

Information on County 4-H Favorite Foods

The County 4-H Favorite Foods Contest is a contest open to all 4-H members. The reasons for holding this activity are to:

1. Increase knowledge of the importance of good nutrition and create an interest in improving food standards.
2. Help club members improve skills in food preparation and display.
3. Encourage originality, creativity, initiative, and poise in the 4-H member.
4. Provide an opportunity for recognition of 4-H'ers in food-related projects.
5. Develop wholesome attitudes, character, and personality traits.

County Contest: The member prepares a food dish at home and brings it along with a place setting for the contest.

Age Division: There are different age divisions in the contest. This enables the 4-H'er to compete with others in the same age range. The contestant should enter the age division he/she falls into on January 1st of the present year.

The age divisions are as follows:

- Cloverbud - 5-7 years (note special requirements)
- Beginner – 8-10 years
- Junior – 11-13 years
- Senior – 14-19 years

Filling out the contest forms: Contestants must use the forms provided by the 4-H office. They may be filled out by hand but must be **neatly printed**, as they will be reviewed by the judge. Contestants may type their recipe and meal plans on computer or typewriter, cut them out and tape them to the entry form. If it is a very long recipe, these pages should be stapled to the recipe sheet.

General Rules: READ CAREFULLY!!

1. The recipe should be suited to the age and the project of the contestant. Older 4-H'ers or more experienced 4-H'ers will be expected to prepare more challenging dishes.
2. Participants should do all the food preparation, cooking and table setting with a small amount of guidance appropriate for their age group. **Practice before you come – No diagrams or pictures will be allowed to help with the table setting.**
3. The recipe should serve at least 6-8 people.
4. Be prepared to answer any question the judges might ask you about your menu, place setting, food, or recipe during the judging.
5. Once the contestants enter the contest area they should direct any questions to their judge or a committee member. Conversations with other contestants should take place out side the contest area. **NO CELL PHONES.** Remember, you are trying to project your best appearance, so dress nicely; no blue jeans or T-shirts. Be sure to stand when your judge comes to you and most of all, **SMILE!**
6. Plan to arrive at your **assigned time.** Your assigned time is the arrival time, **DO NOT** arrive ahead of the assigned time. If you need to ride with someone who is scheduled at a different time, please call the office to be rescheduled. If you do not call the office and arrive early, you will be judged at the original time you were scheduled. Those that do not contact the office and arrive more than 10 minutes late will be judged in the order they arrive (this could be a long wait).
7. There will be a short period for parents and friends to take pictures before the awards ceremony. Only contestants, judges, and committee members will be permitted in the area during the contest.
8. Use originality and imagination ... this could help you achieve the maximum score for your entry.

Class to Enter: Traditional members ages 8 and up may enter 1 of the 5 food classes below:

Juniors and Seniors may enter an Appetizer, but are not eligible to enter Hors d'oeuvres. Only beginners may enter H'ors d'oeuvres. Appetizer setting is a full table setting.

1. **Bread** – You may use any type bread such as yeast dough or batter. It may be sweet like coffee cake or plain as loaf bread for sandwiches. Coffee rings, nut, or fruit bread and rolls can be included here.
2. **Meat or Main Dish**- This may be any food used as the entrée, including a healthy soup, in a meal. Each serving usually contains 2 ounces of meat or the equivalent of a meat substitute. An example could be lima bean and ham casserole, ham and cabbage or broccoli and tuna casserole.
3. **Dessert**- These can be any food you would use as a dessert. All age divisions will have one dessert category except for beginners. The Beginner age division will have two divisions:
 - Division I – Cupcakes, cookies, and candy
 - Division II – Any other dessert

4. **Fruits or Vegetables**- Fruits and Vegetables are an important part of our diet. You might consider entering broccoli and rice casserole, baked pineapple, green beans and mushroom casserole, stewed tomatoes or three-bean salad.
5. **Appetizer, Hors d'oeuvres** – Appetizer, soups, and hors d'oeuvres are usually served other than the “main dish”. Appetizers are served prior to the main course, usually at the table setting. Hors d'oeuvres are usually served prior to being seated at the dinner table or at a reception. Juniors and Seniors cannot enter Hors d'oeuvres in this division.
6. **Cloverbud Members**- Cloverbud members (ages 5-7) may participate, but entries are limited to cupcakes, cookies or brownies only. Members will prepare a food item and table setting but a menu will not be required. This will be a non-competitive contest.

