

So you want to be a food show contestant?

BRAZOS 4-H FOOD SHOW

THEME: COOKING THROUGH THE DECADES



THREE BASIC COMPONENTS

First things first... set your goals and learn as much about food and nutrition as you'd like.



Select your recipe based on theme for the contest and make it often.

Food Show Dish Presentation/ Interview

Categories:

- Appetizer
- Main Dish
- Side Dish
- Healthy Dessert



- 5-minute presentation
- 4-minute questions and answers
- 1-minute to serve one serving to a panel of judges

Skills Showcase

Demonstrate your knowledge of a skill assigned by judges. All utensils will be provided.



Skills showcase will take place in the interview room. Do the best you can.

Knowledge Showcase

Contestants will be given a 10-question quiz that contains multiple choice and true/false questions



Bring a clipboard and pen or pencil. Questions will be read aloud at County.

For more info, visit
<https://brazos.agrilife.org/publications/4h-publications/>