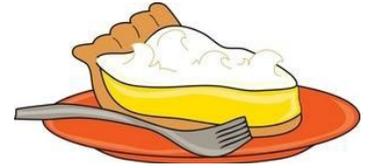


4-H Favorite Foods Day Information



What is Favorite Foods Day?

The **4-H Favorite Foods Day** is an event open to **ALL** Santa Clara County 4-H Youth. (one does not have to be enrolled in a Food related project to enter). Applications are emailed to every Active 4-H family in the 4HOnline Enrollment System.

The reasons for holding this activity are:

1. Increase knowledge of the importance of good nutrition and create an interest in improving food standards.
2. Help 4-H club members build and improve basic skills in food preparation and display.
3. Encourage originality, creativity, initiative and poise in the 4-H member.
4. Develop knowledgeable attitude, leadership talents and self-confidence.

What do I have to do?

Build a menu around your favorite food, and create a theme that compliments your entry. Then, choose one option (because of time and space restrictions – only one entry is to be submitted for each participant.) All participants ages 9 to 18 may choose Option A*. Only returning participants ages 9 to 18 may choose Option A* **or** Option B**.

Option A – Select a Dessert or Salad recipe to match your theme.*

*Option B** – Select a one dish soup/stew/crockpot meal to match your theme.*

Option B should include at least three of the five categories from the My Plate Guide.

Clovers Members age 5 to 8 may only enter a Dessert. Select a Dessert to match your theme.

In addition, you may also participate in the “4-H My Plate Challenge”, see page 10

1. All entries - Fill out the online registration form.
2. Practice preparing the recipe at home and collect all the place setting items.
3. Bring the prepared recipe and set up your place setting at the Favorite Foods Day Event. Enjoy activities throughout the day while judging takes place.
4. Tell the judge about your dish and place setting! Remember, **you're the expert** on your dish and table setting.
5. Participate in the “People’s Choice” tasting contest and sample all of the entries.
6. **HAVE FUN!!!**

Favorite Foods Day Age Divisions:

There are five (5) age divisions for the event. This allows members to compete with others in the same age range or experience level. Enter the age division that corresponds to your age as of December 31, 2013. The age divisions are as follows:



Clovers 5 – 8 Years (Non-Competitive)

Beginner 9 – 10 Years

Junior 11 – 13 Years

Novice 11 and older, *have not* participated in Favorite Foods Day before

Senior 14 Years and older

Awards

Gold, Blue, Red, White Point Placing – Ribbon and Prize

High Point: Top 3 scores in each age division – Additional prize

Clovers will each receive a Participation Ribbon

People's Choice awards will also be awarded after event tasting.

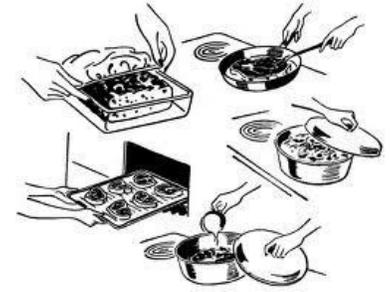
Rules

The following general rules apply to all event participants.

1. Recipe must be suited to the age of the member. Older members or more experienced members will be expected to prepare a more challenging entry.
2. Participants do not have to be enrolled in a Food Related Project.
3. Participants must do all the food preparation, cooking, and table setting *themselves* with age *appropriate* supervision as needed.
4. Recipe should serve four to eight persons.
5. Finished food will be displayed at a place setting for ONE person:
 - a. Space provided is 24 inches wide by 24 inches deep.
 - b. Dishes, glasses, flatware, etc. should fit your theme and be selected from what is available or borrowed. (Running out to purchase fine china and some fresh exotic flowers defeats the purpose of this event.)
6. Recipe does not have to make use of a range or small appliances.
7. 4-H uniform or theme related outfit is encouraged but *not required*. Members should dress neat and long hair should be pulled back as a health consideration.
8. Participants, you should be prepared to answer questions from the judges about how your recipe was prepared, what food group it belongs in, and some nutritional information.
9. Time will be provided to allow members and parents to view the place settings after the judges have finished. Tasting will be at your own risk. Cooperative Extension will not take any responsibility for risks taken in tasting. (*We* trust your cooking, but we are required to include this statement.)

