# Favorite Foods Show

## June 13th,

**Wilson County Old Iron Club 4- 6:30 pm.**

**Step 1:** Find a theme for your table.

- Mexican, Chinese, Barbeque, Picnic, Tea Party, Holiday theme, etc.

**Step 2:** Plan a menu – main dish, sides, dessert (whatever is applicable)

**Step 3:** Pick one dish to present to the judge. Can be the main dish, side, dessert, etc. but just pick one to physically make. This dish you will show to the judge and discuss how you made it and nutritional value.

**Step 4:** Save the entry form on the website to your computer. Fill it out and email to cnelsen@ksu.edu. We'd like all entries by June 9th . **This will be an in-person event. A virtual option will be available, but we strongly encourage everyone to participate in-person.**

**Step 5:** Find the dishes, centerpiece and table, picnic table, or table of any form that fits your theme:

- Your favorite food should be displayed with proper table settings (formal or informal depending on the food – paper plates are acceptable if the setting is informal)
- Your table should be set for everything on your menu, but you should only prepare one food item. (Example bread/dessert/salad plate should be on the table but empty if you choose to make the main dish)
- The entire dish does not have to be displayed on the table; a serving size is an appropriate amount of food to display.
- A menu card should be displayed on table (everything you would serve at this meal). We will already have it for the judge but that way you can go over it at the same time – same for the recipe card below.
- A recipe card should be displayed for the one food item you choose to prepare.
- Due to safety concerns, judges will not taste your food (normal year rule)
- No electronic appliances will be allowed on the table.
- No flames
- Be prepared to tell the judge how to prepare the food, how to set the table, and why the centerpiece is appropriate (a centerpiece is not always a necessity).
- Be prepared to explain the nutritional value of your food and be knowledgeable about MyPlate.