



Favorite Foods

- Description:** Contestants will be judged on their selection, knowledge and presentation of a favorite food. Contestants should be prepared to discuss the favorite food – why it’s your favorite, where you got the recipes, any special techniques used in preparing it, and anything you’d like to share about your favorite food.
- Entries:** May enter as an individual or team of two. No contestant will be allowed to enter the same presentation in more than one contest or category.
- State Awards:** First place individual will receive a State 4-H Contests Jacket.

General Information:

- Presentations should not exceed 15 minutes in length, and this includes 5-10 minutes for the presentation and 5 minutes for set up and take down.
- Please list subject matter or title on registration form. We will provide tables, stove (before the presentation, not during), refrigerator, screen and chart stand and presenters will furnish any other needed equipment. Please check with your local 4-H Office for information about equipment provided for the county contest. Competitors should notify the agents in charge of the contest of their needs well in advance of the time for them to make their presentation. No contestant will be allowed to enter the same presentation in more than one contest or category.
- Contestants are responsible for bringing equipment, supplies and visual aids. Special arrangements must be made at the time entries are submitted.
- Please refer to State Contests General Schedule for times when the kitchen in the Family Life Building is available to store perishable ingredients.



Guidelines for Senior (grades 9-12):

- Contest is open to 4-H members in 9-12 grades as of January 1st of the calendar year in which the contest is held. Each county may select senior 4-H members with a high quality presentation to compete at the state level. May be conducted as an individual or team of two.
- Each Contestant will:
 - Prepare a dish prior to contest (appetizer, main dish, snack, salad, dessert, or beverage).
 - Present a 5-10 minute presentation.
 - Provide a clearly written recipe (see scorecard).
 - Serve the dish to the judges and answer any questions they have about your recipe and knowledge of the food and preparation.
- Each contestant will furnish his or her own supplies for the presentation at county and state competition. The contest committee will provide the range, oven, microwave oven, refrigerator, and freezer.
- One easel and one table will be provided for the presentation. (Make arrangements for all other items needed).
- For the presentation of the dish, the contestant will be allowed to display only the garnished, finished product in its serving dish with a utensil for serving the judges. The state level will provide tasting plates, napkins, and utensils for the judges to use.
- Each contestant is responsible for clean up after his/her presentation.



Favorite Foods Presentation

2/18

Here are some guidelines that will help make your presentation fun and easy to do.

1. Select your Recipe

Your dish/recipe should be something that:

- You can be enthusiastic while speaking about
- You are interested in
- Is not too hard for you
- It can be shown and told in a 5-10 minute time frame

2. Outline the Key Points

List the main ideas or key points you want to be part of the presentation, then decide:

- The order in which to present the key points,
- How to demonstrate the key points, and
- The equipment needed for each key point.

It is important for a presentation to have a beginning and an ending, the beginning being the introduction, and the ending being the summary. Use your introduction to introduce yourself to the judges and then describe what you plan to do. To conclude your presentation effectively, prepare a summary which you can use to tie together the key points about your dish.

Using posters can help you to present, as well as to help you remember what to say to your audience. Be sure to use good voice projection, speak confidently, and maintain eye contact with the judges.

Suggestions for Posters or PowerPoint slides

1. Tell the title of a dish
2. Give key information such as a technique, or a recipe, or the steps involved in the process you are demonstrating.
3. Summarize key points

It will be helpful to double check your Posters on these key things: legibility and correct spelling, neat and attractive presentation, and one main idea.

3. Practice

Use your demonstration outline as a guide for practice.

You will want to:

- Speak clearly
- Keep it simple
- Make sure the judges can see exactly what you are doing
- Keep working area clear of objects that may interfere with viewing
- Have additional facts to use to answer judge's questions
- Summarize the steps
- Ask for questions
- Practice, Practice, Practice



Favorite Foods Scorecard (Junior & Intermediate Level)

Blue Ribbon?
(Circle One)
Yes
No

Name _____ County _____

Name _____ County _____

Name of Recipe: _____

ITEMS TO BE SCORED	FAIR	GOOD	EXCELLENT	POINTS EARNED	COMMENTS
Knowledge					
Knowledge: (10 Points) • Demonstrates a general knowledge of the food					
Presentation of Information and Accuracy: (10 Points) • Answers questions appropriately and accurately					
General Information: (10 Points) • Conveys message about the dish • Is accurate, complete, and up-to-date • Follows logical order and has a running theme					
Presentation					
Delivery: (10 Points) • Good voice projection, speaks with ease and confidence, maintains eye contact with judges					
Appearance: (5 Points) • Presenter's clothes and hair are appropriate					
Eye Contact: (5 Points)					
Dish					
Recipe: (10 Points) • Clearly and legibly written					
Appeal: (10 Points) • Appealing visual appearance • Looks appetizing and colorful					
Flavor: (10 Points) • Appetizing flavor • Tastes good					
Texture: (5 Points) • Has appealing texture • Textures complement one another					
Selection of Dish: (5 Points) • Dish reflects presenters interests					
Place Setting					
Suitable for Occasion: (5 Points) • Only the centerpiece, serving dish, serving utensil and placement • Coordinated around central theme					
Appeal: (5 Points) • Attractively displayed and shows creativity					
Total Score: (100 Points)					



Favorite Foods Scorecard (Senior Level)

Blue Ribbon?
(Circle One)
Yes
No

Name _____ County _____

Name _____ County _____

Name of Recipe: _____

ITEMS TO BE SCORED	FAIR	GOOD	EXCELLENT	POINTS EARNED	COMMENTS
Knowledge					
Knowledge: (20 Points) <ul style="list-style-type: none"> • Demonstrates a general knowledge of the food 					
Presentation of Information and Accuracy: (10 Points) <ul style="list-style-type: none"> • Answers questions appropriately and accurately 					
Presentation					
Delivery: (10 Points) <ul style="list-style-type: none"> • Good voice projection, speaks with ease and confidence, maintains eye contact with judges 					
Appearance: (5 Points) <ul style="list-style-type: none"> • Presenter's clothes and hair are appropriate 					
General Information: (10 Points) <ul style="list-style-type: none"> • Conveys message about the dish • Accurate, complete and up-to date • Follows logical order and has a running theme 					
Dish					
Recipe: (10 Points) <ul style="list-style-type: none"> • Clearly and legibly written 					
Appeal: (10 Points) <ul style="list-style-type: none"> • Appealing visual appearance • Looks appetizing and colorful 					
Flavor: (15 Points) <ul style="list-style-type: none"> • Appetizing flavor • Tastes good 					
Place Setting					
Suitable for Occasion: (5 Points) <ul style="list-style-type: none"> • Only the centerpiece, serving dish, serving utensil and placement • Coordinated around central theme 					
Appeal: (5 Points) <ul style="list-style-type: none"> • Attractively displayed and shows creativity 					
Total Score: (100 Points)					