Favorite Food Categories:

This year, participants will select a **Salad or Dessert (option A) or a One Dish Soup/Stew/Crockpot meal (option B)** recipe to prepare and present for our judges. **Clovers may only select a Dessert.**



The MENU PLAN presented will use a balance of food items from all five (5) food groups included in the latest USDA Guide <http://www.choosemyplate.gov/food-groups/>

Menu:

1. Menu plans should be well balanced nutritionally (refer to USDA Recommended Daily Allowances at MyPlate.gov, the 4-H food curriculum guides, or public/personal/internet/library references).
2. Menu plans should be listed in logical order in which they are served, as well as being attractive in appearance.
3. Select a recipe for the menu that is easy to transport and will retain its attractive appearance.
4. The entire menu should be comprised of items that you *could* prepare **on your own**. The judge could ask you to describe how to prepare **any** item on your menu.
5. Designate your Favorite Food in parenthesis on the menu; (Favorite Food).

Basic Menu Pattern Example:

Salad
Main Course
Fruit
Vegetable
Grain
Dessert
Beverage

This pattern can be followed for all meals; however, you may leave out parts that do not fit. For example, if you are serving a salad, you might not be serving a vegetable so you would not include it on your menu. Capitalize all words except articles and prepositions (i.e. and, of, with).

*****Note:** It is not appropriate to include an alcoholic beverage on a 4-H menu.



Recipe:

Use “scratch” ingredients. Don’t rely on a prepared mix unless you transform it. Consider selecting a recipe that involves an unusual ingredient, imaginative garnish or method of preparation instead of a basic recipe. For example, add orange extract and/or chopped nuts to a basic cake recipe to give a new flavor. Be prepared to tell the judge what you learned!

Preparing the Recipe Card:

1. It should be accurate, complete, simple, and clear. Include the name of your food.
2. It should list all the ingredients in the order used.
3. It should give exact measurements in the easiest unit of measure (i.e. use $\frac{1}{4}$ cup and not 4 tablespoons)
4. Do not abbreviate, if this is possible in the small space allowed.
5. Use weights for meat, when possible.
6. Use weight of fluid to measure canned food ingredients (i.e. 12 ounce can of pineapple not “one can pineapple”)
7. Use short sentences and clear, simple descriptions of methods.
8. Give word pictures, if possible (foamy, syrupy, lemon-colored).
9. Specify pan sizes.
10. Give two (2) tests for doneness, if possible. For example, a thermometer reading and cold water test for candy. Include baking temperature and baking time.
11. Give total yield or number of servings, and state serving size.
12. A recipe for food exhibited must be available for the judges to review. It should be typed **or** printed legibly and displayed with your entry. A second copy of your recipe will go with your People’s Choice entry.



Preparing the Place Setting:

The Table Cover

The table covering is the background for the food and table appointments placed on it. It protects the table and makes for less noise. You will be provided a space 24”wide X 24”deep.

1. Only **one** place setting or ‘cover’ is prepared by the participant.
2. Only the dinnerware and flatware for the meal served should be set on the ‘cover’.
3. Tablecloths, placemats or fabric may be used. Be sure the covering is clean and wrinkle free. Be creative, i.e. - a beach towel or bamboo mats could be used for a beach theme.
4. Choose a ‘cover’ and appointments that are appropriate for the theme of the menu. You may match or blend colors and textures in the dishes or use something quite different for contrast. A Spring theme might use a green or flowered pattern cloth with a straw placemat and matching or contrasting dinnerware.



