

FOODS REVUE GUIDELINES

Each 4-H member will need

1. Tablecloth and/or placemat
2. Centerpiece (artificial or real)
3. One place setting - dishes, napkin, and flatware
4. Favorite food, prepared and served attractively (only one)
Bring enough extras for audience to sample.
5. Menu card no larger than 8 ½ X 11 to go along with the favorite food.

You should bring samples of your dish; plan enough for at least 100 very small servings. Remember, the group only needs a taste.

You should know:

- how to set a proper table and what each item is used for
- in which food groups the foods in your menu belong
- be familiar with all of the foods in your menu, their ingredients, and how they are prepared (e.g., how much vegetable is required for one serving?)

We encourage you to identify resources such as cookbooks, nutrition books, party and holiday books available from your local library, along with the 4-H project literature and additional handouts available from your club leader or the UW-Extension Office to help you learn how to set an attractive table and how to make a noticeable and winning presentation. The more you know about your menu and serving, the better!

Remember, if two people are close, the little "extras" count! In case of questions, the authoritative source is the "Guide for Foods Curriculum".

The food should be set attractively on the table with the menu alongside. The judge will be judging the members on:

- knowledge and use of table settings
- choosing and combining dishes, food, menu, color, and texture
- food pyramid and nutrients
- contestant's goals, presentation, and achievements

- Note:
1. **Parents will not be allowed in judging area during set-up and interview.**
 2. Practice set up and review at home.
 3. After the judging is finished, contestants will be allowed to sample the favorite foods.

For Cloverbuds: You may bring a snack or beverage and serve it on a paper plate. You should have a menu card to show when you would serve this snack and what type of beverage you would serve with it. Also, you should bring either a placemat or table covering of your choice. You should also bring enough small samples to share.