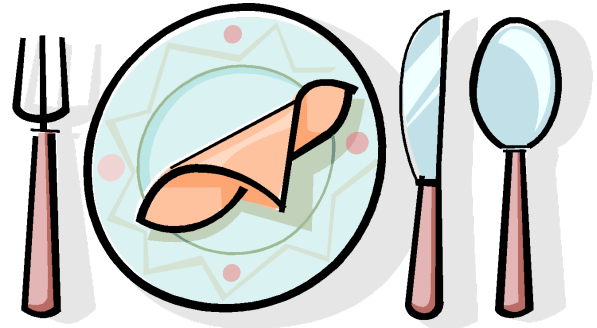




# 4-H Foods Revue!



**Who:** Food Project Members and All Cloverbuds

**When:** Sunday, April 24, 2022, 2PM

**Where:** Shell Lake School Commons

**What:** Foods Revue gives 4-H members a chance to learn about meal planning and food preparation, time management, table settings, cost analysis, and serving food. Members have the chance to show and tell about foods they have enjoyed preparing. In addition, it gives 4-H youth the opportunity to showcase a food related activity or experiment and discuss the results. The Revue is a way to learn by doing; planning, preparation and service of food should both look appealing and taste appealing. **The Foods Revue is a pre-fair event where youth can:**

1. Select a food activity or experiment from 4-H project literature and set up as an action exhibit; and/or
2. Display a complete place setting of a nutritious meal or snack, displaying one prepared food and a menu. Themes are encouraged!

Participants need to leave displays set up until the judge has completed judging all age divisions. Tear down will begin after awards have been handed out.

A **Foods Revue Recipe Book** will be created from your recipes! Please plan to bring recipes for at least one item on your menu. You are invited to submit recipes for all of the items on your menu. The recipe books will be distributed after Foods Revue. **To be included in the recipe book, you can email your entries to [4h@co.barron.wi.us](mailto:4h@co.barron.wi.us)**

For more information, [see the guidelines, sample score sheet, and optional planning worksheet](#) on the Barron County 4-H Website ([barron.extension.wisc.edu](http://barron.extension.wisc.edu)). Registration deadline is April 15. **Submit Registration through 4-H Online ([wi.4honline.com](http://wi.4honline.com)) – sign in to 4-H Online, click events, click the name of participant, look for Barron County 4-H Foods Revue and complete registration.**

- ✓ **Name**
- ✓ **Club**
- ✓ **Age Group**
  - Division A Cloverbuds
  - Division B (Grade 3 – 4)
  - Division C (Grade 5 – 6)
  - Division D (Grade 7 – 9)
  - Division E (Grade 10 – 13)

**Remember this is a fair entry, so be sure to include the Foods Revue on your fair entry sheet. Your premium will be included on your fair premium check after the Barron County Fair.**

# 2022 BARRON COUNTY 4-H FOODS REVUE GUIDELINES

## Before the Revue (Action Exhibit – Foods related activity or experiment)

- Register by April 15 **in 4-H Online**.
- Select an experiment/activity related to project area and implement project
- Create an action exhibit (like a demonstration) related to activity/experiment
- Prepare to present your exhibit

## The Day of Foods Revue:

- Prepare your display
- Set up your display and bring any needed items to present your experiment/activity

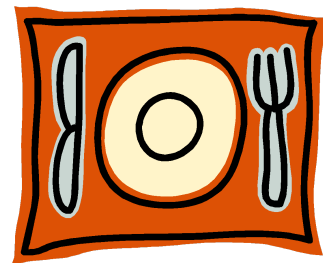
---

## Before the Revue (Complete Place Setting)

- Register by April 15 **in 4-H Online**.
- Select a favorite food you wish to prepare.
- **Email** the recipe to 4h@barron.co.wi.us by **April 15** so it can be included in the recipe book.
- Plan the meal menu using your favorite food.
- Plan the place setting (table setting) for your menu.
- Plan the centerpiece to be used on the table; coordinate it with the place setting.
- Plan the meal preparation using the guidelines – fill out the “Planning Worksheet.”

