

Purpose and Procedure of Nutrition Fair

To reach 4-H'ers and other youth with a nutrition activity that will enhance their knowledge and skills for a healthy lifestyle and to teach them how to properly set a table (from left to right: Napkin, fork **beside** the napkin, the plate, knife with the **blade to the plate**, spoon and the beverage glass over the knife and spoon).

The 4-H'er will choose a dish from one of the six categories: Main Dish, Salad/Vegetable, Beverage, Snack, Dessert, and Bread. NOTE: The 4-H'er should practice preparing this dish or beverage prior to Nutrition Fair. Please send a copy of your recipe to the 4-H office approximately two weeks before. This is so that we can publish a recipe book with everyone's recipe in it.

4-H'ers should bring: a table cloth, place setting (including a plate, napkin, spoon, fork, knife and beverage glass), a centerpiece or theme for your table is a plus, a prepared dish or beverage (everything should already be cooked...if you would like to wait until you arrive before mixing a salad or adding a topping to your dish it is allowed), paper plates, napkins and spoons for the judges to sample your dish, and an index card with your name, age group (Cloverbud 5-8, Junior 9-12, Senior 13-18), 4-H Club (or at-large), and Category (Main Dish, Salad/Vegetable, Beverage, Snack, Dessert, Bread).

4-H'ers should wear church or worship clothes unless you want to dress in a costume reflecting the theme of your prepared dish. If an after school snack has been planned then you may wear nice school clothes, but T-shirts should not be worn since this is a 4-H presentation.

What happens at the Nutrition Fair:

- Upon arrival, you should sign-in with your name, category and age.
- Fill out two (2) judges' forms with your name, category, recipe title and age group. Take these two sheets with you to your table.
- Look for the signs with your category and age group on it.
- Arrange your table setting and present your dish in an attractive manner on your table.
- Judges will come and ask you questions about how you prepared your dish or beverage, and why your dish is healthy. The judges also look at how you are dressed and if you have combed your hair, tucked your shirt in, etc.
- Once you have been judged, you may share your dish or beverage with the other participants and parents. If someone asks if they can sample your dish before the judges come by, just ask them to wait until you are judged.

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Sample 4-H Nutrition Fair Questions

(This is only a sample of questions that may be asked. Questions are not limited to

