

Prepared Food Guidelines

Each contestant will do his/her own preparation, exhibiting and cleanup. Primary members may ask for help if it is needed.

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

The exhibit will include a serving dish containing **all** food made from the recipe submitted. Quantity recipes, such as fruit trays and appetizers should have an attractive arrangement made.

Each entry needs two recipe cards for the food. Use the recipe form provided in the resources. Include your name, name of food, and number of servings in the recipe.

Optional: Each contestant may want to plan a complete menu for one meal that includes the food item the youth made. Provide a menu card to be displayed with your entry. Underline the food you have prepared.

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

Youth are to provide their own equipment, such as, crockpot, coolers, extension cords.

Example Menu Card

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

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!!!