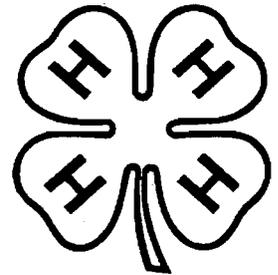


4-H FAVORITE FOODS EVENT

Information Packet



This booklet is prepared to help the 4-H members and leaders become familiar with the..

4-H Favorite Foods Event

Keep this booklet with your project material and refer to the guidelines when any questions arise concerning Favorite Foods. The information listed here is valuable to you and can serve as review material for your project.

TO PARTICIPATE IN FAVORITE FOODS:

1. The 4-H member must be enrolled in a 4-H Foods Project, Food Preservation, Cake Decorating or Candy Making.
2. Learn all you can about the favorite food you have chosen to prepare. The favorite food should be appropriate to your abilities and year in the foods project. It should also be different each year.
3. Do research work on place settings and menu planning (see Table setting notes in this booklet).
4. Menu should include the basic food groups. Consider color and texture in planning the menu.
5. Practice preparing your favorite food so that you can, from experience tell others how to do it. Serve it to your family and friends. Get their comments. Remember, "practice makes perfect".
6. Learn as much as you can about the USDA Food Pyramid guidelines and how your menu meets these requirements.

FAVORITE FOODS GUIDELINES



THE FOLLOWING RECOMMENDATIONS WILL BE STRONGLY ADHERED TO:

1. The planned menu is to be for a breakfast, lunch or dinner.....teas, buffets, etc., are not to be included.
2. Primary members (*Kindergarten through third grade or under nine years as of January 1st. Home schooled children are age base only.*) will be in a separate division and will be receive participation ribbons.
3. Candies and hors d'oeuvre type foods are not to be included as a "Favorite Food or Dish", unless enrolled in candy making. If enrolled in cake decorating, entry must be a home baked item and decorated. If member is enrolled in the candy making project or cake decorating, they must enter in the dessert category.
4. Members in food preservation may participate with their favorite food, but their favorite food **MUST** contain an item they preserve.
5. Members must present their own entry.
6. Long hair must be tied back or use a hair net or bandanna.
7. Parents and/or leaders will not be allowed in the participants' area. (Committee Advisors only).
8. Participants **are not** to interfere or change another member's arrangements.
9. Participants **are not** to leave the judging area until **after** they have been evaluated.
10. Notes and diagrams are not to be used when setting up your display.
11. The table setting should be appropriate for your complete menu, not just your favorite food item being displayed.

A member breaking any of the above guidelines will be immediately disqualified.

FAVORITE FOODS CONTEST SHOULD BE FUN
AND AN ENJOYABLE OCCASION
AS WELL AS A VALUABLE LEARNING EXPERIENCE

FOOD SAFETY

The food for Favorite Foods Day must be given careful attention so that it is properly handled. NO FOOD PREPARATION WILL BE ALLOWED AT THE EVENT. YOUR ENTRY MUST BE COMPLETELY READY WHEN YOU ARRIVE. If you prepare a cold dish, keep it COLD. If a warm or hot dish is prepared, keep it HOT. Serving will be done at the table by the 4-H member.

Poor food handling practices in the home often cause illness. Lack of sanitation, insufficient cooking, and improper storage can allow bacteria in food to increase to dangerous levels. What can you do to make food safe?

You can protect your family and friends from food borne illness by:

- ◆ Making sure your hands, dishes, utensils, kitchen equipment and work surfaces are clean.
- ◆ Taking ample precautions in storage, preparing and cooking all foods.

Temperature and time influence the growth of bacteria:

- ◆ Keep hot foods HOT (above 140°F) and cold foods COLD (below 40°F).
- ◆ Food may not be safe to eat if held more than 3 or 4 hours at temperatures between 60° and 120°F., the zone where bacteria grows rapidly. Remember that time includes all time during preparation, storage and serving.
- ◆ So remember.....when transporting food, keep those food dishes that require refrigeration COLD and those that require heat HOT.

