

Walnut Creek District 4-H Food Fair Frenzy 2022

General Information: Favorite Food Show encourages young people to develop knowledge of food Science subject matter. This contest develops alertness, self-confidence and knowledge in a competitive setting, surrounded by an attitude of friendliness and fairness. The educational experience is great for both participants and spectators.

Contestants and Eligibility:

- All Ages are 4-H age as of January 1 of the current year. Age groups will be Cloverbuds 5-6; Juniors 7-13; Seniors 14-18.
- Contestants must be enrolled in Foods and Nutrition or Foods Preservation.
- Teams should be of the same age group. If not they will be judged with the group of the oldest team member.
- Team members may be formed with any member of the Walnut Creek District 4-H Program.
- 4-H Members may only enter each class one time.

Classes

- Foods Show & Tell (Cloverbuds)
- Foods Project Talks (Juniors)
- Foods Demonstrations (Juniors and Seniors)
- Foods Photography (All ages)
- Foods Educational Posters (All ages, NO Cloverbuds)
- Place Setting Contest (All ages)
- Cupcake Wars (Teams of 2: All ages)

Rules and Guidelines

Foods Show and Tell, Project Talks and Demonstrations:

Choose a Food topic to share through Show and Tell, Project Talk or Demonstration.

<p>Guidelines for Show and Tell 2-5 Minutes in length Subject Matter/Food Topic -10pts Appearance -10pts Speaking Skills (voice, shyness, willingness to answer questions)20pts</p>	<p>Guidelines for Demonstration 10-15 Minutes in length Introduction -10pts Appearance – 10pts Presentation (Voice, time, skillful workmanship, lack of dead air) 30pts Subject matter (important points, suitable to age & ability, food safety) 30pts Visuals -10pts Summary -10pts</p>
<p>Guidelines for Project Talk 5-7 Minutes in length Subject matter- 40Pts Appearance -10pts Presentation- (introduction, voice, Visual Aids, Organization, important points, food safety) 50pts</p>	

Foods Photography

- Photography topic - foods or food preparation
- Photos must be no larger than 8" x 10" and no smaller than 7" x 9" after trimming. ALL (both horizontal and vertical) photos must be permanently mounted across the NARROW (11") dimension of an 11" x 12.5" sheet of white studio matte board.
- Exhibitor's name, address, phone number, county, members age, and location where the photograph was taken must be written on back of each entry.
- Judging will be based on Composition, Eye Appeal and Technical Aspects
- Photos will be kept for a public display following the Food Fair

Foods Educational Poster

- Size will be no larger than 22"x28" and no smaller than 14"x22"
- Name and county or district must be clearly marked on educational exhibits. The educational exhibit evaluation form will be provided at judging.
- Judging will be based on General Appearance, Plan of Action, Ability to Attract Attention, Sharing Food Topic, Workmanship, and Creativity
- Theme must be based around one of these topics - Food Safety, Food Group, Food preparation, Food Promotion, etc.

Place Setting Contest

- Create a three course menu - that can be displayed on an 8 ½ x 11 sheet of paper.
- Choose a theme for your Place Setting/Meal.
- Provide all the necessary utensils, place setting dishes and such to set your table.
- Provide a center piece, consider napkin, table cloth, etc.
- Bring all of your supplies in a tote.
- When it is your turn to be judged, you will present your display, by setting up your table, explaining your menu and which place setting and utensils you would use for each course.
- Judging will be based on meal selection, theme, proper utensils and place settings, and proper placement of all parts onto your table display.
- You will not actually make any of your menu items, be able to share why you chose this menu, any nutritional values, food groups, etc.

Cupcake Wars

- Each team will need to bring 1 dozen cupcakes for a three rounds of challenge.
- Each round will have a mystery challenge that will be announced at the beginning of the round.
- Each round will be allotted 15 minutes to complete the challenge
- Round 3 each team will be allowed to bring 2 items to incorporate into their decorations.
- A variety of frosting, sprinkles, candies and various decorating supplies will be available for the teams to use.
- Each round will be judged on creativity, teamwork and presentation.
- Cupcakes need to be made from scratch and either chocolate or vanilla in flavor.

Food Fair Frenzy Registration Sheet

Name: _____ 4-H Age as of Jan. 1st _____

email address: _____ Cell phone number: _____

I would like to enter into the following classes: (be aware of noted age groups)

_____ Foods Show & Tell (Cloverbuds)

_____ Foods Project Talks (Juniors)

_____ Foods Demonstrations (Juniors and Seniors)

_____ Foods Photography (All ages)

_____ Foods Educational Posters (Junior and Senior)

_____ Place Setting Contest (All ages)

_____ Cupcake Wars (Teams of 2: All ages) My Teammate is:

Our two items that we will bring are:

**Reminder that each team needs to bring a dozen scratch made chocolate or vanilla cupcakes

**Registration Deadline Date:
April 4th. No Late entries will be accepted**