



# Favorite Foods

2/2025

**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, history of this food, 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 for Senior Division and award for Intermediate and ribbon for Junior.

## General Information:

- Contest is open to 4-H members in 3-12 grades as of September 1<sup>st</sup> of the 4-H year in which the contest is held.
  - Example: 4-H year is: September 1 2021-August 31 2022
- Each county may all select senior and intermediate 4-H members with a high quality presentation to compete at the state level.
  - Contestants by compete as an individual or team of two.
- Each Contestant will:
  - Prepare a dish prior to contest (appetizer, main dish, snack, salad, dessert, or beverage).
  - Display the finished dish:
    - Provide a tablecloth or place mat to display only the garnished, finished product in its serving dish with a utensil for serving the judges (table and easel will be provided)
    - Table centerpiece decorations as selected by contestants to compliment the finished dish
    - Table will be provided
  - Present a 2-10 minute presentation depending on grade division.
    - Junior 's (3rd-5th grade) presentation should be between 2-10 minutes
    - Intermediate's (6th-8th grade presentation should be between 4-10 minutes
    - Senior's (9th-12th grade) presentation should be between 6-10 minutes
    - All age divisions have a max of 10 minutes
    - 2 Points will be deducted for each 30 seconds under the division time limit or over 10 minutes
  - Provide three copies of 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.
  - Contestants have a maximum of 5 minutes for setup and take down.
- Each contestant will furnish his or her own supplies for the presentation at county and state competition.
- At the state level, contest committee may provide the range, oven, microwave oven, refrigerator, and freezer if dish needs to be warmed up or kept cool.
  - Please check with your local 4-H Office for information about equipment provided for the county contest.
- One easel and one table will be provided for the presentation. (Make your own arrangements for all other items needed).
  - The state level will provide tasting plates, napkins, and utensils for the judges to use or you may provide your own, but they must be disposable. Please provide your own on the county level.
- Each contestant is responsible for clean up after his/her presentation.





## Favorite Foods Presentation

2/2025

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 2-10 minute time frame (determined by age division)

### 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 or digital slides 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 Digital Slides

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

*It will be helpful to double check your Posters/Slides 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

**Blue Ribbon?**  
(Circle One)

**Yes**  
**No**

Name \_\_\_\_\_ County \_\_\_\_\_  
Name \_\_\_\_\_ County \_\_\_\_\_

Age Divisions: Junior (grades 3-5) 2-10 min. Intermediate (grades 6-8) 4-10 min. Senior (grades 9-12) 6-10 min.

<i>Items to be Scored</i>	<i>Fair</i>	<i>Good</i>	<i>Excellent</i>	<i>Points Earned</i>	<i>Comments</i>
<b>Knowledge</b>					
<b>Knowledge: (10 points)</b> <ul style="list-style-type: none"> <li>• Demonstrates a general knowledge of the food</li> </ul>					
<b>Presentation of Information and Accuracy: (10 points)</b> <ul style="list-style-type: none"> <li>• Answers questions appropriately and accurately</li> </ul>					
<b>General Information: (10 Points)</b> <ul style="list-style-type: none"> <li>• Conveys message about the dish</li> <li>• Is accurate, complete, and up to date</li> <li>• Follows logical order and has a running theme</li> </ul>					
<b>Presentation</b>					
<b>Delivery: (10 Points)</b> <ul style="list-style-type: none"> <li>• Good voice projection, speaks with ease and confidence, maintains eye contact with judges</li> </ul>					
<b>Appearance: (5 Points)</b> <ul style="list-style-type: none"> <li>• Presenter's clothes and hair are appropriate</li> </ul>					
<b>Eye Contact: (5 Points)</b>					
<b>Dish</b>					
<b>Recipe: (10 Points)</b> <ul style="list-style-type: none"> <li>• Clearly and legibly written (3 copies)</li> </ul>					
<b>Appeal: (10 Points)</b> <ul style="list-style-type: none"> <li>• Appealing visual appearance</li> </ul>					
<b>Flavor: (10 Points)</b> <ul style="list-style-type: none"> <li>• Appetizing flavor</li> </ul>					
<b>Texture: (5 Points)</b> <ul style="list-style-type: none"> <li>• Has appealing texture</li> <li>• Textures complement one another</li> </ul>					
<b>Selection of Dish: (5 Points)</b> <ul style="list-style-type: none"> <li>• Dish reflects presenters interests</li> </ul>					
<b>Place Setting</b>					
<b>Suitable for Occasion: (5 Points)</b> <ul style="list-style-type: none"> <li>• Only the centerpiece, serving dish, serving utensil and place mat and/or tablecloth</li> <li>• Coordinated around central theme</li> </ul>					
<b>Appeal: (5 Points)</b> <ul style="list-style-type: none"> <li>• Attractively displayed and shows creativity</li> </ul>					
<b>Sub-Score: (100 Points)</b>					
<b>Time:</b> (-2 pts for each 30 seconds over or under age division time limit) Juniors 2-10 min. Intermediate 4-10 min. & Senior 6-10 min.					