



## 4-H Food Revue Contest

Thursday, July 25, 2024, 5:30 p.m.

4-H Exhibit Building on the Fairgrounds, Bloomfield

Call the Extension Office at 402-288-5611 or email [knox-county@unl.edu](mailto:knox-county@unl.edu) to register by July 22

The 4-H Food Revue Contest is open to all 4-H members ages 5 -18 on January 1 of the current year. Participants need not be enrolled in a specific project to exhibit.

### 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 taste 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.
- 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.

**Participants are encouraged to display their table at the fair. The table must be set up during entry day on Wednesday from 4-8 p.m. and can be taken down on Sunday during release of exhibits.**

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 abides with the nondiscrimination policies of the University of Nebraska–Lincoln and the United States Department of Agriculture.

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