



4-H Food Revue Contest
Thursday, July 22, 2021, 5:30 p.m.
First Trinity Lutheran Church Social Hall, Bloomfield
Call the Extension Office at 402-288-5611 or email knox-county@unl.edu
to register by **July 15th**

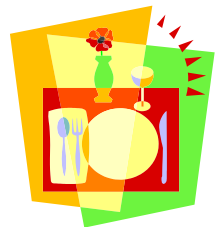
The 4-H Food Revue Contest is open to all 4-H members ages 5 -18 on December 31 of the previous year. Participants need not be enrolled in a specific project to exhibit.

NEW for 2021- Public Sample Line (Optional Opportunity)

If your recipe lends itself to be shared, we encourage you to participate in the Public Sample Line following the contest. Contestants share sample sized portions of their food for others to try and answer questions about their exhibit. Please think about how you will serve your samples, small plates and napkins will be provided for those tasting!

Why Participate in the Food Revue Contest? It is a fun way to learn how to:

- Properly set a table
- Plan nutritious meals
- Express originality and creativity in choosing a theme
- Express knowledge of food, nutrition, and food safety



Contest Divisions: The contest is divided into four age divisions: Clover Kids (ages 5-7), Novice (ages 8-10), Junior (ages 11-13), and Senior (ages 14 and over).

How to Participate:

- First, pick a **Theme** for your display (holiday, birthday, anniversary, season, family dinner, etc).
- Second, plan a **Menu** to go along with your theme. Put your menu for the meal featuring the food item on an 8 ½" x 11" poster. The menu should be well balanced nutritionally. Try to include a variety in color, shape, texture, temperature and method of preparation in your meal.
- Third, select and prepare a **Food** from your menu to go along with your display theme. Bring the whole dish or one serving for the judge plus the recipe on an 8 ½" x 11" poster.
- Fourth, plan a **Table Setting** for the menu you have selected. Bring along a table setting for 1 person. Include table covering appropriate for the occasion (i.e. table cloth, placemats), centerpiece (appropriate with the theme), dishes, glassware, silverware, napkins, etc.
- Clover Kids will select a theme and display one place setting including table cover, dinnerware, glassware, flatware, napkin, centerpiece, and one serving of their prepared food. The menu and recipe posters are not needed.
- Resources to help you prepare for the contest are available from the Extension Office or at <https://extension.unl.edu/statewide/knox/knox-county-4-h-food-revue-contest/>

Judging & Interview: During the judging, you present your table setting and food to the judge. Each contestant will be interviewed by the judge. The judge may ask you questions concerning why you chose this particular theme, choice of menu, food preparation, food handling, nutritional information, etc. You should also demonstrate an understanding of table setting techniques. You should be able to describe the ingredients and preparation required for all menu items, as well as food safety. The judge may taste your food.

Nebraska Extension is a Division of the Institute of Agriculture and Natural Resources at the University of Nebraska–Lincoln cooperating with the Counties and the United States Department of Agriculture.

The 4-H Youth Development programs abide with the nondiscrimination policies of the University of Nebraska–Lincoln and the United States Department of Agriculture.

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