



4-H FOOD REVUE

Websites for Nutrition Information:

www.nutrition.gov

www.choosemyplate.gov

<http://www.extension.umn.edu/youth/mn4-H/projects/healthy-living/food-nutrition>

Member Objectives:

1. Provide experience in planning, preparing, evaluating, and serving food as part of a meal or snack.
2. To develop confidence in self-expression, both verbally and visually.
3. To publicly demonstrate what they have learned.

How to Prepare:

1. Select a recipe that is nutritious, fairly inexpensive, easy and fun to make! Be sure you prepare a food for your age group and area of the project you are in.
2. Practice preparation of this food until it can be done easily and a good product is achieved.
3. You should be knowledgeable about the preparation of the food, the ingredients used, the nutrients contained in the food, and meal preparation time and sequence.
4. Put the recipe on an 8½" x 11" sheet of paper/poster that will stand alone. *Hint:* The cardboard back from a stand-up picture frame attached to your poster works great.
5. Plan a menu including your food. Refer to the Choose My Plate website and the Food Revue Check sheet when planning your menu.
6. Put the menu on an 8½" x 11" sheet of paper/poster that will stand alone.
7. Guidelines for posters:
 - a. Neatness of menu and recipe poster is very important.
 - b. The paper/poster should be white with black lettering or color coordinated to go with your display.
 - c. Put your name, club and county on the back of the poster.

8. When setting up the posters, put the menu on the left side of the table and the recipe on the right. This is because people read from left to right.

9. Displays will be set up on tables.

10. Coordinate the table setting with a tablecloth and/or placemat, dishes, glassware, flatware and centerpiece for one person only. Choose an appropriate table setting according to your menu selection (from casual to formal). Be creative.

11. In your selection of place settings, linens, etc. what is available at home will be fine (we learn to use what we have to the best advantage.)

12. Dress nicely and wear your hair away from your face, try to keep your hands away from your face when working with food. Try not to lick your fingers!

13. Most of all, smile and have fun!

Sample Food Revue Ideas:

Note that not every display needs to be “formal.” The following are Food Revue display ideas:

1. ***Birthday party theme:*** balloons, paper plate and napkins, toys or presents as center piece.
2. ***Fishing theme:*** fish dish, fishing lures, fish bait bucket, fish tackle box, net.
3. ***Hunting theme:*** venison meal, camouflage textile print, deer or other model knick-knack.
4. ***Ethnic food theme such as Chinese:*** stir fry, chop sticks, fan, oriental dishes.
5. ***Magic show theme:*** top hat, stuffed rabbit.
6. ***Picnic theme:*** checkered table cloth, favorite picnic food, paper plates and plastic silverware.
7. ***Farm theme:*** John Deere tractor memorabilia, hardy meat dish.
8. ***Harvest theme:*** red bandana napkins, vase with wheat stalks.
9. ***Bee theme:*** snack mix, yellow and black colors, Pooh dish wear.

Possible Questions during Conference Evaluation:

1. How did you prepare this food? Where did you get the recipe? Have you changed the recipe and how? Who helped you in preparing this food?
2. Why did you choose this food? How often have you prepared it?
3. How does this food fit your ability and interests? How is it appropriate to the project in which you're enrolled?
4. What did you learn about making good decisions?

5. What planning and organizing skills did you develop by doing this project? Does the food look good? Have good flavor? Have good texture? Have good color? Have good shape? Is it safe to eat?
6. Why was this an important project for you to do?
7. Does the food fit the menu? Does the menu have a variety of texture, flavor, color, temperature and nutrients? Will it look well with other foods on the menu?
8. What nutrients does the food provide? What do these nutrients do in the body? What nutrients does the menu provide? Is the menu balanced so it includes all foods listed on the MyPyramid food guide? How could the menu be varied to provide more nutrients? To cut down on certain nutrients? To increase or decrease calories?
9. How might you use some of these same skills in other areas of your life?
10. Would it take a long time to prepare the menu? Why or why not? Is this menu easy to prepare? Why or why not? What skills are needed? How could this menu be varied so it would take less time to prepare? Cost less? Be easier?
11. Is the table setting attractive? Appropriate to the casualness or formality of the menu? Correctly arranged? Would this setting actually be used for the intended occasion?
12. If someone helped or mentored you in this project, what would you tell them you learned from them?
13. What did you learn from this project that you didn't know before?
14. What have you learned about yourself by doing this project?