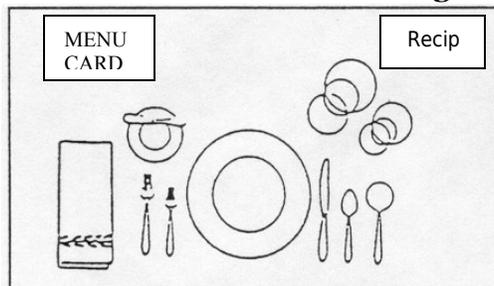
The Place Setting

1. Put the plate in the center of the cover about 1 inch from the edge of the table.
2. Place the knives and spoons on the right side, the forks on the left about 1 inch from the plate and 1 inch from the edge of the table. Turn the cutting edge of the knife towards the plate. If there is more than one piece in each cover, such as one dinner fork and one salad fork or one teaspoon and a soup spoon, the one to be used first is placed outside the other one.
3. The napkins are usually folded into oblongs, and placed next to the forks. The fold of the oblong should be to the left so it opens like a book. Optional placement of the napkin can be on the plate, in a glass, and napkin rings are acceptable.
4. The beverage glass is placed about 1 inch above the tip of the knife.
5. If coffee or tea is served, the cup is placed on the saucer and set to the right of the spoon, 1 inch from the edge of the table. The handle should be pointing to the right.
6. Salad and dessert bowls may be placed left of the forks and napkin or at the tip of the fork.
7. Option A participants should not include serving dishes such as the cake dish, pie pan etc., on the table. After displaying your single serving on your place setting, place the remaining dessert on the “People’s Choice” tasting table for later in the day. Items requiring refrigeration may be stored in an ice chest that you provide until that time.
8. **Option A*** – Participants should prepare a Place Setting with the salad or dessert placed on top of the dinner plate.
Option B** – Participants should prepare a place setting that includes the necessary items for their complete menu – including all flatware, dishes and the recipe item may be displayed at the top of their place setting in a crockpot, soup pot or on a warming tray.

Please bring an extension cord. You will be responsible for keeping your recipe item warm for tasting. See notes at the end of this packet on food safety.

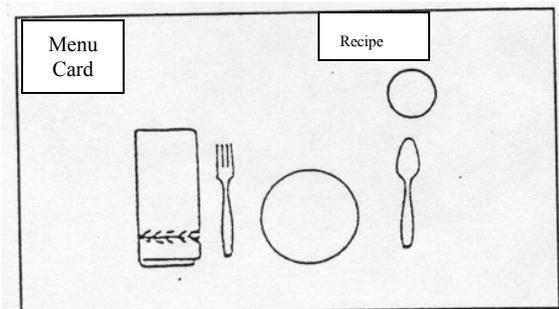
9. A small table decoration is optional and is limited to 15” in height and in proportion to a single place setting. Decorations should not touch food unless they are edible. Examples: candle (not lit), bud vase, statue, floral basket.
10. Menu Card should be placed at the upper edge, above your place setting.
11. Recipe should be placed in a visible location within setting

Example How To Set A Table--Beginning, Novice, Junior & Senior



From Left to Right:
 Napkin, Dinner Fork, Dessert Fork with Bread plate and butter knife above,
 Dinner Plate with Salad or Dessert plate on top, Dinner Knife, dessert
 spoon, Soup Spoon, with Water glass and Cider glass above. Menu card
 and recipe should be displayed as well.
 **dishes and flatware may be adjusted according to your menu. I.e., you
 may have *no* soup and *have* salad so you would eliminate soup spoon and
 add salad fork. Remember the order of the place setting works from the
 outside in.
 your place setting items should **all be referenced in your menu. For
 example – it you serve a fruit cocktail, the dish and flatware used for that
 should be part of your place setting. If you have a coffee cup, coffee or hot
 tea should be part of your menu as well.

Example How To Set A Table -- Clovers should prepare a “Dessert Setting” only.



