

2016 FAVORITE FOODS REVUE

Event will be held on Tuesday May 31, 2016 at the Haskell Ag Lab, Concord, NE

FAVORITE FOODS REVUE-DIXON COUNTY



We hope that 4-Hers in Dixon County will find this to be a fun event in which they are able to be creative by utilizing skills that they have learned in their 4-H projects. The purpose of the contest is to allow 4-Hers to prepare a favorite recipe and be creative in choosing table service and a centerpiece that compliments their favorite recipe. Even though the 4-Her will only make one recipe, they are asked to plan an entire menu including their favorite recipe. Recipes prepared can be a main dish, salad, dessert, snack food, appetizer, etc. To participate in this contest, 4-Hers do not need to be enrolled in any specific 4-H project to participate.

THE FOOD

Prepare, by yourself at home, one of the foods in the menu (see section on menu below) and bring it to the contest. It should be a food that can be kept at room temperature. Remember, the judge will be tasting the food hours after you have prepared it at home. You would not want to prepare a food that might spoil at room temperature, such as potato salad, or one that would not be appealing at room temperature, such as fried eggs or tossed green salad.

You may use a recipe from a project manual, a cookbook, magazine, your mother's recipe file, or any other source you can find. You can even create your own food dish! Be sure to bring the recipe and display it on your table.

When the judge is judging the food, she may ask herself these questions, so you will want to be aware of them when you are planning your favorite food.

1. Does it have appetite appeal? Is it attractive?
2. Is the flavor pleasing?
3. Is the texture appropriate to the food?
4. Is the quality high for the product displayed?
5. Is the recipe displayed on the table?

THE MENU

Plan a menu for a meal. Print or type the menu and display it on your table. Try to have a variety in color, shape texture, temperature, and method of preparation in your meal. Also, be sure it is a nutritionally well balanced meal. A cookbook will be a good resource for sample menus to give you ideas for a format and what to include. A help sheet may also be in some food manuals for writing menus and recipes.

The judge will consider these questions when judging your menu...

1. Does the meal contribute adequately to total daily needs?
2. Are the flavors and colors pleasingly combined?
3. Is it suitable for the occasion and the favorite food?

THE TABLE SERVICE

In selecting your table service, try to accent your favorite food with color, either in your tablecloth, napkin, centerpiece, or dishes. Avoid too much color or pattern. Start at home to find your table setting. Don't overlook any possibilities. Some contestants have used paper plates, some tin plates, some everyday dishes and some the finest china. Use what works best with your food. If it's a picnic food, go with that style, etc. You may borrow or buy any items to complete your table service. Dads, grandmas, and neighbors love to help! Be sure to have cloth items well pressed and all china and silver clean.

Bring along **your** card table to set your display on. Also, bring a table setting for one person. This should include table covering – cloth, runner or place mats – napkin, dishes and silverware for one person and a centerpiece. You do NOT need to bring serving dishes, salt and pepper shakers or cream and sugar dishes.

HOW THE CONTEST WORKS

Participants will set up their own tables and displays from 6:30 pm a.m. to 7:30 pm. Parents may help carry in items, but cannot assist with the set-up. Participants need to check-in with the contest committee to draw their judging order numbers.

The event will be held at the Haskell Ag Lab, Concord, NE, May 31. Ribbons will be presented at the conclusion of the judging.

JUDGING

The judge will talk to each participant as she judges their entry. The food, menu, table setting, and the individual are all important. Do not be afraid to explain to the judge why you did something or to ask her opinion of a better way. This is a learning experience. Just pretend that you are visiting with your best friend. The score card the judge will use is included in this packet of information.

This contest allows members to prepare their favorite recipe and present it for a special occasion. Each contestant will be interviewed by the judge for about five minutes. Questions will be asked about the favorite food, menu, centerpiece, and place setting.

