

**ATCP 160.71 – FOODS AND NUTRITION –
DEPARTMENT 25**

Foods Rules and Instructions

- 1) Mini-Revue: Each Foods project member who exhibits at the Foods Revue is invited to make a public exhibit at the Mini-Revue at the Green County Fair; Mini-revues are held in the Youth-In-Action Building at the Green County Fair.
- 2) All Educational Exhibits will also be placed on display in Exhibition Hall during the Green County Fair. The Educational Exhibits will be collected at Foods Revue. They can be picked up at the House Plants and Flowers exhibit at the close of the Green County Fair.
- 3) Fair Entry Blank: Since premium money is given for Cake and Foods Revue, please remember to include your entry when filling out your fair entry blank

CLASS B – FOODS REVUE

F-T-F

Judging: Monday, June 21, 6:30 p.m.

Green County Justice Center multi Purpose Rooms

Favorite Foods Revue rules and Instructions

- 1) One exhibit per member (not including educational exhibit). May exhibit only under one unit.
- 2) All foods project members are encouraged to participate in a mini-revue for county fair.
- 3) Grades are as of January 1st of exhibit year.
- 4) Foods Revue Judging will be Prefair.
- 5) **PRE-REGISTRATION IS DUE JUNE 8, 2010.** Turn in forms to the Extension Office. (This is in addition to your Green County Fair entry form!)

Premiums \$ 3.00 \$ 2.75 \$ 2.50 \$ 2.25

Level A

Members Grades 3-4

1. Lunch box meal
2. Microwave dessert using fruit
3. Wrap or pita pocket sandwich

Educational Exhibits

5. Food Pyramid
6. Nutrition in Breakfast/Importance of Breakfast

Level B

Members Grades 5-6

10. Crockpot meal
11. Brunch Egg Dish, microwave or bake using 3 or more different vegetables
12. Appetizer Plate with at least 2 different appetizers

Educational Exhibits

14. Healthy Snacks
15. Shopping for a Meal on a Budget
Level C

Members Grades 7-9

20. Grilled sandwich
21. Meatballs or Meatloaf
22. Seafood entree

Educational Exhibits

22. Pros and cons of low-carb diet
23. Exercise as part of a healthy lifestyle

Level D

Members Grades 10 and up

30. Make your own pasta and CREATE a dish using it
31. Cheesecake
32. International themed meal (including themed clothing or decoration/souvenir)

Educational Exhibits

34. Good Fats vs. Bad Fats
35. Sugars & Artificial Sweeteners
36. Careers in Food Service