

FAVORITE FOODS CONTEST-WAYNE COUNTY

Event will be held on Thursday, July 20, 2023

To register for the contest, contact the Nebraska Extension-Wayne County Office on or before **July 6**.

We hope that 4-Hers in Wayne County will find this to be a fun event in which they are able to be creative by utilizing skills that they have learned in their 4-H projects. The purpose of the contest is to allow 4-Hers to prepare a favorite recipe and be creative in choosing table service and a centerpiece that compliments their favorite recipe. Even though the 4-Her will only make one recipe, they are asked to plan an entire menu including their favorite recipe. Recipes prepared can be a main dish, salad, dessert, snack food, appetizer, etc. 4-Hers do not need to be enrolled in any specific 4-H food project to participate in the contest.

THE FOOD

Prepare, by yourself at home, one of the foods in the menu (see section on menu below) and bring it to the contest. It should be a food that can be kept at room temperature. Remember, the judge will be tasting the food hours after you have prepared it at home. You would not want to prepare a food that might spoil at room temperature, such as potato salad, or one that would not be appealing at room temperature, such as fried eggs or tossed green salad.

You may use a recipe from a project manual, a cookbook, magazine, your mother's recipe file, or any other source you can find. You can even create your own food dish! Be sure to bring the recipe and display it on your table.

When the judge is judging the food, she may ask herself these questions, so you will want to be aware of them when you are planning your favorite food.

1. Does it have appetite appeal? Is it attractive?
2. Is the flavor pleasing?
3. Is the texture appropriate to the food?
4. Is the quality high for the product displayed?
5. Is the recipe displayed on the table?

THE MENU

Plan a menu for a meal. Print or type the menu and display it on your table. Try to have a variety in color, shape texture, temperature, and method of preparation in your meal. Also, be sure it is a nutritionally well-balanced meal. A cookbook will be a good resource for sample menus to give you ideas for a format and what to include. A help sheet may also be in some food manuals for writing menus and recipes.

The judge will consider these questions when judging your menu...

1. Does the meal contribute adequately to total daily needs?
2. Are the flavors and colors pleasingly combined?
3. Is it suitable for the occasion and the favorite food?

THE TABLE SERVICE

In selecting your table service, try to accent your favorite food with color, either in your tablecloth, napkin, centerpiece, or dishes. Avoid too much color or pattern. Start at home to find your table setting. Don't overlook any possibilities. Some contestants have used paper plates, some tin plates, some everyday dishes and some the finest china. Use what works best with your food. If it's a picnic food, go with that style, etc. You may borrow or buy any items to complete your table service. Dads, grandmas, and neighbors love to help! Be sure to have cloth items well pressed and all china and silver clean.

Bring along **your** card table to set your display on. Also, bring a table setting for one person. This should include table covering – cloth, runner, or place mats – napkin, dishes and silverware for one person and a centerpiece. You do NOT need to bring serving dishes, salt and pepper shakers or cream and sugar dishes.

The judge will consider these questions when judging your table service...

1. Is overall effect (dishes, food, centerpieces, table cover) pleasing?
2. Are the dishes and silver suitable for menu?

The participant...

The judge will consider if you are well groomed and appropriately dressed. If your food is for a picnic, feel free to dress accordingly. When the judge is interviewing you she will consider if you have an understanding of time management (how long it takes to make the food), food preparation (what went into the food and how you did it), meal planning (why did you put certain items on your menu) and daily food needs (MyPlate).

HOW THE CONTEST WORKS

Participants will set up their own tables and displays. Parents may help carry in items, but cannot assist with the set-up. Times for set-up and judging will be shared after entries are received.

The event will be held at the **Wayne Expo Building on the Wayne County Fairgrounds**. You will need to bring your food prepared. Ribbons will be presented at the conclusion of the judging.

JUDGING

The judge will talk to each participant as she judges their entry. The food, menu, table setting, and the individual are all important. Do not be afraid to explain to the judge why you did something or to ask her opinion of a better way. This is a learning experience. Just pretend that you are visiting with your best friend. The score card the judge will use is included in this packet of information.

RULES FOR THE CONTEST

This contest allows members to prepare their favorite recipe and present it for a special occasion. Each contestant will be interviewed by the judge for about five minutes. Questions will be asked about the favorite food, menu, centerpiece, and place setting.

1. Select and prepare a favorite recipe (does not have to be from project foods, but should relate to learnings in project).
2. Plan a menu which includes the favorite food. Write it on a recipe card to be displayed on your table.
3. Write a recipe on a similar sized card. Members must do their own cards. Exhibit both menu and recipe on table.
4. Prepare a centerpiece and place setting for one on a card table. Members must provide their own table, table covering, place setting and centerpiece.
5. Contestants will receive a time for set up once entries are received.
6. Parents and leaders may assist in carrying articles for display, but 4-Hers are to set up their own display.
7. The favorite food may be displayed as the whole product, or as one serving.
8. Contestants must pre-register for the contest **on or before July 6** at the Nebraska Extension - Wayne County office.
9. Entries will be judged on food preparation, menu planning, meal management, nutrition, table setting, food, and display. The score card will be available for review by contestants.
10. Participants will be allowed to exhibit their table display at the fair without the food. Hopefully this will create some interest for those who do not participate in the event and it will also give each of you greater recognition for the time and creativity you spent preparing your project.

FAVORITE FOODS CONTEST

Name _____ Age (as of Dec. 31 previous year) _____

Years in 4-H _____ Years in Foods Projects _____

Exhibit Title _____

Club _____

	<i>Excellent</i>	<i>Satisfactory</i>	<i>Needs Improvement</i>	<i>Comments</i>
<u>Food Preparation</u> Appropriate for age, ability, interest. Knows procedures for preparing food. Understands principles of food preparation.				
<u>Menu Planning</u> Food fits the meal/occasion. Variety in: texture, flavor, color, shape, temperature and food groups (nutrients).				
<u>Meal Management</u> Understands time management of meal. Knows approximate cost of food and meal. Knows skills needed to manage this meal.				
<u>Nutrition</u> Knows nutritional contribution of food choices in the meal. Understands how meal fits daily food guide. Knows ways to vary nutrition contribution.				
<u>Table Setting</u> Attractive; appropriate for meal and occasion. Realistic; correctly arranged. Centerpiece and table covering appropriate.				
<u>Food</u> Appearance - color, shape, flavor, texture, and recipe is included.				
<u>Display</u> Overall effect coordinates with theme. Relates to 4-H project enrolled. Does the display contain: A. Recipe Card and B. Menu Card. One place setting, centerpiece, table-covering; one serving of the featured food.				