Selecting and Writing the Recipe

1. Select a recipe that is age appropriate and reflects the experience of the 4-H'er. Consider a recipe that involves an unusual ingredient, imaginative garnish or method of preparation instead of a basic recipe. For example ... prepare herb-fried chicken or add orange and/or chopped nuts to a basic yellow cake to give a new flavor.
2. The recipe does not have to make use of a range or small appliance. However, this could affect the difficulty scoring of your recipe.
3. To correctly write the recipe, list all the ingredients, in one column in the order that they are used; then write the instructions. Be sure to capitalize where appropriate and double check your spelling. You may abbreviate your measurements, but always be sure to use the correct abbreviations. If unsure, you may want to write out teaspoon, tablespoon, cup, etc. to be sure the judges know what measurement you mean.

Menu

Menu or meal plans should be well balanced nutritionally. These plans should be written in logical order that the food is served and be neat and attractive in appearance. **Center your menu on the page.** The menu must be planned by the 4-H member. **The menu should also contain foods that the 4-H'er could prepare with a small amount of guidance appropriate for their age group.**

Basic Menu Pattern

Appetizer
Main Course
Vegetable Vegetable
Salad
Bread
Dessert
Beverage

1. When you have more than one of an item (vegetables or beverages – Milk Iced Tea) Balance them on the same line as above.
2. When planning an everyday, family type meal, you probably would not have an appetizer.
3. To serve the salad or soup before the main course is served, put it in the appetizer spot.

Table Setting – General Information

1. Finished foods will be displayed at a place setting for one person. The space allowed is approximately 30 inches wide by 36 inches deep.
2. New dishes are not required. Dishes should be selected from what is available at home or can be borrowed. The only time paper or plastic dishes should be used is with a picnic or barbecue menu.
3. Members are not expected to have “theme” place settings and will not be scored differently from those that do a “theme” setting.
4. Avoid clutter in your place setting ... every item should have a use. If you will not use a spoon, do not include in the place setting.

The Table Service

Table Covering – You will need a tablecloth, placemat, or runner for your space. Some like to use a tablecloth under their placemats. A hemmed piece of fabric, 30” by 44”, or a small tablecloth works well. A larger tablecloth can be folded neatly to fit the space. Placemats may be used alone or placed on a tablecloth. You would not have a fancy tablecloth for an everyday family dinner and you would not use everyday placemats for a formal dinner. Keep in mind that if your tablecloth or placemats are printed, you would use plainer dishes and vice versa. It also looks better if the colors go well together. A cloth should be arranged on the table so the edges come over the front and back of the table, if possible, and are even. The placemat should be placed even with the bottom edge of the table.

Napkins- Cloth napkins should be used unless the menu is informal such as a picnic or barbecue, in such case a paper napkin is appropriate. Napkins should match the tablecloth. White napkins usually match most table coverings. Napkins are traditionally found with the fold to the extreme left and free corner at the lower right (even paper ones). It is then placed to the left of the fork. It is also correct to fold the napkin into a triangle and have the point to the left. The napkin may be folded in a unique manner and placed above the plate on the table. Any of these are correct. Napkin rings may also be used.

Centerpiece – An appropriate centerpiece is one that is the appropriate size for your table. You must be able to see across to the other side of the table. The decoration should not be in danger of falling into the food. It also should not detract from the food. Please do not go out and spend

a lot of money on fresh flowers or anything else for a centerpiece. Use your imagination and what you have at home! There are so many interesting items that can be used. Displaying cut up vegetable flowers in a watering can, a seashell collection with a piece of drift wood, or floating candles in a brandy snifter would all be imaginative centerpieces.

Dishes – Dishes do not have to be of the same pattern, but should look nice together. Use what you have or can borrow. Glass dishes should be free of chips or cracks. Plainer dishes look nice on any table covering. Remember that you want the food you're serving to look nice on the dishes, too. You may not want to serve bright food on a very busy, patterned plate.

Flatware – Flatware is the eating utensils that you will place at your table setting. It is not necessary to use sterling silver. It is nice, though, to use matching utensils. Don't forget the butter knife and serving spoon, etc. for your dish.