1. Select and prepare a favorite recipe (does not have to be from project foods, but should relate to learnings in project).
2. Plan a menu which includes the favorite food. Write it on a recipe card to be displayed on your table.
3. Write a recipe on a similar sized card. Members must do their own cards. Exhibit both menu and recipe on table.
4. Prepare a centerpiece and place setting for one on a card table. Members must provide their own table, table covering, place setting and centerpiece.
5. Displays must be in place by **6:30 p.m. on Tuesday, May 31, 2016** so judging may begin promptly. Contestants will draw for judging order when they arrive.
6. Parents and leaders may assist in carrying articles for display, but 4-H'ers are to set up their own display.
7. The favorite food may be displayed as the whole product, or as one serving.
8. Contestants must pre-register for the contest by **5:00 p.m. on May 17, 2016** at the UNL Extension Office - Dixon County.
9. Entries will be judged on food preparation, menu planning, meal management, nutrition, table setting, food, and display. The score card will be available for review by contestants.
10. Participants will be allowed to exhibit their table display at the fair without the food. Hopefully this will create some interest for those who do not participate in the event and it will also give each of you greater recognition for the time and creativity you spent preparing your project.

4-H Culinary Challenge Contest

Purpose of the contest:

The 4-H Culinary Challenge Contest will require youth to demonstrate healthy decision making through nutrition, food preparation, menu planning, and food safety, utilizing foods and nutrition curriculum. They will apply healthy living knowledge and skills by planning a nutritious menu, demonstrating their understanding of time management skills in the kitchen, and expressing their originality and creativity through an appropriate themed and properly set table. To showcase these skills, youth will create a menu, prepare one food item, and choose an appropriate theme for their occasion while expressing their food, nutrition, and food safety knowledge during a live interview with a judge at the contest. In order to highlight knowledge and skills acquired during pre-contest preparation, youth will utilize technology as part of their interview.

State Contest:

County teams of two 4-H members will have the opportunity to advance to the 4-H Culinary Challenge Contest, which will be held the first weekend of the Nebraska State Fair. Teams will be determined by the oldest 4-H'ers age and will be placed as follows: Intermediate – ages 10 - 13; and Senior – ages 14 - 18.

Challenge Ingredient/Item:



A challenge ingredient will be selected each year, highlighting a Nebraska commodity food product. **The 2016 challenge ingredient is squash**, including summer squash, winter squash, pumpkins, zucchini and other squash varieties. Each team must incorporate the challenge ingredient into their food item they will be presenting during the contest. This may require altering a recipe or creatively incorporating an item into their overall table theme. (For example: spaghetti squash, pumpkin muffins, butternut squash soup, etc.) The challenge ingredient must also be included in the interview presentation, demonstrating youth

knowledge of the ingredient, such as nutritional value, a farm-to-fork concept, or how to adapt a recipe to include the ingredient.

Judges Interview:

The team should view themselves as the hosts, welcoming the judge, cooperatively presenting the table to the judge, incorporating multi-media resources, and answering any questions from the judge. Teams must be prepared to present to the judge utilizing technology. (PowerPoint, picture story, or other multi-media

resource. Presentations may include photos, clip art, animation, video or audio sound.) The 4-H members should cooperatively present a verbal presentation to the judge that is highlighted by their multi-media presentation via computer or iPad. Participants must provide their own computer or other equipment needed for their 4-H Foods Event judging interview. Presentations will occur at participants' tables. Please do not bring projectors or other equipment which will require extra space.

Considerations should be given to creatively include the following items through the multi-media presentation:

- nutritional facts of their menu
- food safety
- time management
- choice of menu
- food preparation
- cost of item/per serving
- food handling techniques
- recipe of the food item shared with the judge
- challenge ingredient (nutritional value, farm-to-fork, recipe revision, etc.)

General Rules/Guidelines

1. A team will consist of two members to be eligible to compete.
2. All team members must be enrolled in a 4-H foods and nutrition project during the current 4-H year.
3. Judging interviews will be approximately 12 to 15 minutes. This time includes a short presentation by the teams, as well as questions from the judge.
4. Teams should arrive at least 15 minutes prior to your assigned time to set up their table.
5. Team members must provide their own card table for the display.
6. Upon arriving, check-in at the registration table. Teams will be assigned a specific area to set up.
7. Only contestants will be allowed to set up or arrange table settings.
8. Participants must have their table setting ready by the assigned time. Once tables are set, contestants should stay with their tables, as they are responsible for items placed on tables. Chairs will be available for contestants.
9. During judging, 4-H members may choose to dress in appropriate clothing, costume, or accessories relevant to the theme. A 4-H chevron or 4-H emblem must be visible on clothing.

