

FAVORITE FOODS CONTEST



UtahStateUniversity 
COOPERATIVE EXTENSION

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FAVORITE FOODS CONTEST

- 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 recipe, any special techniques used in preparing it, and anything you'd like to share about your favorite food.
- Entries:** May enter as individuals or teams of two. No contestant will be allowed to enter the same presentation in more than one contest or category.
- State Awards:** First Place individual or team in each category will receive the choice of \$50 towards future county/state event, State 4-H Contests Jacket, or registration for "State Contests Winners" Retreat.
- National Awards:** There is no national competition for this event.
- Sponsor:** Utah 4-H
- Special 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 JUNIOR (grades 3-5) AND INTERMEDIATE (grades 6-8) LEVELS

1. Contest is open to 4-H members in the 3rd through 8th grade as of January 1st of the calendar year in which the contest is held. (Junior and Intermediate Level contestants are NOT eligible to compete on the state level.) May be conducted as an individual or a team of two.
2. Each contestant will:
 - a. Prepare a dish (appetizer, main dish, snack, salad, dessert, or beverage) at home and serve to judges at the contest.
 - b. Bring the prepared dish at the appointed time to the county contest site, along with a recipe.
 - c. Serve the dish to the judges and answer any questions they have about your knowledge of the dish (2-3 minutes).
3. 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, place mat and centerpiece. The county will provide tasting plates, napkins, and utensils for the judges to use.
4. In case of a tie, the tie will be broken using a method decided upon by the contest committee.

GUIDELINES FOR SENIOR (grades 9-12)

1. Contest is open to 4-H members in the 9th through 12th grade 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.
2. Each contestant will:
 - A. Prepare a dish prior to contest (appetizer, main dish, snack, salad, dessert, or beverage).
 - B. Present a 5-10 minute presentation.
 - C. Serve the dish to the judges and answer any questions they have about your recipe and knowledge of the food and preparation.
3. 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.
4. One easel and one table will be provided for the presentation. (Make arrangements for all other items needed.)
5. 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.
6. Each contestant is responsible for clean up after his/her presentation.



FAVORITE FOODS CONTEST

SCORE SHEET Junior & Intermediate Level

RIBBON AWARDED
(circle one)

BLUE
RED
WHITE

NAME _____ COUNTY _____

NAME _____ COUNTY _____

AGE _____ YEAR IN 4-H _____ NAME OF RECIPE _____

SUBJECT	POINTS POSS.	SCORE	COMMENTS
KNOWLEDGE: (30 POINTS) <ul style="list-style-type: none"> • Knowledge Demonstrates a general knowledge of the food. (Special occasions where dish is served; what the dish means to presenter) • Presentation of Information and Accuracy Answers questions appropriately and accurately. • General Information Conveys message about the dish. Is accurate, complete, and up-to-date. Follows logical order and has a running theme. 	10 10 10		
PRESENTER: (20 POINTS) <ul style="list-style-type: none"> • Delivery Good voice projection, speaks with ease and confidence, maintains eye contact with judges. • Appearance Presenter's clothes and hair are appropriate. • Eye Contact 	10 5 5		
DISH: (40 POINTS) <ul style="list-style-type: none"> • Recipe Clearly and legibly written • Appeal Has appealing visual appearance. Looks appetizing and colorful. • Flavor Has appetizing flavor. Tastes good. • Texture Has appealing texture. Textures complement one another. • Selection of Dish Dish reflects presenters interests. 	10 10 10 5 5		
PLACE SETTING: (10 POINTS) <ul style="list-style-type: none"> • Suitable for Occasion Only the centerpiece, serving dish, serving utensil and placemat. Coordinated around central theme. • Appeal Attractively displayed and shows creativity. 	5 5		
Total Points Possible:	100		
FINAL SCORE:			



FAVORITE FOODS CONTEST

SCORE SHEET Senior Level

RIBBON AWARDED
(circle one)

BLUE
RED
WHITE

NAME _____ COUNTY _____

NAME _____ COUNTY _____

AGE _____ YEAR IN 4-H _____ NAME OF RECIPE _____

SUBJECT	POINTS POSS.	SCORE	COMMENTS
KNOWLEDGE: (25 POINTS) <ul style="list-style-type: none"> • Knowledge Demonstrates a general knowledge of the food. (Special occasions where dish is served; what the dish means to presenter) • Presentation of Information and Accuracy Answers questions appropriately and accurately. 	15		
PRESENTATION: (25 POINTS) <ul style="list-style-type: none"> • Delivery Good voice projection, speaks with ease and confidence, maintains eye contact with judges. • Appearance Presenter's clothes and hair are appropriate. • General Information Conveys message about the dish. Is accurate, complete, and up-to-date. Follows logical order and has a running theme. 	10 5 10		
DISH: (40 POINTS) <ul style="list-style-type: none"> • Recipe Clearly and legibly written • Appeal Has appealing visual appearance. Looks appetizing and colorful. • Flavor Has appetizing flavor. Tastes good. • Texture Has appealing texture. Textures complement one another. • Selection of Dish Dish reflects interest of presenter. 	10 10 10 5 5		
PLACE SETTING: (10 POINTS) <ul style="list-style-type: none"> • Suitable for Occasion Only the centerpiece, serving dish, serving utensil and placemat. Coordinated around central theme. • Appeal Attractively displayed and shows creativity. 	5 5		
Total Points Possible:	100		
FINAL SCORE:			