

**GREENWOOD COUNTY 4-H
FAVORITE FOOD SHOW
GUIDELINES**



Favorite Food Show is an exhibit and contest to encourage 4-H'ers to learn about meal planning, food preparation, and presentation. This is a creative and fun event for 4-H'ers. A "Favorite Food" is chosen, and is recommended that it is one the 4-H'er likes and likes to prepare. A menu is planned with the food, and the table decor is coordinated. Foods chosen may be main courses, desserts, snacks, breads, casseroles or any other. A recipe card and a menu card should be displayed with the proper table setting. The 4-Her will visit informally with the judge and tell how to prepare and serve the food, why they selected the table service and dishes, and why the centerpiece is appropriate. The 4-Her should also know some of the nutritional value of the food and be able to discuss that with the judge.

There are no hard and fast rules, but the following score card is suggested:

30 points – The Exhibitor

- Appropriately dressed for the occasion of the menu, Originality
- Interview-eye contact, Clarity, Volume of voice
- Demonstrates understanding of table setting techniques and the menu, food preparation, and food safety

30 points – The Food

- Can discuss Nutritional Value & Health Portions
- Understands preparations of the food item
- Appearance of food
- Food safety knowledge
- Portion size

20 points – The Menu with Favorite Food

- Appropriate food choices
- Understanding of meal preparation time management
- Knowledge and experience with this menu
- Balanced in color and texture

20 points – The Table Setting

- Appropriate for menu
- Menu and recipe are clear and legible
- Attractive-color scheme, dishes, food, placemats, linen, etc.
- Appropriate centerpiece