



Favorite Foods Show

Theme 2024: Sunday Dinners—A Century of Traditions

Please register by **July 10th** via Fair Entry (ckff.fairentry.com)

Food can be a creative tool to teach us about traditions that bring together family and friends. Join us for a homestyle dinner celebrating a hundred years of tradition and community.

The Favorite Foods Show will take place on **Saturday, July 20th at 4:00 p.m.** in Sterl Hall (619 N Rogers, Abilene). Participation for this event is open to all Chisholm Trail District 4-Hers. Enrollment in the foods and nutrition project is not required. The public is invited to join us for the dinner as we enjoy this fun fair tradition.

Rules

This event is a presentation of a table setting/favorite food display as a conference judging experience. *Please plan to arrive at **3:45 pm** to set up your table-setting and start the event at **4:00 p.m.***

Create a dish that you would serve for a family dinner. Please bring the dish that is assigned to your age division. Participants may bump up a category, but they will be judged according to the food category, not their current age.

Juniors (9 and under): dessert

Intermediates (10-13): side dishes including vegetables (fresh or casseroles)

Seniors (14+): meats & main dishes

-Plan your menu and bring the **menu** as a part of your table display. The menu should include your name.

-Remember the food groups and how colors and textures make meals pleasing to several of our senses. Families will have differing values of health benefits, so judges will take into account the participants' reasonings on why they chose their menu.

-You will serve an appropriate adult serving size as a part of your table display. Judges will have the opportunity to taste the prepared dish.

-Bring a copy of the **recipe** and the **cost per serving**. A **Microsoft Word or PDF** of the recipe must be sent electronically to mkanguiano@ksu.edu by **July 15** to create a cookbook that will be distributed at the show. Include relevant food safety considerations such as "wash your hands..." as the first direction. For assistance, see the [Safe Recipe Style Guide](#).

-Be prepared to answer questions during the conference judging as to why you chose this recipe. What makes it healthy, or if not so healthy, how it complements the rest of the menu. How could you make it a healthier option? Also think about any food safety considerations that would be relevant. Dishes must be transported in a safe manner (keep hot foods hot and cold foods cold) including a cooler or insulated bag, and food will not be placed on the table until the judge is seated and ready for judging.

-Tables will be provided. Your display will be made on one end of a six-foot table, about the size of a card table. When planning your display, think about how you would present what you made and how you would eat it. Serve the dish how it would be served for your style of an enjoyable family dinner. Your picture will be taken with your display.

-Please dress in typical 4-H conference judging attire.

-Allow 15 minutes of judging. The participant and the judge will be allowed at the table during judging.

-You will be asked to clean up your area at the end of the event.

-Please bring enough for 8 people, as we will have sampling afterwards. Water and tableware will be provided.

-Summer Engagement Interns will provide hands-on learning activities for participants while they are waiting to be judged.

-Announcements for the top three in each age division will be made at the end of the event. All entrants will receive a participation gift.

Questions? Contact 4-H Youth Development Agent, Jill Martinson (martinso@ksu.edu, 785-263-2001) or committee chair, Annalee Greene avgreene05@gmail.com.

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Kansas State University Agricultural Experiment Station and Cooperative Extension Service

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FAVORITE FOOD SHOW

Name: _____

Junior Division _____

Intermediate Division _____

Club: _____

Senior Division _____

Theme: _____

	<u>Points</u>	<u>Judge's Comments</u>
Exhibitor		
Explains preparation of the food and why selected	_____/30	
Explanation of why food was chosen		
Knowledge of nutritional value		
Knowledge of food safety		
Personal appearance - neat and groomed, dressed appropriately for serving meal		
Favorite Food	_____/20	
Appearance/Color		
Flavor		
Quality		
Cost per serving		
	Total: ____/50	

Overall Comments:

Judge's Initials _____