

FOOD PREPARATION

DIVISION/GRADE:

Clover – Grades 3, 4, 5

Junior – Grades 6, 7, 8

Senior – Grades 9, 10, 11, 12

RULES:

1. Judging will be done by Clover, Junior, and Senior age groups.
2. Perishable items are to be brought in chilled or heated coolers as appropriate for the exhibit.
3. All exhibits must include a recipe for the dish that is being exhibited along with a balanced, full day's menu (refer to the "food pyramid") which includes the dish being exhibited.
4. Food will be set up on a tray provided prior to judging and the prepared tray will be presented to the judge. All preparation for serving must be done prior to presentation. This is not an action demonstration where food is prepared in front of the judge.
5. Presentation is a very important part of this project.
6. All Food Preparation exhibits will be photographed, judged, and returned to the 4-Her immediately following the conclusion of the judging. The recipe along with the day's menu and photograph will be kept for display.

EXHIBIT:

RECORD SHEETS – A completed Food Preparation Record Sheet must be submitted with the project exhibit at check-in time.

Exhibit one dish from the following categories:

1. Appetizer
2. Snack
3. Salad
4. Vegetable Dish
5. Reception (table decoration and settings included)
6. Main Dish
7. Dessert

ALL EXHIBITS MUST INCLUDE A RECIPE FOR THE DISH EXHIBITED AND A FULL DAY'S MENU WHICH INCLUDES THE DISH EXHIBITED.

NO STATE FAIR ENTRY.