UNIVERSITY OF MINNESOTA EXTENSION

4-H Food Review Guidelines

For 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) when planning your menu and preparing for judging.
6. Put the menu on and 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

- Have your display set up and ready for judging at the start time of the event.
- Judging will take place at the designated time with youth being conference judged.
- When not being judged, feel free to look at other food displays. Please do not distract or interrupt others who are judging at the time.
- Extension Staff will take a picture of you with your place setting for a poster to be hung at the county fair.
- Ribbons and awards will be given out after judging is completed.
- Displays may be taken down after the judging has completed.
- Displays are encouraged at the County Fair.

What the Judge Will Be Looking For

1. Learning Involved (50% of score)
    a. Food Knowledge
        i. Knows procedures for preparing food
        ii. Understands principles of food preparation
        iii. Is appropriate to age, ability, interest, project
    b. Management Knowledge
        i. Understands time management of meal preparation
        ii. Knows approximate cost of food and meal
        iii. Knows skills needed to prepare the meal
        iv. Can share personal learning from their successes and challenges
    c. Nutrition Knowledge
        i. Knows nutritional contribution of food and meal

ii. Understands how meal fits daily diet
iii. Knows ways to vary nutritional contributions

d. Meal Planning Knowledge
i. Food fits the meal/occasion
ii. Can describe alternatives for the meal/occasion

2. Workmanship & Techniques of Project (50% of score)
a. Food
b. Temperature
c. Appearance – color, shape
d. Flavor and texture
e. Recipe is included

3. Table Setting
a. Attractive in appearance
b. Appropriate to meal – casual or formal
c. Realistic
d. Correctly arranged

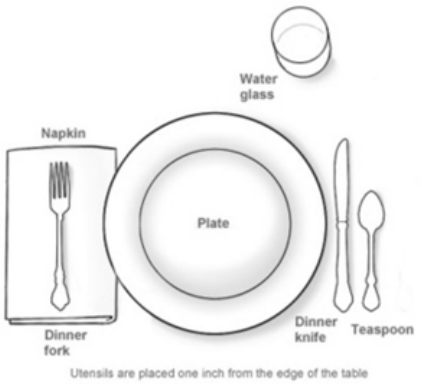
Things to Remember

- Pick a recipe that is nutritious, fairly inexpensive plus is easy and fun to make!
- Be able to tell how your food fits into the food groups and to share other nutritional information.
- Make your table setting colorful and attractive. Be creative! Also, remember to display the complete place setting, but only show the food you made.
- Your posters should be two 8½x11" posters. One should have your menu on it, the other with your recipe. These should be typed in a print large enough to fill your entire poster.
- 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.
- Most of all, smile and have fun!

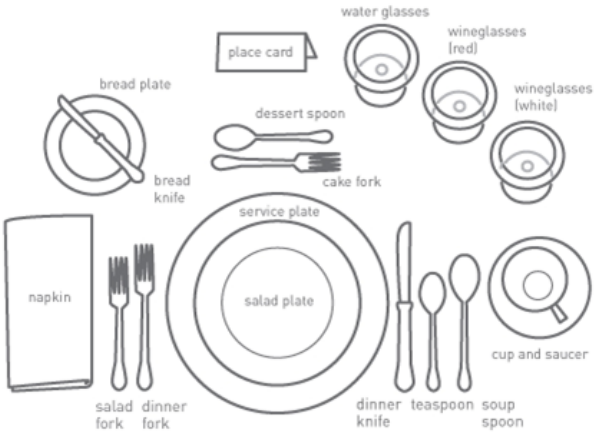
Table Settings

Below are listings of different forms of table settings.

Casual Setting



Formal Setting



Questions or Comments?

Please contact the Sibley County Extension Office at 507-237-4100 if you have any questions.

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