

# 2026 Foods Revue Information

Saturday April 18, 2026 ~ Northern Great Lakes Visitor Center  
Register by: April 9, 2026

## This Year's Theme

**Family Favorites**— Share a cherished family recipe and the story behind it.

## What is a 4-H Foods Revue?

A 4-H Foods Revue is an event where youth showcase their culinary skills by preparing a dish and presenting it along with a complete menu and table setting. It's a pre-fair event, meaning it counts as a fair entry even though all the work is done before the fair



Participants are evaluated by judges who discuss the food item, menu, and table setting with them.

## How to Prepare for a 4-H Foods Revue

**1. Choose a Recipe:** Pick a favorite family recipe. You might need to ask a parent or grandparent for their recipe. You could also choose a traditional dish from your heritage or ancestry.

**2. Practice:** Make the dish at least one time before the revue to ensure you can prepare it easily and produce a good result.

**3. Create a menu & learn about nutrition:** Learn about the nutritional value of the dish and how it fits into a balanced diet. What other foods and drinks would you serve with the dish to make a healthy and balanced meal? Create a "Menu" of this balanced meal and include it with your display. A menu would normally include:

- **Each of the food groups:** grains, fruits, vegetables, proteins, dairy, & fats.
- **Parts of the meal/ menu:**
  - Appetizer (often a soup or salad)
  - Main Course
  - Side dishes (1 or more)
  - Beverage
  - Dessert

**4. Table Setting:** Plan a table setting that includes a placemat or tablecloth, napkin, glass, plate, and utensils. Ensure the setting is neat, attractive, and appropriate for the meal.

**5. Set up:** On the day of the revue, bring your finished recipe to the visitor center and set it up with your chosen table settings & menu. Be ready to discuss your family favorite recipe, the preparation process, ingredients, and how it could be incorporated into a full balanced meal. The judge will taste your recipe, and you are welcome to share leftovers with others or bring it home.