Glassware – Glassware usually raises some questions. Water glasses may be used – it's up to you. Understand that a glass with a place setting is assumed a water glass unless there is a beverage on the menu. When you are serving milk, it should be listed in your menu: water does not need to be listed. Use glasses appropriate for the type of meal you have planned. Stemmed glasses would be proper for a more formal meal. Be sure your glasses match your dishes and table covering. Clear glasses match everything.

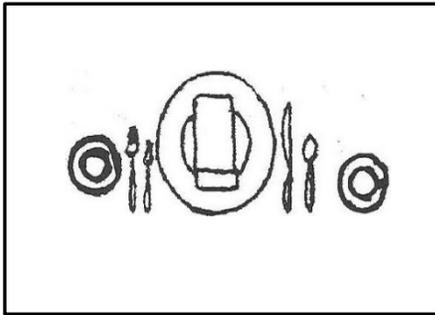
Cups and Saucers – Cups and saucers should match the other dishes. Tea or coffee can be served with the meal or with dessert. If it's served during dessert, it isn't correct to have an empty cup and saucer on the table during the meal.

Basic Table Setting Rules

1. Remember – Knife to the right (both have 5 letters) and fork to the left (both have 4 letters).
2. Place main plate, flatware, and napkin in a straight line one inch from the edge of the table.
3. Use only flatware required by the menu and never lay more than 6 pieces at one time. Dessert flatware may be placed when the course is served.
4. Place flatware in the order of use – fork on the left, tines (prongs) up; on the right are knives, cutting edge toward the plate, spoons and cocktail forks. The dessert fork would be closest to the plate or above the dinner plate and parallel with the edge of the table, because it is last, with tines pointing to the right. If you use a dessert spoon above the dinner plate the bowl of the spoon should point to the left or the right side of the dessert plate. When a salad is served first, the salad fork would be on the outside.
5. The water glass goes above the point of the knife. Other glasses used are placed to the right of this glass.
6. The bread and butter plate is placed above the fork with the butter spreader (knife) placed across the top of the plate, parallel to the edge of the table, with the handle to the right and the blade toward the forks.

7. The best position for the napkin is at the left of the forks, with the fold to the extreme left and free corner at the lower right side. Place the napkin so it can be picked up at the lower right edge and unfolded at once.
8. The cup and saucer are placed to the right of the spoons centered with the plate. The handle should be horizontal to the right or at 3 o'clock position.
9. When you serve salad with your meal you may choose to use a salad plate or place the salad on your dinner plate. Either way, you would use your dinner fork to eat the salad. The plate would be placed to the left of your napkin and centered with the dinner plate. For salad served as a first course (appetizer), the plate could be placed on top of the dinner plate and then removed for the main course. The salad fork would be placed to the left of your dinner fork (you will use it first).

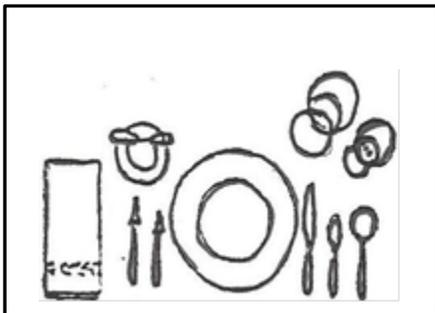
Examples of Table Settings



Basic Lunch or Dinner Setting

Use this setting for any entry to be eaten during the main part of the meal. The menu for this setting would include a salad eaten with the meal and a hot beverage. A salad plate to the left of the forks is shown. This salad will be eaten with the dinner fork. The bread and butter plate is above the forks. The small fork is a dessert fork. The cup and saucer are placed to the right of the spoons and is centered with the table. A teaspoon is included in your setting only if needed

for a beverage. Notice that the flatware and dinner plate evenly spaced 1 inch from the edge of the table. The napkin is on the dinner plate.



Dinner Setting with Soup or Salad or Appetizer as First Course

Soup - The menu for this setting includes soup served as an appetizer and a salad served with the meal. The soup bowl and plate are placed on the dinner plate and then removed for the main course. A soup spoon is placed to the far right of the knife because it will be used

first.

Salad - see number 9 above.

