To participate, youth are required to create a video of their completed table display. Videos must be 5-7 minutes long, uploaded to YouTube, and include the following:

1. Introduction with full name, 4-H age, county or district, and theme
2. Close-up of table, favorite food, menu, and recipe card
3. Answer these questions:
   a. What is your favorite food and why is it your favorite?
   b. How do you prepare and serve your favorite food and how often do you prepare it?
   c. Tell about the nutritional value and appropriate portion size of your favorite food.
      i. What food group(s) are in it?
      ii. Can the food be made more healthful? Less fat, less sugar, more fiber, etc.
   d. How did you select the menu to go with your favorite food?
      i. How does the nutritional value of the menu fit with the favorite food?
   e. How did you decide on your theme and/or table setting?
   f. How does your favorite food fit with your theme and/or table setting?
   g. Share anything else you want about your favorite food

Registration must be completed at this link by May 25: https://forms.gle/sfC8b12K3nJ3GcfDA.
A sign-up genius link will be sent to each participant in order to select a timeslot to zoom conference with a judge. Judging will take place on May 30th.