



# Guidelines for Participating in The Favorite Foods Revue

A Favorite Foods Revue gives 4-H members a chance to learn about meal planning and food preparation, time management, table settings, cost analysis and serving food. Members have the chance to show and tell about foods they have enjoyed preparing. The Foods Revue is a way to learn by doing that planning, preparation and service of food should look appealing as well as taste appealing.

## What Do Members Do Before the Revue?

1. Decide you want to take part in this event and discuss this with your parents and your 4-H Foods Leader. Fill out and return the pre-registration form.
2. Select your "favorite food" you wish to prepare—ideally something you have enjoyed preparing in the foods project this year. It must meet the following criteria.
  - a) appropriate for division level
  - b) type of food required (dessert, salad, main dish)
  - c) use of MyPlate
3. Plan a menu using your favorite food and following the guidelines in the learning project.
4. Plan the place setting (table service) for your menu, following the guidelines enclosed.
5. Plan the centerpiece you will use on the table, coordinating it with the place setting.
6. Plan the management of your meal's preparation, using the enclosed guidelines and filling out the Planning Worksheet. This includes your time plan and cost analysis for intermediate and advanced.
7. Practice preparing the recipe until you are sure of a good product. Practice preparing the entire menu according to your plan.
8. Complete the following things and bring them to the Foods Revue:
  - a) Complete menu written in proper form (5"x7")
  - b) Recipe card with favorite food recipe
  - c) Planning Worksheet from packet
  - d) One complete table setting and centerpiece
  - e) Your prepared food product and proper utensil to serve your food

## What Do Members Do the Day of the Revue?

1. Prepare your recipe at home. It must be cooked at home, not at the Foods Revue.
2. Bring only one serving to the Foods Revue.
3. Also bring to the Foods Revue:
  - a) Recipe card
  - b) Planning Worksheet
  - c) Table service and centerpiece
4. Arrange the above things in an attractive display on the tables available. You may keep your food hot or cold (as required) until ready for judging, using the break room or refrigerator on site. **Members are to set up displays independent of adults.**
5. Be ready to be judged individually on your project. Refer to the scorecard to know the categories included in the judging. Refer to the learning packet to know the kinds of questions the judge may ask you. Plan what your answers will be.
6. Your display will be judged and you will receive a ribbon. For the Green Lake County Fair, you are responsible to enter it (Div. J/Dept. 25/Class E), on an 11x14" poster of your Foods Revue display to include: menu, recipe made and a picture of you and your place setting. Premiums for placing will be included in the fair checks sent following the fair.

