

CLASS A: FOOD SHOWMANSHIP

Creative presentation of food including place-setting, menu and recipe cards. Older youth have additional requirements.

Regulations for ALL showmanship entries

- Exhibitors may bring one entry from Lots 1-6 and one entry from Lots 7-14.
- Exhibitors must be present with exhibits for face-to-face judging.
- Recipes and menu cards should be exhibited on paper or cards of your choice to enhance your overall theme. They may be handwritten or typed. Paper may be no larger than 9x12 inches.

Regulations for Lots 1 – 6

- Only one (1) serving of each food will be required of each requested food in each lot. Consider and plate only what a “normal” serving size would be for a particular food item.
- Recipes must be complete (specific ingredients, procedures, servings and recipe source).
- Place settings should be for one individual.
- Prepare the table setting and centerpiece (if required); display the completed food with menu and recipe cards. These should be as attractive and complementary to the theme as possible.
- Youth participants must set up their own entries or be downgraded one premium level. Parents, leaders, or other adults may give advice prior to entering the exhibit hall, but once inside, youth must do ALL the work of setting up their displays.
- The menu chosen should contain at least one-third of the nutrients needed daily (except for Lot 1).
- The day of the show, prepare the food at home. Hot foods can be held at room temperature a maximum of two hours OR kept hot at the show by using a slow-cooker, roaster or frying pan OR an insulated container.
- Be prepared to answer nutritional questions concerning how your meal or snack fits into MyPlate and the US Dietary Guidelines for Americans and your reasons for planning your menu (color, texture, cost, etc.).
- All exhibits must complete a Reflect & Write sheet for each entry. (This found on the website under ‘Regulations’)

Regulations for Lots 3 - 6

This year's theme in Showmanship will revolve around any holiday or celebration event. For each age/lot consider a food(s) that would be appropriate for your chosen theme and the dietary requirements.

Reminder--Creative presentation of foods including ‘table cover &/or place-mat’, place-setting and recipe cards (pages) and more requirements as age/lot increases. Holiday or celebration should be explained or clear to judge by use of coordinating decorations.

CLASS A: FOOD SHOWMANSHIP LOTS:

Lot 1 Ages 5-8 "Holiday or Celebration themed Snack"

Include the snack prepared by exhibitor, recipe, a table cover and/or plac mat and a place setting for one. No centerpiece required. This should be a snack the youth has enjoyed preparing several times with little or no help. Refer back to the regulations for further info.

Lot 2 Ages 9-10 "Holiday or Celebration themed Appetizer"

Include the appetizer prepared by the exhibitor, the recipe, a 'table cover &/or place-mat' and a place setting for one. No centerpiece or menu card required. Refer back to the Regulations for further information.

Lot 3 Ages 11-12 " Holiday or Celebration themed Lunch"

One main dish and a side dish prepared by exhibitor. Include a 'table cover &/or place-mat' and centerpiece along with menu and recipe cards. Refer back to the Regulations for further information.

Lot 4 Ages 13-14 " Holiday or Celebration themed Dinner"

One main dish, one side dish and drink. Prepared by exhibitor. Include a 'table cover &/ or place-mat' and centerpiece along with menu and recipe cards. Refer back to the Regulations for further information.

Lot 5 Ages 15-16 "Holiday or Celebration themed Meal"

One main dish and two side dishes and a drink. Prepared by exhibitor. Include a 'table cover &/or place-mat' and centerpiece along with menu and recipe cards. Refer back to the Regulations for further information.

Lot 6 Ages 17-19 "Student Choice plus Challenge"

*Challenge~ Create an informational 3X5 card that explains/explores the history of one of your food items prepared.

One main dish, two other food sides and drink prepared by the exhibitor. Include a table cover and centerpiece along with menu and recipe cards. Refer back to the Regulations for further information.