



# 4-H Food Review Guidelines for 4-H Members and Volunteers

## OBJECTIVE OF THE SHOW:

1. To provide the member with an experience in planning, preparing and serving foods as part of a meal or snack.
2. To give the member an opportunity for self-expression both verbally and visually.
3. To provide members an opportunity to show what they have learned.

## HOW TO PREPARE:

1. Select a tested, favorite recipe from a cookbook or other dependable source. It should be something you or your family like and that you have prepared before.
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 time and sequence.
4. Put the recipe on an 8 ½" x 11" sheet of paper/poster.
5. Plan a menu including your food. Refer to the My Plate website ([Choose.MyPlate.gov](http://Choose.MyPlate.gov)) when planning your menu and preparing for judging.
6. Put the menu on an 8 ½" x 11" sheet of paper/poster
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. Careful following of these directions will be taken into consideration when the judges make their final decision.
8. Displays will be set up on tables provided by the facility.
9. Coordinate the table setting with a tablecloth, placemat, dishes, glassware, flat ware and centerpiece for one person only. Choose an appropriate table setting according to your menu selection (from casual to formal). NOTE: a nice table setting is great but don't let it detract from your food item; meaning know more about your food item (preparation, selection, what/why on your sides and nutrition) vs. your cute table setting.
10. In your selection of place settings, linens, etc, what is available at home will be fine. (see note in number 9 above)

## SUGGESTIONS IN CHOOSING YOUR FAVORITE FOOD

1. Cloverbuds (grades K-2), select any easy food item that you are able to prepare yourself or with a little help from parents or older siblings
2. Beginners (grades 3-5), select a favorite nutritious food, beverage, snack or appetizer.
3. Intermediates (grades 6-8), select a favorite nutritious salad, soup, sandwich, yeast bread, vegetable or dairy food.
4. Seniors (grades 9+), select a favorite nutritious main dish, meat, poultry, seafood, microwave food, ethnic food, low calorie food item or dairy product
5. SELECT ONE FAVORITE FOOD (not the entire meal) TO DISPLAY!
6. Practice your food at home - PRACTICE - PRACTICE - PRACTICE and display it for the 4-H Food Review.

## DAY OF THE SHOW

- Recipe and menu posters
- One serving of the favorite food for display on the table (not the entire menu). If the favorite food is to be served hot (example: lasagna) it need not be at judging time.
- Table setting appropriate for menu
- YOURSELF - as a neat and clean, well groomed, representative of your club and county.

What to expect at the show:

1. Set up the display between 5:30 pm and 6:00 pm
2. Judging will take place at 6:00 pm where youth will be conferenced judged.
3. When you are not being judged Extension Staff will take a picture of you with your place setting for a poster to be hung at the county fair.
4. Ribbons and awards will be given out after the fashion revue and performing arts contest which begins at 7 pm.
5. Displays maybe taken down after the judging has completed.

## QUESTIONS OR COMMENTS?

Please contact the Nicollet County Extension Office at 507.934.7828.