Clovers are required to set only for their dessert
 setting.
 From left to right:
 Napkin, with fold open to the fork
 Dessert Fork if needed
 Dessert Plate with single serving of dessert displayed
 Dessert spoon if needed
 Beverage glass above spoon
 Menu card and recipe should be displayed as well



Favorite Foods Score Sheet

This is what the judges will be looking for when they score your entry:

The Menu

1. Nutritionally Well-Planned: a variety of meats and vegetables; a variety of preparation, not all vegetables in sauces.
2. Texture Contrasts: a variety of crunchy and soft types of food.
3. Color Contrasts: color variety makes for interest and nutrition.
4. Correctly Written: neat, clear, following example.
5. Flavor Contrast: not all spicy or all bland foods make it a balanced combination.
6. Suitable for Age (preparation): select a menu that **you** can prepare with only appropriate supervision.

The Recipe

Correctly Written: ingredients first, then instructions, accurate measurements, & methods.

Food Preparation

1. Eye Appeal: does the recipe item look tempting and good?
2. Flavor: how does it taste?
3. Texture: is it tough or tender, falling apart or too juicy, etc.?
4. Properly Cooked: overdone, underdone, or “perfect”?
5. Seasoning: does it have too much or too little seasoning, sugar, salt?
6. Complexity of Preparation: does the recipe fit the ability of the participant, not too easy, but a reasonable challenge? Avoid use of pre prepared pudding mixes.

Table Setting

1. Neatness
2. Proper Placement of Utensils: Use tableware as described for division entry; place in proper spot.
3. Attractive Total Effect: do all the utensils look attractive when placed together?
4. Appropriate Decoration: no arrangements that may fall into food or take away from the food. The food should be the **main attraction**. Decoration should be suitable for the space provided. (*not too high, not too large*, refer to examples above)



YOUR ATTITUDE AND APPEARANCE!

The Judge will ask you questions about your entry, basic nutrition, etc.

Stand up straight, eye contact, smile, and give your best answer!

You are the expert on your entry!

Remember to have hair out of your face and pulled back if it's long.

Food Safety for Favorite Foods Day

It is important for all 4-H members to follow these rules when preparing exhibits for Favorite Foods Day:

KEEP HANDS CLEAN: Wash hands and fingernails thoroughly with soap and water before preparing food and during preparation. Members should also wear an apron and/or clean clothes when preparing and serving food.



KEEP THE FOOD CLEAN: Food can be infected by coughs, sneezes, handling, dirty equipment, animals and wastes. It should be protected during storage, preparation, transport and serving.

KEEP UTENSILS CLEAN: In food preparation, do not cross contaminate. Use a separate utensil for each step in food preparation. After each use, wash the utensil in hot, soapy water and rinse. Utensils include cutting boards and any other items in contact with the food.

USE A THERMOMETER: Using a meat thermometer takes the guesswork out of cooking. A meat thermometer can be used for all foods not just meats. It measures the internal temperature of your cooked meat and poultry, or any casseroles; to assure that a safe temperature has been reached that kills harmful bacteria.

KEEP FOODS AT THE RIGHT TEMPERATURE: Cold temperatures (40 degrees or below) stop germs from growing and enough heat kills them. Cold foods should be kept chilled. Hot foods should be kept hot (above 140 degrees). Never leave prepared food standing at room temperature longer than 2 hours.

MEMBERS PREPARING FOOD SHOULD BE HEALTHY: Diseases may be passed to other people in food. People with infected wounds, sore throats, diarrhea and nose infections should not prepare or handle foods.



TRANSPORT FOODS SAFELY: All foods that meet Category 2 or 3 (listed on back) must be kept HOT (140 degrees or above) or COLD (40 degrees or below) at all times. If left at room temperature for longer than 2 hours, the food must be re-heated to an internal temperature of 165 degrees or disposed of.

