

4-H Favorite Foods Show Orientation

Presented by:
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4-H Home Economist

Chill!



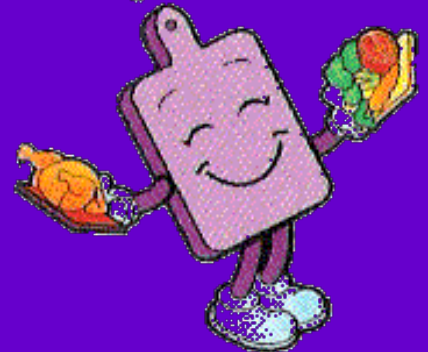
Clean!



Cook!



Separate!



Cloverbud Participants

- Pick up registration packet
- Read registration packet materials
 - Entry form & participation guidelines
- Decide on a dish
- Complete entry form
 - Include recipe
- Return entry form to Tamara
 - May 16, 2008



Cloverbud Participation Cont...

- Make a poster of your Favorite Food
 - You can cut, paste, draw etc.
- Bring your Favorite Food and Poster to the Favorite Food Show
 - May 31, 2008
- Registration and set-up begins at 9:00 am
- At 9:30 am the judge will visit each Cloverbud and distribute participation ribbons

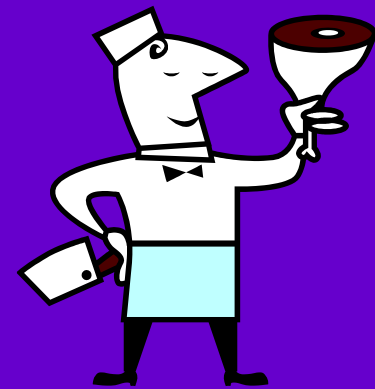
Novice, Jr. Sr. Contestants

- Pick up registration packet
- Read registration packet materials
 - Entry form & contest guidelines
- Decide on a dish and a theme
- Complete entry form
 - Include recipe
- Return entry form to Tamara
 - May, 16, 2008



Entry Categories

- Nutritious Snack or Beverage
- Bread
- Fruit or Vegetable
- Main Dish
- Salad
- Sandwich
- Uniquely New Mexico
 - Novice and Juniors only
- **NO DESSERTS**



Theme

- Follow theme in
 - Centerpiece
 - Table setting
 - Dish Display
 - Decorations
 - Dress:
 - Novice & Junior contestants may wear costume to go with the theme, but not required.
 - Seniors may coordinate clothing, but no costumes.

Place Setting

- A 6' to 8' table will be provided. Two constants will share a table
- Provide a place setting for one person.
- Provide only the tableware that will be needed to eat the chosen meal.
- Place setting includes appropriate table covering, dishes, glassware, flatware, and decoration to complement the food,
- Reference: 4-H Consumer Decision Making contest Guide



Favorite Food

- Only prepare the Favorite Food.
 - Don't prepare the entire menu
- Practice preparing your recipe.
- Be able to explain how the Favorite food was prepared.
- Provide appropriate serving utensils and a hot mat to protect the table if your dish is hot.
- Judges will be provided with utensils to use as they sample your Favorite food.



Menu Poster



- Full Day's Menu Poster:
 - Breakfast, lunch, and dinner. Snack if desired.
 - 8.5" X 11"
 - Freestanding
 - Follow the menu format included in the contest guidelines.

Be sure all words are spelled correctly and poster is neatly prepared.

Recipe Poster

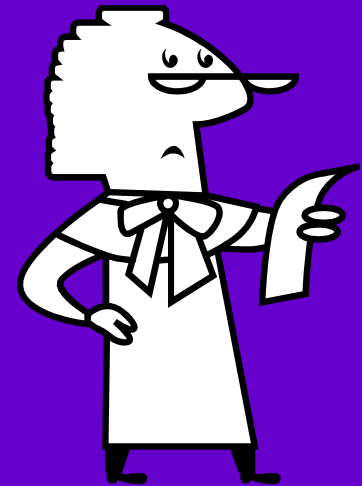


- Recipe Poster:
 - Ingredients, amounts, and the directions. Please don't abbreviate amounts.
 - 8.5" x 11"
 - Free standing
 - Seniors must include the number of servings, cost per serving, and calories per serving.

Be sure all words are spelled correctly and poster is neatly prepared.

Judging

- Contestant will be evaluated on:
 - Preparation of favorite food
 - Nutritional knowledge
 - Food safety practiced
 - Personal Appearance
 - The prepared dish
 - Table setting and display



Awards



- Novice & Juniors
 - 1st-6th place ribbons will be awarded
 - Nutritional knowledge and table display score is combined
 - Top overall award will be given in Novice & Junior age division
- Seniors
 - 1st-6th place ribbons will be awarded
 - Top overall will be given in Senior age division

State Competitions

- Novice & Juniors
 - The top 4 contestants will compete at NW District Contest
 - NW District Contest will be held in Santa Fe
- Seniors
 - The top two senior contests will compete at State Conference
 - State Conference will be held in Las Cruces