

## FALLON/CARTER COUNTY 4-H FOODS FESTIVAL

All 4-H members participating in the 4-H Foods Festival will need to bring:

1. Appropriate table covering and centerpiece carrying out a theme reflective of the food you are serving. (Participant's clothing may also reflect the theme if so desired)
2. One prepared recipe to serve 6 people of the food chosen to be prepared.
3. One serving dish and serving utensil for the serving table. Sign with name and name of dish to place on Buffet Table.
4. Two place settings to be used by the interviewers, to sample the prepared food.
5. An 8 ½ X 11 inch poster paper, folded in half, should be placed on the table. On the front include your name, age, club and cooking project you are enrolled in (if any). On back side place the recipe you are using. Inside the poster, place the menu for a day including the food you prepared for the festival. (Be sure to include breakfast, noon meal, evening meal and snacks.)
6. Two water glasses.

Possible questions the Interviewer may ask you:

1. How many servings of each group should a child eat? **Breads and Pasta 9; Vegetable 4; Fruit 3; Milk and Cheese 2 to 3; Meat, Dry Beans, and Nuts 2.**
2. What groups are different in the pyramid from the basic four groups? **The fruit and vegetable group are two separate groups now and the Fats, Oils, and Sweets is a new group.**
3. Which group should people eat the most servings of? **Bread, Cereal, Rice and Pasta group.**
4. Which group should people eat the least servings of? **The Fats, Oils, and Sweets.**
5. How do you store leftovers dish?
6. What is the main nutritive content of you special dish?
7. How would you keep this food warm or cold if guests are late?
8. Which food group does this food belong to?
9. How is this food prepared?
10. Have you made this dish before and if so tell me about it?
11. Where did your recipe come from?
12. What new skills did you learn in preparing this dish?
13. What do you and your family think of this dish?
14. Did you need to buy anything special to prepare this dish? If so, explain.
15. What help did you have planning your menu?
16. How long does it take to prepare and cook this dish?
17. What other dishes do you prepare at home?
18. How many calories does this dish have?

The recipe should include the following:

Name of Recipe

List of Ingredients, with amounts needed

Description of combining ingredients

Size of Pan to use

Temperature and cooking time

Number of servings the recipe will make

**Please remember to turn in your recipe to the Extension Office on or before the deadline stated in the newsletter.**