CATEGORIES

Participants are not limited to dishes included in the unit for which they are enrolled, but may prepare their favorite food to be entered in one of these categories:

BREADS
PRIMARY MEMBER

FOREIGN FOOD
DESSERTS

MAIN DISHES
SALADS OR VEGETABLES

FOREIGN FOOD CATEGORY:

In addition to the regular requirements listed, you will need to:

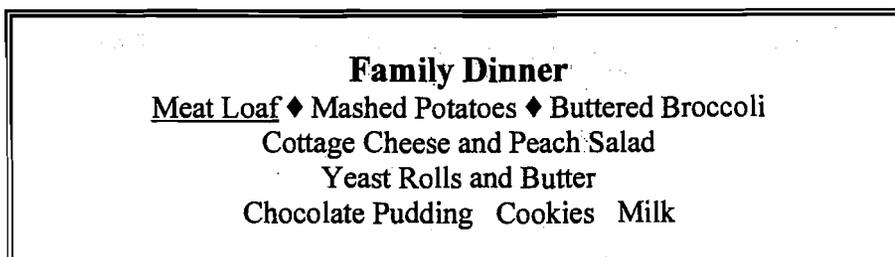
- ◆ Indicate the type of Foreign Food on the entry sheet.
- ◆ Have the table setting appropriate for the foreign country and food you will be serving.
- ◆ Have a centerpiece.
- ◆ Be in costume of the country.
- ◆ Be prepared to pronounce the name of your food dish in the language of the country.
- ◆ Do any research necessary to have a balanced menu.

The judge will also ask:

- ◆ How your menu will fit the basic food pattern.
- ◆ A few questions on the customs of the country.

MENU

Each exhibitor must plan a menu around his/her favorite food. Members are to make a 5 X 8" menu card with the exhibitor's favorite food underlined, to be displayed with the place setting and recipe card as shown in table setting diagram. Example:

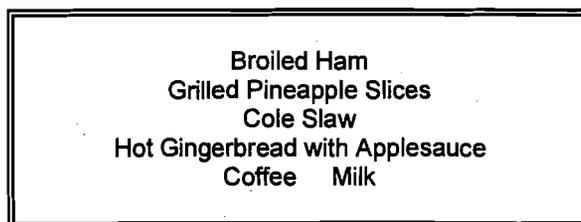


The menu should indicate the type of meal being served (example: formal dinner, luncheons etc.). Each member will be assigned an area. The table setting should be appropriate for your complete menu, not just your favorite food.

WRITING THE MENU

List the foods in the order in which they are eaten. Every menu will not include all of the foods listed.

Appetizer
Salad
Main Dish
Starchy Vegetable
Other Vegetable
Bread
Dessert
Beverage



Use capitals for all words except articles, conjunctions, and prepositions.

When an item on the menu has an accompaniment:

♦ Place the main item to the left and the accompaniment to the right
EXAMPLE: **Braised Pork Chops Applesauce**

♦ You may center the main item and write the accompanying item underneath
EXAMPLE: **Braised Pork Chops
Applesauce**

♦ If more than one accompaniment appears, place one at each side on the same line
EXAMPLE: **Sesame Seed Wafers Tomato Bouillon Saltines**

♦ Place both on the same line below
EXAMPLE: **Tomato Bouillon
Sesame Seed Wafers Saltines**

When a food is commonly prepared in more than one way, avoid confusion by describing the method of cooking, such as:

EXAMPLE: **Roast Turkey French Fried Potatoes**

List each food with the exception of butter, cream, sugar, or salad dressing, unless it is something special, such as:

EXAMPLE: **Sour Cream Dressing**

List the beverage last.

Plan the spacing and arrangement of the items on the menu so that the written menu is symmetrical.

MENU PLANNING

In planning a menu decide first on the main dish, then select accompanying dishes and then the dessert if appropriate.