MINNESOTA 4-H PROJECT EVALUATION

FOOD REVUE

4-Her Name: _____ Grade: _____

County or Club: _____ Years in 4-H: _____ Years in Project: _____

<ul style="list-style-type: none"> <input type="checkbox"/> Purple <input type="checkbox"/> Blue <input type="checkbox"/> Red <input type="checkbox"/> White <input type="checkbox"/> Other 	<p>Comments:</p> <ul style="list-style-type: none"> • Strengths/accomplishments • Skills learned • Areas to work on • Possible new challenges • Questions to think about
<p style="text-align: right;">50% of Score</p> <p>Learning Involved:</p> <ul style="list-style-type: none"> • <i>Food Knowledge</i> <ul style="list-style-type: none"> ○ Knows procedures for preparing food. ○ Understands principles of food preparation. ○ Is appropriate to age, ability, interest, project. • <i>Management Knowledge</i> <ul style="list-style-type: none"> ○ Understands time management of meal preparation. ○ Knows approximate cost of food and meal. ○ Knows skills needed to prepare this meal. ○ Can share personal learning from their successes and challenges. • <i>Nutrition Knowledge</i> <ul style="list-style-type: none"> ○ Knows nutritional contribution of food and meal. ○ Understands how meal fits daily diet. ○ Knows ways to vary nutritional contribution. • <i>Meal Planning Knowledge</i> <ul style="list-style-type: none"> ○ Food fits the meal/occasion. ○ Can describe alternatives for the meal/occasion. 	
<p style="text-align: right;">50% of Score</p> <p>Workmanship & Techniques of Project:</p> <p>General Appearance and Design</p> <p>Menu is included</p> <ul style="list-style-type: none"> • <i>Food</i> <ul style="list-style-type: none"> ○ Temperature ○ Appearance – color, shape ○ Flavor and texture ○ Recipe is included • <i>Table Setting</i> <ul style="list-style-type: none"> ○ Attractive in appearance ○ Appropriate to meal – casual or formal ○ Realistic ○ Correctly arranged ○ Colored photo is included 	

Rules	<ul style="list-style-type: none"> • Exhibitor should bring: one item of food from the menu; and a place setting which includes dishes, silverware, linens, and centerpiece for the course in when the food is served. <ul style="list-style-type: none"> ○ a recipe for that food mounted on an 8 1/2" x 11" poster, preferably freestanding; ○ a meal menu mounted on an 8 1/2" x 11" poster, preferably freestanding; ○ a mounted color photo of the place setting with the food item shown.
Guidelines	<ul style="list-style-type: none"> • Select a tested recipe from a reliable cookbook, 4-H bulletin, or other dependable source. • Plan for table coverings or mats, dishes, glassware, silverware, and centerpiece for use for serving the food. • Figure cost of preparing the meal/snack, including price per serving. • Know nutritional value. • Resources should be credited and documented in the exhibit (e.g., books, internet, 4-H or Extension publications, person with special knowledge, magazine articles, etc.).
Project Ideas	<ul style="list-style-type: none"> • Explore ethnic foods • Magazines offer a variety of different recipes to use • Snacks • Quick meals • Family favorites

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Resources Available:

Web site for Minnesota 4-H resources:

www.mn4-H.umn.edu/projects

Web site for National 4-H resources:

<http://www.4-hdirectory.org/> (Click Browse)

[Foods A: Six Easy Bites](#)

[Foods B: Tasty Tidbits](#)

[Foods C: You're The Chef](#)

[Foods D: Foodworks](#)

<http://www.4-hmall.org/Curriculum.aspx>

Web site for USDA "Food Guide Pyramid"

http://fnic.nal.usda.gov/nal_display/index.php?info_center=4&tax_level=2&tax_subject=256&topic_id=1348