Appetizer - To serve an appetizer at the beginning of your meal, place the plate in the center of your dinner plate and the appropriate fork or spoon on the side on which it belongs.

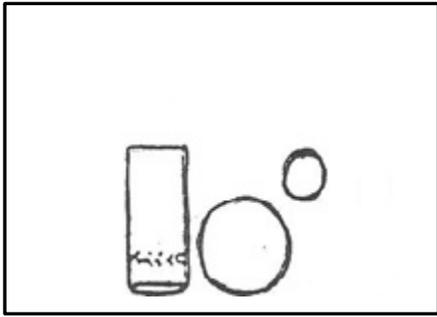
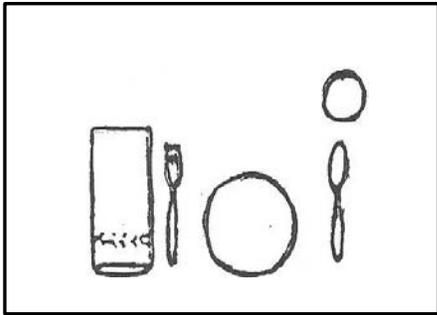


Table Setting for Hors d'oeuvres

Hors d'oeuvres are traditionally served before being seated at the table and are, most often, small bite-sized snacks eaten with the fingers. You may or may not need a fork or spoon. A napkin and a beverage glass would be present if a punch or other beverage was being served.



Dessert Setting

This setting uses a dessert fork and a spoon. You would also need a spoon if coffee or tea is served with dessert. When no beverage is served with dessert, do not use the spoon unless it is needed. When there is no spoon- place the dessert fork on the **right**. Leave your glass and/or cup and saucer and napkin on the table.

FAVORITE FOODS SCORESHEET - This is a copy of what the judges will be looking for when they score your entry.

THE MENU- 5 points each (30 points total)

1. Nutritionally Well Planned - Menu should be nutritionally well balanced. Not all meats or all green vegetables. Refer to food pyramid for help.
2. Texture Contrast - Not all crunchy or all soft, but a variety.
3. Color Contrast - Color variety makes for interest.
4. Correctly Written - See example
5. Flavor Contrast - Not all spicy foods or all bland, but a mixture.
6. Suitable For Age - (Preparation) - select a menu that YOU can prepare with help appropriate for your age group.

THE RECIPE - 5 points

1. Correctly Written - Ingredients are listed in single file in the order they are used. The instructions follow.

TABLE SETTING - 5 points each (25 points total)

1. Contestant Prepared - Contestant has arrived with everything necessary to complete their table setting.
2. Overall Neatness - Is the table covering and napkin clean and straight? Are your containers and/or boxes out of sight? The area should be as neat as the confined space will allow.
3. Proper Placement of Utensils (including dishes) - Use only necessary tableware for the dish you have prepared; all placed in the proper positions
4. Attractive Total Effect - Does everything look attractive when placed together?
5. Appropriate Decorations - Centerpieces should be suitable for the space provided and not too tall. They should not detract from the food, which should be the main attraction. If the centerpiece is some type of an arrangement, there should be no danger of any part of it falling into the food.

FOOD PREPARED - 10 points each (60 points total)

1. Eye Appeal - Does the dish look tempting and good? Is it served (presented) in an appealing way?
2. Flavor - How does it taste?
3. Texture - Is it tough or tender, does it fall apart, or is it too juicy, etc.?
4. Properly Cooked - Is it overdone, underdone, or "perfect"?
5. Seasoning - Does it have too much or too little seasoning?
6. Complexity of Food Prepared - Does the recipe fit the ability of the participant, not too easy - but a challenge?

INTERVIEW OF CONTESTANT – (20 points total)

1. Contestant's Attitude – (5 points) – 4-h'ers should display a pleasant and cooperative attitude. Did they stand when approached by the judge? Smile?
2. Appearance of Contestant – (5 points) – Contestant should be appropriately dressed. No blue jeans or T-shirts. You will be judged on your appearance, so dress to impress.
3. Knowledge of Dish Prepared- (10 points) - The judges will ask each contestant questions about their recipe, their menu, and the nutritional value of the entry. Contestants should answer the questions accurately and politely.

There are 140 total possible points.