Use insulated containers to transport cold foods; add ice packs. Wrap hot foods in towels and/or newspaper or place in an insulated container and keep there until judging begins. If your food has not been at the correct temperature alert the judges.

For additional information, please refer to the UC Food Safety Brochure at <http://safety.ucanr.edu/files/3088.pdf>

ARE YOU SERVING A POTENTIALLY HAZARDOUS FOOD?



Category 1 Foods that are almost always safe.	Category 2 Foods that are sometimes problematic.	Category 3 Foods that are potentially hazardous.
Dry and high sugar foods are almost always safe. You can safely offer breads and rolls; cakes without cream filling; fresh fruit and vegetables; cookies and crackers; candies; and dried foods such as jerky, raisins, and granola.	Cooked fruits and vegetables and processed meats belong in this category. Be cautious with cooked vegetables; fruit salads, green salads; lunch meats and hot dogs; and cheeses.	All foods of animal origin and cooked starch foods are potentially hazardous. Exercise extreme caution with meats; potatoes and potato- containing foods; cooked rice; custards, puddings and these types of pies; gravies; bread stuffing; beans; mixed salads containing meat, starchy foods, and/or whipped cream; and milk and egg containing desserts.
Make it Safe		
Prepare food in a clean workspace using clean utensils. Cook foods to proper temperature.	When preparing foods, use separate cutting boards and utensils for fruits and veggies and meats. Cook foods to the proper internal temperature.	When preparing foods, use separate cutting boards and utensils for fruits and veggies and meats. Cook foods to the proper internal temperature.
Keep it Safe		
Keep dry foods separate from wet foods. Wrap foods securely to avoid cross contamination during transportation.	Maintain proper temperature of food during transportation. Keep cold foods cold and hot foods hot. Do not leave food out for more than 2 hours.	Maintain proper temperature of food during transportation. Keep cold foods cold and hot foods hot. Do not leave food out for more than 2 hours.

4-H MyPlate Challenge

In 2011 the U.S. Department of Agriculture (USDA) unveiled the federal government's new food icon, MyPlate, to serve as a reminder to help consumers make healthier food choices. We invite you to submit a photograph illustrating how you're creating healthy meals using MyPlate as a guide. Here's how to participate:



1. Create a meal (breakfast, lunch or dinner) that shows how you can build a healthy plate using the USDA's MyPlate recommendations.
2. Take a high-quality color photo of your plate.
3. Write a maximum one-page description about your plate.
4. Submit your photo and one-page description.

The goal of the challenge is to encourage healthy eating habits and raise awareness around USDA's MyPlate dietary guidelines.

Registration Details

- All regular 4-H members aged 9-19 are encouraged to participate.
- Participants do not have to be a member of a food-related project to participate.
- Participants may only submit one entry.

Divisions:

- Division I: Junior (age 9-11)
- Division II: Intermediate (age 12-14)
- Division III: Senior (ages 15-19)

Entry Guidelines

Photos

- Photographs must be 8" x 10".
- Photographs must be taken by the 4-H member entering the contest.

Description

- Write a maximum one-page description of your plate.

- Description must be written by the 4-H member entering the contest.

Not following these rules may disqualify the participant from the contest.

Judging

Each photograph will be judged against a set of criteria within each division. View below for details on judging criteria. Within each division, entries will be awarded gold (first place), blue (second place), red (third place), or green seals (participation).

Judging Criteria

[Division I: Junior \(age 9-11\)](#)

[Division II: Intermediate \(age 12-14\)](#)

[Division III: Senior \(ages 15-19\)](#)

Resources

Food Photography Tips

www.digital-photography-school.com/food-photography-an-introduction

USDA's MyPlate

www.choosemyplate.gov

Additional Notes

- ❖ My Plate Challenge (link above for rules and rubrics)
- ❖ After your application is received, we will email updates to the email address you provide
- ❖ Community Service Project - Day of Event: