

# Foods 101

**Shelby County Junior Fairboard**

# What Should be Completed Before Judging

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- It is important to have your project book fully completed prior to your judging because your judge will ask you multiple questions from the book.
- You should make many, if not all, of the recipes in your project book, so they can be practiced before your judging.
- Read the directions for your particular subclass because they will have different requirements for what should be on your plate.

# What to Bring to Judging

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- Table setup:
  - Tablecloth
  - Matching Plates/Bowls
  - Matching Silverware
  - Centerpiece
  - Matching Glasses
- You should bring your completed project book
  - If you want it to look more professional, you can put your book in a binder along with other recipes you tried and your “Total Cost” worksheet
    - Most food projects will make you create a “Total Cost” worksheet, which shows how much money you spent making your food. Different worksheets will be done for different topics. Be sure to read the directions for your class, so you know what type of worksheet to complete

# What You Should Wear to Judging

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- Any type of 4-H judging is an interview of sorts, so you should look presentable, not like you just rolled out of bed.
- Girls should wear a nice top, skirt, dress, romper, or jumpsuit.
- Boys should wear dress pants with a nice shirt, or khaki shorts with a nice top.
- What you wear, should resemble and outfit you would wear to church.

# What Happens During the Show

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- Once you arrive, you will check in and will be told to wait until your class is called to be judged.
- At check in, you will be told your assigned table number
- You will have ten minutes to set your table (by yourself) before the judging begins.
- Once the judges are released to particular exhibitors, you will wait until a judge comes to your table.
- The judge will taste your food and ask you questions while they are at your table.
  - In judging, less weights will be given to the table setting, and more emphasis will be placed on the nutrition interview, the food items, and the member's knowledge and interest

# What Happens During the Show (cont.)

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- When the judges have met with every exhibitor, you will be told to take down your table and wait for the announcement of awards
- Outstanding of the Day, Best of Class, State Fair Qualifier, and Honorable Mention will be announced along with other Nutrition awards (may differ on each county fair)
- If you are a state fair qualifier, you will be given a packet of information about what other items need to be complete prior to the judging at the state fair.

# Additional Tips

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- Keep eye contact with the judge
- Give the judge a firm handshake when you introduce yourself to them
- Be sure to study your project book before your project judging
- Try to smile while talking with the judge to show that you enjoyed working on your project