice cream desserts or whip topping may not hold up during the wait for the judging.*) Contestants will be interviewed (for about 5 minutes) by a judge. The judge will sample and critique the displayed food item. (*HINT: The judge will discuss the choices of special occasion, menu, and overall display.*) Contestants will provide a card table and set the table correctly for the selected menu on Wednesday, August 3 at 10-20 minutes prior to their scheduled interview time. The table setting (for one person) should be complete with linens and a centerpiece. (*HINT: Contestants should give thought to the*

appropriate place setting for the meal. IE. A picnic menu is not appropriate for a china place setting.)

Favorite Foods Day Contest displays (excluding perishable food items) will remain set up during the entire fair. Take down will be Sunday, August 7 from 8:00-9:00 p.m. **NOTE: Fair management is NOT responsible for projects picked up after 9:00 p.m. on Sunday, August 7**

ADDITIONAL INFORMATION:

- Two 4-H members may work as a team and enter one display. The 4-H'ers will be interviewed by the judge as a team and will each receive a ribbon and premium. **NOTE:** Each individual and each member of a team will receive Category II premium award pay out.
- Champion and Reserve Champion selections will be awarded in each class provided the entries are purple ribbon quality.
- Parents/Adults may assist in carrying items to the display site. However, **4-H members are required to set up their display on their own.**

TABLE SETTING:

- * ONE place setting with appropriate tableware
- * Card Table
- * Table Covering
- * Centerpiece
- * Recipe Card and Menu Card for your special occasion

FAVORITE FOODS DAY JUDGE'S GUIDE

THE FAVORITE FOOD . . . 30%

- * Does it have appetite appeal?
- * Is the flavor pleasing?
- * Is the texture appropriate to the food?
- * Is the quality high for the product displayed?

THE MENU . . . 25%

- * Does the meal contribute adequately to total daily needs?
- * Are the flavors and colors pleasingly combined?
- * Is it suitable for the occasion and the "favorite food"?

THE TABLE SERVICE . . . 15%

- * Is overall effect (dishes, food, centerpiece, table cover) pleasing?
- * Are the dishes and silver suitable for the menu?

THE CONTESTANT . . . 30%

- * Is the contestant: well groomed and appropriately dressed?
- * Does contestant show understanding of time management?
- * Does contestant show understanding of food preparation?
- * Does contestant show understanding of meal planning?
- * Does contestant show understanding of daily food needs?

DEPT. E / DIV. 900

FAVORITE FOODS DAY CONTEST

- Class 1 Senior Team (one or both members are 15 - 18 years old on Jan 1 of current year)
- Class 2 Senior Individual (15 - 18 years old on Jan 1 of current year)
- Class 3 Intermediate Team (one or both members are 12 - 14 years old Jan 1 of current year)
- Class 4 Intermediate Individual (12 - 14 years old on Jan 1 of current year)
- Class 5 Junior Team (both members are 8 - 11 years old on Jan 1 of current year)
- Class 6 Junior Individual (8 - 11 years on Jan 1 of current year)