RULES FOR 4-H FAVORITE FOOD SHOW

The purpose of the Favorite Foods Show is to give 4-H members a chance to exhibit a favorite food, plan a balanced menu around the food, and develop an appreciation of the relationship between good health and good nutrition.

To be eligible:

**County:** Can be 4-H'er enrolled in community club, including day care, after school, etc., special interest groups, or project clubs.

**Division:**
1. Cloverbud age, 5-8 as of this January 1
2. Junior 4-H age, 9-13 as of this January 1
3. Senior 4-H age, 14-19 as of this January 1
4. Adult, over the age of 19 as of this January 1

Groups in each division:

In each division contestants may enter food in **one** of the following food groups. The divisions are (1) milk and dairy, (2) fruits & vegetables, (3) meat, (4) bread and cereal, (5) dessert and (6) adult.

Food entries that do not contain an adequate amount of the food per serving from the group in which they are entered will be disqualified for judging. Listed below are amounts, which are considered adequate. Serving sizes taken from "The Food Guide Pyramid...Beyond the Basic 4", U.S.D.A., 1992. If you have any questions, please call the Extension office at 448-9621.

**MEAT/BEANS GROUP:** Suggested foods

<table>
<thead>
<tr>
<th>Beef</th>
<th>Variety</th>
<th>Dry Beans</th>
</tr>
</thead>
<tbody>
<tr>
<td>Veal</td>
<td>Poultry</td>
<td>Dry Peas</td>
</tr>
<tr>
<td>Lamb</td>
<td>Eggs</td>
<td>Peanut Butter</td>
</tr>
<tr>
<td>Pork</td>
<td>Fish</td>
<td>Main Dishes</td>
</tr>
</tbody>
</table>

Count as one serving: 2 to 3 ounces of lean cooked meat, poultry or fish - all without bone; 2 eggs; 1 cup of cooked dry beans, dry peas, or lentils; 4 tablespoons peanut butter.

**DAIRY GROUP:** Suggested foods

<table>
<thead>
<tr>
<th>Cheese Main Dishes</th>
<th>Ice Cream, frozen yogurt</th>
<th>Puddings, yogurt</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cream soups and sauces</td>
<td>Milk, drinks &amp; floats</td>
<td>Custards &amp; creams</td>
</tr>
<tr>
<td>Scalloped or cream-type dishes</td>
<td></td>
<td>Cheese sandwiches</td>
</tr>
</tbody>
</table>

Count as one serving: The calcium equivalent of 1-cup milk or yogurt that is 291 milligrams. 1 1/2 ounces of natural cheese, 2 ounces of process cheese, 2 cups cottage cheese, 1 1/2 cup ice cream, 1 cup frozen yogurt.
**BREAD/CEREAL GROUP:** Suggested foods

Quick bread  
Yeast bread  
Biscuits/Dinner Rolls  

Dishes to eat with main course made from rice, noodles, grits, macaroni and spaghetti.

Count as one serving: 1 slice of bread; 1-ounce ready-to-eat cereal and 1/2 cup cooked cereal (cornmeal, grits, macaroni, noodles, rice, spaghetti).

**VEGETABLE GROUP:** Suggested foods

Relish tray  
Salads  
Cooked vegetables  
Vegetable Soup  

Count as one serving: 1 cup of raw leafy vegetables; 1/2 cup cooked vegetable

**Fruit Group:** Suggested foods

Baked fruit  
Fruit juice drinks  
Cooked fruit  
Fruit Pies  

Count one serving: 1 medium apple, banana, orange, 1/2 grapefruit or small melon; 2 tablespoons raisins. 1/2 cup cooked, canned, chopped fruit; 3/4 cup juice

**NOTE:** MAKE SURE YOUR RECIPE HAS THE REQUIRED AMOUNT OF FOOD FOR EACH PERSON THE RECIPE IS SUPPOSED TO SERVE. OTHERWISE, IT WILL BE DISQUALIFIED. CHECK THE SERVING SIZES LISTED WITH EACH FOOD GROUP.
GENERAL RULES

1. Each contestant will do his/her own preparation, exhibiting and cleanup. Cloverbuds (those 8 and under) may ask for help if it is needed.

2. The Favorite Food should be basically prepared at home, but last minute preparations may be done at the show.

3. Contestant's exhibit will include a serving dish containing all food made from the recipe submitted. Quantity recipes, such as fruit trays should have an attractive arrangement made. Individual portions will be served to the judges in plates furnished by the 4-H office. 
   Note: Food left over will be served to guest attending Achievement Night.

4. Be sure to have appropriate table appointments. Use dishes and flatware, and linen for the course with which the food exhibited is served.

5. Contestants should arrange their own exhibit on tables.

6. Contestants should have an appropriate centerpiece.

7. Each contestant needs two recipe cards for the food. The recipe needs to be typed or neatly printed on a 3x5 or 5x8 index card. Include your name, name of food, and number of servings in the recipe. The 4-H office will take up one of the recipe cards.

8. Each contestant will need to plan a complete menu for one meal that includes the food item the youth made. Be sure to plan according to the way your table is set. Provide two menu cards and please underline the food you have prepared.

9. Staple a copy of the recipe and menu cards together with your name on them so the judges may pick up.

10. Contestants are to provide their own equipment, such as table appointments, small cooking equipment, small electrical appliances and groceries. Equipment that will be available for contestants; range, refrigerator, worktables, and equipment for serving judges.

11. References "Cooking Is Fun", "Putting It All Together I or II", "Motion For Life", "Quick Meals", "Teens Entertain" or other appropriate references may be used for nutrition information.

12. A contestant may not use the same recipe if they have received first place with that recipe in previous years.

13. Awards: - 1st place in each category - trophy
           - 2nd place in each category - trophy
           - 3rd place in each category - trophy
           - Certificates and ribbons for all participants
           - Cloverbuds - trophy

   Note: Adults will not be judged the same way as the youth. The adults will all be placed in one category and do not need to bring table decorations. However, you will still need to have recipe cards.
Also senior 4-H'ers (14-19 years old) are not to have any adult help. They are expected to prepare everything on their own. Junior 4-H'ers (9-13) are to have limited adult help. They are expected to do as much as they can on their own and will be responsible for setting up their own tables.

Checklist for 4-H'ers

__________ Favorite Food
__________ Table Setting (Serving Dish, Dishes, Flatware, and Linen)
__________ Recipe cards (2)
__________ Menu cards for one meal (2)
__________ Centerpiece

Examples for the way the menu is to be written or typed on cards. Foods are usually listed in the order in which they are served with the beverage listed last.

(1) Soup/salad; (2) vegetables; (3) meat; (4) bread; (5) dessert; (6) beverage

Soup/Salad
Meat
Vegetables
Dessert
Beverage

Here is an example of a menu:

**4-H FAVORITE FOOD SHOW**

Menu:

Oven Baked Chicken
Macaroni and Cheese
Steamed carrots
Crescent rolls
Sliced Strawberries with Chocolate Sauce
Milk

Remember you need to underline the item you made!!!