

## **MERRIMACK COUNTY 4-H FAVORITE FOOD SHOW: MEMBER GUIDELINES**

1. All 4-H members enrolled in the foods project are encouraged to enter this county event. Members may pick any favorite dish to exhibit. The favorite food made by the members is brought already prepared to the Food Show. All exhibits are also to have the following:
  - a. Copy of the whole recipe written out on the “Recipe Information Sheet”.
  - b. Meal Menu, which includes the favorite food item.
2. It is strongly recommended that you create a “Recipe Card” and bring 10-15 copies to share with others.
3. Members need to be familiar with the MyPlate and the servings necessary on a daily basis for their gender and age.
4. Members should know the process and the steps needed to make their favorite food.
5. Members should stand when the judge comes to their table.
6. Mixes are not recommended. However, if used, they should not be instant. They should be cooked.
7. The age of the 4-H member, the number of years in the foods project, and the difficulty of the dish will be taken into consideration when being judged.

### **HELPFUL HINTS FOR YOUR FOOD EVENT PRESENTATION**

1. “Recipe Information Sheet” and “Menu Cards” may be mounted on poster board and decorated to make an attractive exhibit.
2. The table setting should be appropriate for the menu, not just the dish to be served. Members should be careful not to mix a busy china pattern with a busy place mat.
3. It is optional for junior members to have a centerpiece; however, it really adds a nice touch to the overall exhibit.
4. Long, dangle bracelets are not recommended. Hair should be pulled back.
5. Gloves need to be worn when handling food items.
6. Dress should be appropriate for the menu. Overall, all 4-Hers are judged on neatness.
7. If a dish is to be served hot, a chafing dish or hot plate could be used to keep the dish warm. A limited number of electrical outlets are available.
8. “Recipe Cards” can be handwritten (ink preferred). If a computer is available, it’s okay to type the recipe cards. If the source of a recipe is available, it should be listed on the recipe card.
9. 4-Hers are to be with their exhibit when it is judged. NOTE: Some may have a sign at their area saying that they are “Participating in Chef Challenge”.
10. No alcohol may be served as a beverage as part of your menu or used in a recipe.

### **JOINT EXHIBITS**

1. Not more than three food members may work as a team. If work is done as a team, each individual must make a dish as part of the meal. Only one place setting is needed. Example: one person might prepare the meat, another the vegetable and the other the dessert. They must have a menu card which includes each of the items in the exhibit and menu cards for each of the food items. The items must be a part of a well-balanced meal.
2. Judging: Each exhibitor receives a separate judging sheet with the group as a whole receiving the same grade on the place setting and menu selection. The food item and recipe card and knowledge of nutrition are judged individually.

### **YOUTH: 14 & OLDER**

1. Seniors should know approximately what part of the daily caloric intake is provided by their food item.
2. Seniors should know what nutrients are furnished by each of the food items used in preparation of the food item (i.e., protein, carbohydrates, calcium, vitamins A, D, C, etc.)
3. A centerpiece is expected. Fresh materials are preferred; artificial materials are acceptable if they are attractive.
4. Should type menu cards, if possible.
5. If the 4-Her knows the cost of the meal, this is helpful.

### **\*FAVORITE FOOD MUST BE MADE BY EXHIBITOR\***