## Be sure to complete these things and bring them to the Foods Revue:

- ✓ A complete menu written on a 4x6 card.
- ✓ Recipe card, 4x6, with the recipe of the food you prepared.
- ✓ “Planning Worksheet” from the packet (optional).
- ✓ One complete table setting and centerpiece.
- ✓ Your prepared food product and proper utensil to serve your food.



## The Day of Foods Revue:

- Prepare your recipe at home (cannot be cooked at the Revue).
- Bring one serving only of the prepared food.
- Bring the recipe card, the menu card, Planning Worksheet (optional) and table setting.
- Arrange the things in an attractive display on the assigned tables (tables will be assigned by age groups).



Rachel Alsbury – Peppy Pals 4-H Club

See the sample score sheet to help you prepare for Foods Revue. Your display will be judged Face to Face and you will receive a ribbon after your group has been judged. At the Fair, a photo of you and your setting/display will be displayed with your score card and ribbon.

Special Awards may be given.



# Foods Revue Planning Worksheet

**Optional** for all participants - At the time of judging, the judge may ask you some of the things listed below including the cost of your meal. This form is designed for you to use as a guide, but you do not have to bring it to the Foods Revue

## Plan of Work

List the menu items in the order in which you will prepare them. Write down the time each item should be started. Explain if any task can be done while another food is cooking. Include setting the table in your schedule. Be sure all your work to be done is finished by your meal serving time.

| Job or Menu Item to be Done | Start Time | Finish Time | Tasks Completed |
|-----------------------------|------------|-------------|-----------------|
|                             |            |             |                 |
|                             |            |             |                 |
|                             |            |             |                 |
|                             |            |             |                 |
|                             |            |             |                 |
|                             |            |             |                 |
|                             |            |             |                 |
|                             |            |             |                 |

## Cost Analysis of Food



Total Cost of all food on menu: \_\_\_\_\_

Cost per person served: \_\_\_\_\_

NOTES:

# SCORECARD – Action Exhibit

|  |           |
|--|-----------|
| <b>Name:</b>   |           |
| <b>1. The Participant</b> <b>25 Points</b><br>a. Appearance<br>b. Voice<br>c. Poise/Eye contact<br>d. Knowledge of topic<br>e. Shows independence of adults?   | Comments: |
| <b>2. Visual Display</b> <b>25 Points</b><br>a. Attractiveness<br>b. Accuracy<br>c. Readability  |           |
| <b>3. Content</b> <b>50 Points</b><br>a. Activity/Experiment (question answered, statement of Hypothesis – what is going to happen? How is it related to 4-H Food project/learning)<br>b. Materials<br>c. Method (steps)<br>d. Creativity<br>e. Results<br>f. Conclusion |           |
| Total Points:  |           |
| Placing:   |           |
| Judge's Signature:   |           |

# SCORECARD – Place Setting

|   |                    |
|---|--------------------|
| <b>Name:</b>  |                    |
| <b>2. The Participant</b> <b>20 Points</b><br>Dressed appropriately?<br>Well groomed?<br>Hands neat and clean?<br>Shows independence of adults?   | Comments:          |
| <b>2. Menu Plan</b> <b>25 Points</b><br>Nutritionally well-balanced? (use of all food groups)<br>Variety of flavor and texture?<br>Variety in color and form?<br>Menu poster (correct size, neat, attractive)?  |                    |
| <b>3. Prepared Food</b> <b>20 Points</b><br>Attractive appearance?<br>Appetizing aroma and texture?<br>Use of a garnish?<br>Recipe card included?<br>Appropriate selection?   |                    |
| <b>4. Table Service</b> <b>15 Points</b><br>Attractive appearance (color, texture, total design)?<br>Functional (easy to use, suitable clean-up)?<br>Appropriate centerpiece?<br>Overall effect?  |                    |
| <b>5. Management</b> <b>20 Points</b><br>Understanding of preparation steps?<br>Answers questions appropriately<br>Worksheet included? (required for Srs)<br>Is able to estimate amount of time to prepare meal? (all members)<br>Is able to estimate cost of meal? (all members) |                    |
|   | Total Points:      |
|   | Placing:           |
|   | Judge's Signature: |