FOR IMMEDIATE RELEASE
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SUSSSEX 4-H YOUTH LEARN ABOUT FOOD AND NUTRITION IN CONTEST SETTING

Sussex Technical High School will again serve as host for the annual Sussex County 4-H Favorite Foods Contest and Foods and Nutrition Judging Contest, beginning at 10 a.m. on Saturday, February 24, 2007. More than 75 Sussex County youth from the ages of 5 to 18 will wake up early on their day off and present their knowledge of food groups, menu planning, food and nutrition basics, food safety and healthy food choices. More than 200 visitors are expected to attend in support of 4-H youth contestants.

The Sussex County 4-H Favorite Foods and Judging Contests presents a terrific opportunity in a fun learning environment, and children receive tools of the trade and valuable experience in making wise consumer and healthy choices that will last a lifetime.
Highlights of planned events include:

- Children prepare a food item of their choice provide the recipe. They suggest a meal plan to accompany that recipe, which is showcased before judges and visitors.
- Contestants learn to properly preserve and display their food entry for judging and interviews. Food safety is stressed.
- Youth design a presentation place setting for maximum appeal.
- Judges sample the prepared food and interview each contestant.
- In a separate Foods and Nutrition Judging Contest youth test their knowledge in such areas as Consumer Education, Cooking Terms, MyPyramid and Measuring Math.
- Workshop stations designed to educate and entertain, and staffed by experienced professionals, 4-H Junior Leaders and other 4-H volunteers will present:
  - Make it and take it crafts.
  - Kids Corner – Community Service and children’s activities.
  - Family Meals – “Set the table for the Entire Family – Set Roots for a Lifetime.” Presented by Dr. Sue Snider, professor food safety and nutrition specialist, University of Delaware.

Sussex County 4-H Extension Educator Mary Argo and 4-H Volunteer Chairperson Carol Johnson coordinates the day’s events, judges, presenters, educational materials and volunteer base to make this contest a great success.

Awards, presented in different age and food categories, will be presented at 1 p.m. All attendees afterward are invited to sample the delicious recipes the children have prepared.

When so many children sleep in late and have developed fast food and junk food preferences, these motivated Sussex County 4-H youth act as terrific role models for other children. The Sussex County 4-H Favorite Foods and Food and Nutrition Contests provide the opportunity for youth to learn that many factors go into our food choices – and learning all the components of making wise choices can be presented in an educational and entertaining way.