



Favorite Foods Revue with Beef Theme

Thursday, July 12 – 6:30 p.m. at the Fair Center in Syracuse

Demonstrate healthy decision making through nutrition, menu planning, food preparation, and food safety.

Who can enter?

- ★ 4-H youth, 10-18 years working in teams of two (2)
- ★ 4-H members enrolled in a Foods & Nutrition project



What do I have to do?

- ★ Choose a theme and design a table setting
- ★ Create a menu
- ★ Prepare one food item and bring it to the contest!
- ★ Include the **Challenge Ingredient: Beef**
- ★ Live interview with judge
- ★ Use of **technology** during interview
- ★ Bring a table, table setting, menu, and food product with beef to the contest



What about the interview?

- ★ Talk about your table & food (theme, nutrition, menu, cost, food safety)
- ★ Juniors (10-12 years) 8-10 minute interview
- ★ Seniors (13-18 years) 12-15 minute interview
- ★ Present using technology using iPad, laptop, PowerPoint, picture story, video -- BE CREATIVE!



How can I learn more?

Contest Information for County and State Fair:

<http://food.unl.edu/food-projects>

If you have questions and to register by Wednesday, July 11 call Nebraska Extension in Otoe County - 402-269-2301

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