

CHEYENNE COUNTY FAVORITE FOOD SHOW

The "Favorite Food Show" is an educational experience for all who enter. All 4-H'ers between the ages of 7 and 19 are encouraged to participate. Show people what a good cook you are!

Participants choose a favorite recipe to be served at a "function". Some of those "functions" could include the following:

Birthday Party Holiday Meal
After School Snack Coffee
Family Meal Brunch
Breakfast Outdoor Picnic
Lunch Other

On the day of the show the prepared food is exhibited along with a copy of the recipe (on an 8 1/2" x 11" card). This should be placed on a self supporting stand furnished by the participant. Also have an 8 1/2" x 11" card with the menu that your favorite food is being served with.

The food displayed on the table should be accompanied with the correct table setting and centerpiece for the food. Information is available at the Extension Office.

Participants should be able to tell the judge how to prepare and serve the food; food safety issues; the reason for the dishes, tablecloths, silverware and centerpiece that are used; the value of the foods according to the food pyramid.

Here are a few other details that participants and judges may want to consider:

- Hot foods should be hot and cold foods, cold at the time of judging.
- Centerpieces may be original designs, fresh flowers, artificial flowers, etc.
- Everything from paper plates to fine china may be used (according to the menu).
- All entries will be judged. The scorecard to be used for judging is enclosed.
- Dress appropriately for the meal. Remember, China and jeans do not mix.

This is a conference style judging event where the judge can visit one-on-one with the participant and give positive comments and critiques. The participant will be standing or sitting by their food table as the judge comes around and visits about their table. No adults are allowed while judging is taking place.

The Extension Office will be more than willing to offer any help with ideas, recipes, etc.. This is a really FUN enjoyable event that the participants take part in to show just how creative they can be.