

Junior Food Contests

These contests, with the exception of favorite foods, are available to all Junior 4-H members (4-6 grade) enrolled in the food & nutrition project area. Junior members are not eligible to advance to the state level.

- **Jr Measuring Contest**
 - Limited to first year food members only
- **Jr Cookie Baking Contest**
- **Jr Nutritious Breakfast or Drink Contest**
- **Jr Microwave Cooking Contest**
- **Food Judging Contest**
- **Favorite Food Contest**
 - Open to all Jr 4-H members

Jr Measuring Contest (County Only)

Limited to first year food members only

Participants will demonstrate the measuring of:

- Flour
- Sugar
- Water
- Brown Sugar
- Salt

Participants must bring their own ingredients from the above list to measure.

Participants must bring their supplies.

Supplies needed:

- Measuring cups
- Measuring spoons
- Wax paper
- Knife for leveling
- Tablespoon

Junior Measuring Contest Score Sheet

Name: _____

	Well Done	Could Improve
Work Habits (30 pts) Includes, appearance, ability to follow directions, has equipment organized and ready, posture, and leaves work area clean.		
Skills in Measuring (70 pts) Includes using appropriate measuring utensils, measures accurately, knowledge about measurements.		
Total (100 pts)		

No judges information sheet required for this contest.

Comments:

Jr Cookie Baking Contest (County Only)

Participants will mix and bake one pan of drop, bar or formed cookies.

A full batch of dough may be mixed and extra dough taken home.

A judges information sheet is required for this contest and must be presented to the judge before the contest. The judges information sheet consists of a list and cost of ingredients and the recipe.

Time Limit- 1 Hour

JUNIOR COOKIE BAKING
Judges information sheet

Drop

Formed

Pan

Your Name: _____

Name of Recipe: _____

List of Ingredients and Amounts	Estimated Cost (market prices)
	\$
	\$
	\$
	\$
	\$
	\$
	\$
	\$
	\$
	\$
	\$
	\$

Total cost: _____

JUNIOR COOKIE BAKING
Judges information sheet

Recipe Directions:

4-H FOOD/NUTRITION CONTEST SCORE SHEET

Name _____

Contest/Class _____ Placing _____

	Excellent	Good	Could Improve	Comments
Preparation Skills -- 25 pts				
Measuring				
Mixing/Assembling				
Cooking and baking procedures				
Management				
Efficient use of equipment and work space				
Tasks done in efficient sequence				
Cost accuracy				
Work Habits				
Cleanliness				
Neatness				
Sanitation				
Safety				
Finished Product -- 25 pts				
Appearance/Presentation				
Texture				
Color				
Flavor				
Temperature				
Nutrition -- 25 pts (Knowledge of what foods contribute to diet)				
Creativity, Originality -- 25 pts				
Choice of foods and menu				
Display/Presentation				
Service				
Table Setting				
Additional Comments				

Jr Nutritius Breakfast or Drink Contest (County Only)

Participants will prepare a nutritious breakfast dish or drink which should include one or more of the food pyramid groups.

A judges information sheet is required for this contest and must be presented to the judge before the contest. The judges information sheet consists of a list and cost of ingredients and the recipe.

Time Limit- 1 Hour

JUNIOR NUTRITIOUS BREAKFAST
Judges information sheet

Food Pyramid Group

Meat & Beans

Dairy

Grain

Fruits

Vegetables

Your Name: _____ Club: _____

Name of Recipe: _____

List of Ingredients and Amounts	Estimated Costs (market prices)
	\$
	\$
	\$
	\$
	\$
	\$
	\$
	\$
	\$

Total Costs: _____

JUNIOR NUTRITIOUS BREAKFAST
Judges information sheet

Recipe Directions:

