Favorite Foods
What is Favorite Foods?

Favorite Foods is an event that focuses on the following:

- Meal preparation
- Nutritional Knowledge
- Menu Planning
- Food Safety
- Table Setting
- Appropriateness for occasion
- Favorite Food Item
What do I need to do Favorite Foods?

- Menu
- Table Setting
- Knowledge
- Showmanship
Menu

- Choose a theme
- Choose a meal--breakfast, lunch, or supper
- Create a menu--include everything you will serve at that meal
- Follow the guidelines of My Plate by the USDA
- Choose a creative way to display your menu
Table Setting

● Bring your own card table
● One table setting using dishes, flatware, place mat, tablecloth, napkin, glassware, and centerpiece
● Make sure your table setting goes with your menu.
● One serving of your Favorite Food
Knowledge

- Food safety--know how long your food can set out
- Measurements--know how much of each ingredient was used
- Nutrition--include the recipe with nutrition information
- Food preparation--know how to fix all of the items on your menu, especially your Favorite Food
- My Plate guidelines--know how they fit your menu
Showmanship

- Choose an outfit that goes with your theme
- Be clean and neat
- Hair out of your face and eyes
- Answer all of the judge’s questions about your Favorite Food, menu, and table setting
My Plate

ChooseMyPlate.gov
Surf’s Up Theme
Camo Theme
Spring Theme
Canadian Fishing Theme
Dressing for the Theme
Conference Judging