



“Stokes County 4-H Nutrition Fair”



**Choose a recipe to create a dish that you would serve,
but be able to express yourself in the style of food.
For example, you could dress the part if your food has a
specific culture it originated in. Have fun – express
yourself!**

Purpose and Procedure of Nutrition Fair

To reach 4-Hers and other youth with a nutrition activity that will enhance their knowledge and skills for a healthy lifestyle to teach them how to properly set a table (from left to right: 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-Her will choose a dish from one of the six categories: main dish, salad, beverage, snack, dessert, or bread. The 4-Hers should practice preparing the dish or beverage prior to Nutrition Fair.

4-Hers should bring: card table (if you do not want to use large table at 4-H office), 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 (there is an oven/microwave to reheat if needed).....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. A card with your name, category, age group and 4-H club (if applicable) will be typed ready for display and your recipe will need to be displayed for judges.

4-Hers should wear nice clothes unless you want to dress in a costume reflecting the theme of your prepared dish.

What happens at the nutrition fair? Upon arrival, you will check in. At check in you will be told where your category will be stationed. Arrange your table setting and present your dish in an attractive manner on the table. Make sure to display your name card and recipe so they can be seen by the judges. Judges will come and ask you questions about how you prepared your dish or beverage, what vitamins are in your dish, why your dish is healthy, nutritional value, cost of food, etc. The judges will also look at how you are dressed and present yourself. Once you have been judged, you can share your dish or beverage with other participants or parents. If someone asks if they can sample your dish before the judges come by, just ask them to wait until you are judged.