Contest Resources: SF 4-H Culinary Challenge Contest Score Sheet. More information regarding proper table setting guidelines, recipe development resources, and food safety guidelines are also available through the website at <http://food.unl.edu/youth/projects>.

FAVORITE FOODS REVUE

Name _____ Age (as of Jan.1 current year) _____ Years in 4-H _____

Years in Foods Projects _____ Exhibit _____

Title _____

Club _____

	<i>Excellent</i>	<i>Satisfactory</i>	<i>Needs Improvement</i>	<i>Comments</i>
<u>Food Preparation</u> Appropriate for age, ability, interest. Knows procedures for preparing food. Understands principles of food preparation.				
<u>Menu Planning</u> Food fits the meal/occasion. Variety in: texture, flavor, color, shape, temperature and food groups (nutrients).				
<u>Meal Management</u> Understands time management of meal. Knows approximate cost of food and meal. Knows skills needed to manage this meal.				
<u>Nutrition</u> Knows nutritional contribution of food choices in the meal. Understands how meal fits daily food guide. Knows ways to vary nutrition contribution.				
<u>Table Setting</u> Attractive; appropriate for meal and occasion. Realistic; correctly arranged. Centerpiece and table covering appropriate.				
<u>Food</u> Appearance - color, shape, flavor, texture, recipe is included.				
<u>Display</u> Overall effect coordinates with theme. Relates to 4-H project enrolled. Does the display contain: A. Recipe Card and B. Menu Card. One place setting, centerpiece, table-covering; one serving of the featured food..				

4-H Culinary Challenge Contest Score Sheet

Team Member

Names _____

Table # _____	Satisfactory	Needs Improvement	Score Points
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County _____

Excellent

Food Preparation 15

Appropriate for age, ability, interest. Knows procedures for preparing food. Understands principles of food preparation for their age. Food has pleasing flavor, texture, and quality. Food is appropriate for judging and principles of food safety are considered with choosing the food prepared.

Menu 15

Foods fit the meal/occasion and are fully explained in their presentation. Variety in: texture, flavor, color, shape, temperature. Recipes and menu presented in the correct format. Includes challenge ingredient in some way.

Nutrition 15

Knows nutritional contribution of food choices on their menu. Understands how the meal fits MyPlate recommendations. Is aware of ways to reduce fat, sugar, salt, etc. in the meal, if needed.

Menu Management 15

Understands and incorporates the principles of time management and food preparation into presentation. Shows evidence that they know how to prepare items on menu. Is aware of the cost of preparation of menu/ serving.

Theme/Table Setting 10

Overall effect coordinates with table setting. Centerpiece and table covering appropriate for theme. Theme and occasion obvious "at a glance".

Challenge Food Ingredient 10

Presentation contained facts about Challenge Food Item accurately and correctly. Information shared on Challenge Food relates to the overall presentation. Challenge ingredient included in shared food item.

Presentation/Interview 20

Presentation should (but is not limited to) include:

Use of Technology or multi-media.

Presentation should include video, pictures, or other appropriate form to convey message.

Presentation:

- Ability to convey an accurate message with confidence.

- Both team members share the presentation equally.

RIBBON PLACING:

2016 FAVORITE FOODS REVUE REGISTRATION FORM

Name: _____ Age: (as of Jan. 1
current year) _____

Address: _____ Town & Zip:

Club: _____ County: _____

My Favorite Food is: _____

Write out or attach copy of recipe here:

4-H Culinary Challenge Contest Registration Form

Name: _____ Age: (as of Jan. 1
current year) _____

Address: _____ Town & Zip:

Club: _____ County: _____

My Favorite Food is: _____

Write out or attach copy of recipe here:

**PLEASE RETURN THIS FORM TO THE EXTENSION OFFICE BY 5:00 PM ON
MAY 17, 2016
EVENT WILL BE HELD ON MAY 31, 2016
HASKELL AG LAB CONCORD NE**