4-H FOOD/NUTRITION CONTEST SCORE SHEET

Name _____

Contest/Class _____ Placing _____

	Excellent	Good	Could Improve	Comments
Preparation Skills -- 25 pts				
Measuring				
Mixing/Assembling				
Cooking and baking procedures				
Management				
Efficient use of equipment and work space				
Tasks done in efficient sequence				
Cost accuracy				
Work Habits				
Cleanliness				
Neatness				
Sanitation				
Safety				
Finished Product -- 25 pts				
Appearance/Presentation				
Texture				
Color				
Flavor				
Temperature				
Nutrition -- 25 pts (Knowledge of what foods contribute to diet)				
Creativity, Originality -- 25 pts				
Choice of foods and menu				
Display/Presentation				
Service				
Table Setting				
Additional Comments				

Jr Microwave Cooking Contest (County Only)

Participant must make a favorite snack

A judges information sheet is required for this contest and must be presented to the judge before the contest. The judges information sheet consists of a list and cost of ingredients and the recipe.

A microwave will be provided

Time Limit- 1/2 Hour

JUNIOR MICROWAVE
Judges information sheet

Snack: _____

Your Name: _____

Club: _____

Name of Recipe: _____

List of Ingredients and Amounts	Estimated costs (market prices)
Example: 1 cup flour	\$
	\$
	\$
	\$
	\$
	\$
	\$
	\$
	\$
	\$

Total Cost: _____

JUNIOR MICROWAVE
Judges information sheet

Recipe Directions:

4-H FOOD/NUTRITION CONTEST SCORE SHEET

Name _____

Contest/Class _____ Placing _____

	Excellent	Good	Could Improve	Comments
Preparation Skills -- 25 pts				
Measuring				
Mixing/Assembling				
Cooking and baking procedures				
Management				
Efficient use of equipment and work space				
Tasks done in efficient sequence				
Cost accuracy				
Work Habits				
Cleanliness				
Neatness				
Sanitation				
Safety				
Finished Product -- 25 pts				
Appearance/Presentation				
Texture				
Color				
Flavor				
Temperature				
Nutrition -- 25 pts (Knowledge of what foods contribute to diet)				
Creativity, Originality -- 25 pts				
Choice of foods and menu				
Display/Presentation				
Service				
Table Setting				
Additional Comments				

Food Judging Contest

4-H member will judge classes focusing on nutrition, product evaluation, safety/management and equipment.

Members will be asked to provide written reasons on at least one set of class placement.

FAVORITE FOOD CONTEST (county only)

Competition Information

Each contestant will prepare a table display on their own table. The display will consist of:

- 1. A menu printed on an index card (menu must contain a favorite food).*
- 2. A table set for one, complete with cloth and centerpiece.*
- 3. Recipe of a favorite food typed or printed on an index card.*
- 4. The favorite food should be prepared by the contestant bringing it to the fair.*

Purpose: For members to demonstrate their knowledge of:

1. A proper table setting (see example in packet.)
2. Menu planning and
3. Presentation of their prepared food item

You are being sent a schedule showing your contest time. Please check in at least ten minutes before your time. If you have any questions before the contest call the Extension Office at 963-1010.

What you need to bring:

- Card table.
- Table setting for one person to reflect your entire menu.
- Centerpiece and table accessories appropriate to your menu and theme.
- Tablecloth, napkin, etc.
- Copy of the recipe for your favorite food (display on table), index card no larger than 5" by 8".
- Menu for the complete meal that would be served with your favorite food (display on table), on an index card or similar no larger than 8½" by 11".
- Your favorite food, prepared in advance by you.

FOOD SAFETY: Hot food must be kept hot or cooled completely and reheated before serving to the judge. Cold food must be kept refrigerated.

Provided at the Fair:

- Kitchen access for last minute preparation – stove, oven, microwave, refrigerator, sink, work area, etc.
- Folding chairs
- Plastic covering for display after contest

When you arrive:

- Properly store your prepared food in provided stove or refrigerator until your scheduled judging time.
- You will set your table, including any centerpieces, etc.
 - Table may be set for up to 1 hour before scheduled judging time.
- Prepare to serve your precooked (cooked by you) favorite food item to the judge.
- Place two chairs at your table – one for the judge at the place you set, and one for you on the side.
- You will be given a **5 minute** notice to bring your food to your table. Sit at your table when you are all ready and wait for the judge.
- Serve the Judge your dish, the Judge will interview you as he/she tastes your food.
- You may be asked questions about your table service, favorite food, or the food pyramid.
- When the judge is finished, remove all food items from your table, clean any dishes or utensils used, reset the table with clean items.
- Contest staff will place your table in position for display and cover it with clear plastic.

Please do not put valuable items on your table, thank you.

4-H Favorite Foods Score Sheet

_____ Junior

_____ Intermediate

_____ Senior

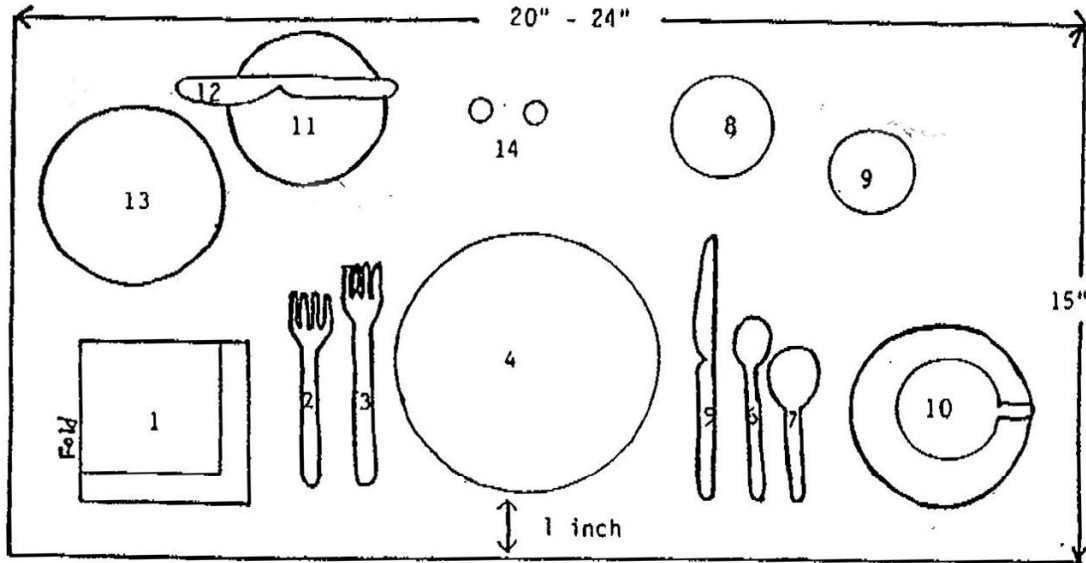
Name _____

Placing _____

	Well Done	Could Improve	Comments
1. THE EXHIBITOR (20pts)			
Understands preparation of the favorite food			
Understands planning of menu and setting of table			
Personal appearance - neat and well groomed, dressed appropriately for serving meal or snack			
2. THE FAVORITE FOOD (20 pts)			
Appearance			
Flavor			
Quality - includes texture			
3. THE MENU (25pts)			
Balance - in texture, flavor and color			
Balance in food value			
Suitability to favorite food			
4. THE TABLE SETTING (35 pts)			
Attractive			
Appropriate to occasion			
Suitable arrangement of dishes, silver, linen, etc.			

Tablesetting Guide

BASIC RULES THAT YOU SHOULD FOLLOW IN SETTING A TABLE



- | | |
|----------------|-----------------------------|
| 1. Napkin | 8. Glass of water |
| 2. Salad Fork | 9. Glass of fruit juice |
| 3. Dinner Fork | 10. Cup and Saucer or Mug |
| 4. Plate | 11. Bread and Butter Plate |
| 5. Knife | 12. Butter Spreader |
| 6. Spoon | 13. Salad Plate |
| 7. Soup Spoon | 14. Salt and Pepper Shakers |