A well-planned menu should:

- ◆ Contain a variety of foods to meet the nutritional needs of those for whom it is planned.
- ◆ Be attractive, with a variety of colors, textures, and flavors.
- ◆ Be suitable for the meal.
- ◆ Be readily prepared and easily served with equipment on hand.
- ◆ Show wise use of money and time.
- ◆ Utilize foods in season.
- ◆ Conserve energy.

TABLE SETTING

Small individual centerpieces **must be used** (15" height limit) as part of the table setting. Practice at home or at a project meeting so that you will be prepared to set it up properly before the actual judging day arrives. Table settings are limited to an area of 21 inches wide and 15 inches deep. Centerpiece, menu, and recipe card does not need to fit in this area.

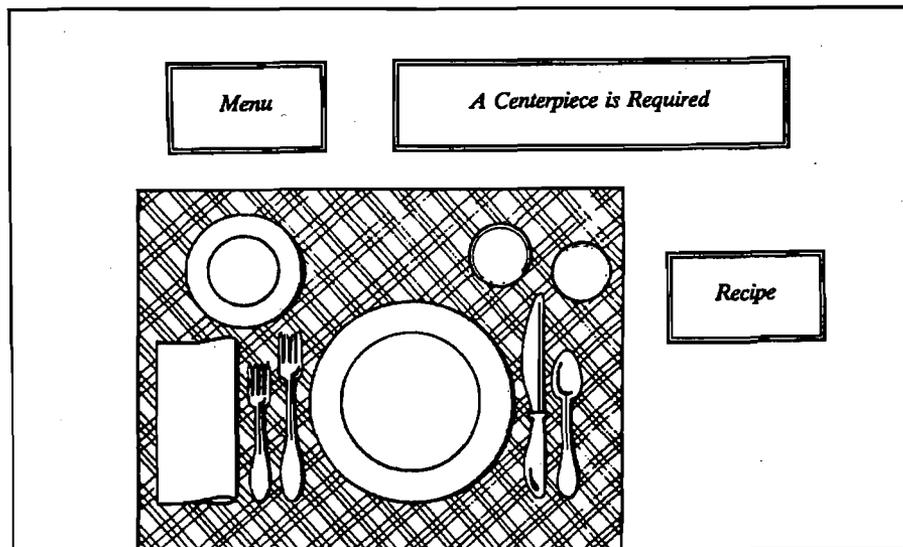
Common sense dictates your place setting. There is no one and only "right way" to set the table; the pattern of table service to be used, the menu to be served, and the size of the table establishes the plan for setting the table.

You do not need to use your family's best china or silverware. Look through magazines to gain ideas for using what you have available as a compliment to your favorite food and menu. **DISCUSS IDEAS AT PROJECT MEETINGS.**

Be well prepared to answer questions on your table appointments and setting, as well as your menu and favorite food.

A theme can be used with some of the delightful paper accessories that are shown in store displays. This is perfectly acceptable when it lends appeal to the chosen food entry and to the menu. This means that if your meal and menu are appropriate for paper or plastic goods, they may be used.

EXAMPLE: "Birthday in the Park". However, you probably would not choose to use plastic or paper goods, for example at "Christmas Dinner."



UNIFORM

The wearing of the 4-H uniform is encouraged. The 4-H uniform is as follows:

BOYS: White shirt, long or short sleeves; 4-H tie; white trousers. The 4-H cap will be tucked in belt over left hip while inside the building.

GIRLS: White blouse, white skirt, white dress or white slacks of comparable design. Green 4-H collar with circular emblems on back corners.

Please be sure all of your equipment and items are marked for identification purposes.

Be ready to have a good time and don't worry. There will be experienced 4-H'ers to help you so you can enjoy the day too!!!!

1. Upon arrival, go to the registration table to receive your numbers. One will be placed on your favorite foods dish, another will be given to the participant to be placed on his or her shirt. A matching number will be located on one of the tables.
2. Take food and utensils to kitchen. Someone will assist you.
3. Go directly to your table and set up your place setting.
4. Remove heavy outdoor wraps, such as coats, parkas, etc. before serving the judges and public.
5. Participants will be called and taken to the kitchen area. Clerks will assist by taking the participant's dish and utensils to the table. Participants will be informed by the judges when to start serving. Clerks will be allowed to assist the participant, if needed. The judges will inform the clerk when to return the participant's dish back to the kitchen. Don't leave your table until the judges have dismissed you.

Be ready to answer any questions the judges may ask concerning the table setting, menu, or preparation of the favorite food. Judges will probably discuss your favorite food, menu and table setting with you, but their questions or comments do not necessarily indicate that they are not pleased with your work or your answers. The judges are interested in what you have done, Favorite Foods Day is a learning experience.

Participants are not to leave the judging area or waiting area until after they have been judged. After you have been judged, return to the activity room until all judging has been completed.

After judging has been completed, exhibitors and guest at the event are invited to sample the foods displayed. Following this "taste break", the awards will be presented.

NOTE: Members are not to taste food until after all judging has been completed.

SPECIAL RECOGNITION

Judging will be on the Danish System. Scoring will be made on the following basis:

EXCELLENT	(Blue Award)	Extremely well done
GOOD	(Red Award)	Above average, may need some improvement
MEDAL		Outstanding entry for participant's age and year in project

Above average and below average will be indicated by a plus(+) or minus (-) on the evaluation sheet.

THINGS TO REMEMBER FOR THE DAY OF THE EVENT

Please wear the 4-H uniform. Hats and aprons are not to be worn. (Members in the Foreign Food category must dress appropriately to their foreign country).

Exhibitors with long hair **MUST** keep it tied back and away from face; keep hands away from face.

There will be **ABSOLUTELY NO FOOD PREPARED AT THE EVENT**. All entries must be completed before arrival at the event. Stoves and refrigerators will be available on a limited basis.

Double check to be sure you have everything ready for Favorite Foods Day.

- ◆ Your favorite food - and appropriate individual serving dish and server.
- ◆ The recipe you used - include all ingredients and directions.
- ◆ Suitable and original menu - which features your favorite food.
- ◆ Table setting - including dishes, glassware, silver, linen, centerpiece or other table decorations.
- ◆ Please have all equipment well labeled with your name.

Do Not use notes or diagrams when setting up your display at Favorite Foods Day. Anyone doing so will not receive an award.

1. Serving will be done at the table by the 4-H member.
2. Remember to give the judges a small serving of you favorite foods dish. The remaining portions will be served later to the guests.
3. Serving will be done with assistance provided by the clerk. If requested by the exhibitor. Judges may request to see your complete dish before serving.

Have only one serving of your favorite food on the plate - remaining portions to be left in the kitchen to be served later to guests.

Judges will probably discuss your favorite food, menu, table setting and table decorations with you, Their questions or comments will not necessarily indicate that you are being "down graded". They are just interested in what you have done.

Participants are not to leave the judging area or waiting area until after they have been judged. A special activity has been planned while waiting to be judged for participants and parents.

Be sure to follow all guidelines located in this Favorite Foods information booklet.

FAVORITE FOODS ENTRY FORM

Name: _____ Age: _____ Club: _____

Regular Member: _____ Primary Member: _____

Year in 4-H Foods: Beginning (1-2 yrs.) _____ Intermediate (3-4 yrs.) _____ Advanced: (5+ yrs.) _____

PLEASE INCLUDE RECIPE, EITHER TYPED OR NEATLY PRINTED FOR ITEM ENTERED.

Have your project leader sign this application before you send/bring in to the UCCE office. Applications without food leaders signature will not be accepted.

Recipe Title: _____

(Food Project Leaders Signature)

Category: _____
(Main dish; Salad or Vegetable; Dessert; Bread; Foreign Food)

Country of Foreign Food: _____

MY MENU _____

Be sure to check with your leaders on due date. All entries are due to the UCCE office, 311 Fair Lane, Placerville, CA 95667.