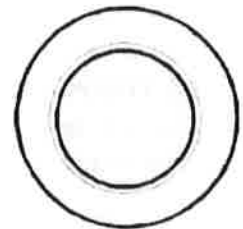
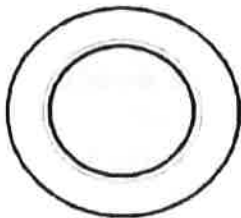


FAVORITE FOOD REVUE



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FAVORITE FOOD REVUE...HOW IT WORKS

The 4-H Favorite Food Revue integrates food preparation, menu planning, nutritional knowledge, table service and food handling practices into one activity.

RULES:

1. Individuals 8-11 years of age as of January 1 of the current year will be in the Junior Division, and individuals 12 and older will be in the Senior Division.
2. Each participant should plan their exhibit to fit on a standard card table. The exhibit should include the following:
 - a. two posters (8½" x 11") or recipe cards (4" x 6") one listing the recipe of the prepared food, and the other showing the occasion and menu (written in menu format)
 - b. one or two place settings for the menu featured. Use table appointments— dishes, silverware, etc.—appropriate for the planned occasion
 - c. a centerpiece appropriate for the planned occasion
 - d. one or more servings of the prepared food in or on an appropriate dish
 - e. table covering, as appropriate for the occasion (tablecloth, placemats, etc.)
3. Displays will be set up by the 4-H'er the day of the contest. Interview judging will be used to evaluate each exhibit. Participants may be asked questions about preparation of the recipe, selection and management of the menu, nutritional information in regard to the food and menu exhibited, and how it contributes nutritionally to their diet. The food, menu and the table setting are all of equal importance in the judging.

ADDITIONAL INFORMATION

The Menu. Plan a menu suitable for an indoor or outdoor meal using variety in color, shape, texture and temperature. The meal should be nutritionally well balanced.

The Food. Prepare (at home) one of the foods from the menu and bring it to the contest. It should be a food that can be kept at room temperature for several hours as the judge will probably want to sample. The food may be an individual or family size serving. Recipe may be from a project manual, a cookbook, magazine, a family recipe or any other source. You can even create your own dish!

The Table Setting. Display a table setting for one or two people. This should include a table (portable, like a card table), tablecloth, runner or placemats, napkins, dishes, silverware and a centerpiece. A fresh flower centerpiece may be used if the flowers have been arranged by the 4-H member. Silk or other types of centerpieces may be used.

Your table setting should be appropriate for the menu you are planning. For example, an outdoor cooking menu may have a table setting of paper plates and a fancy meal may use china and silver.

Table Settings YOU THE DESIGNER

Do you know that you can be a designer each time you set the table? A designer chooses and arranges things according to a plan for beauty and order. A neat and attractive table setting makes any meal more enjoyable. Can you set such a table? Let's learn how.



Actually, there is more than one way to set a table. The usual way to set a table is to put all the dishes, flatware, and food on the table before anyone sits down. When there is company or for a special meal, part of the food may be left in the kitchen and served later. The way to set your table depends upon the way the meal is to be served.

Table appointments include any item used to set a table. Tablecloth, placemats, dinnerware, glassware, flatware, serving dishes and the centerpiece are table appointments. Choose table appointments to fit the occasion. Paper plates, plasticware, and paper napkins may be used for a picnic but they would not be appropriate for a formal dinner.

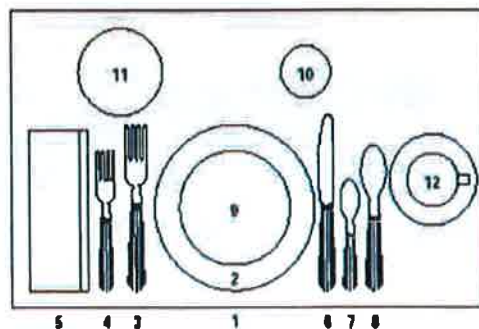
ON YOUR MARK - Wash your hands before handling any dishes. Determine how many will be served and what table appointments will be needed for the meal. A tray may be helpful to bring things to the table or to clear things from the table.

GET SET! - The table covering is the background for the food and table appointments placed on it. It protects the table and makes for less noise. Placemats or tablecloths may be used. Sometimes the table is left bare. Be sure that the covering or table is clean.

GO! - Allow at least 20 inches of space for each person's dishes. This is called a "cover" and each cover is set exactly the same. A cover contains only the dinnerware and flatware for the meal served. Choose a cover that is appropriate for the occasion and the other table appointments. You may match or blend colors and textures in the dishes or use something quite different for contrast.

1. The flatware, plate, and napkin should be one inch from the edge of the table.
2. The plate is always in the center of the place setting.
3. The dinner fork is placed at the left of the plate.
4. If a salad fork is used, it is placed to the left of the dinner fork.
5. The napkin is placed to the left of the fork, with the fold on the left. It can also go under a fork, or on top of the plate.
6. The knife is placed to the right of the plate with the sharp blade facing in towards the plate.
7. The teaspoon is placed to the right of the knife.
8. If a soup spoon is needed, it is placed to the right of the teaspoon.
9. The soup bowl may be placed on the dinner plate.
10. The drinking glass is placed at the tip of the knife.
11. If a salad plate is used, place it just above the tip of the fork.
12. The cup or mug is placed to the top right of the spoons.

"Source: Purdue University Indiana 4-H"



SERVING PIECES

1. Place the main dish in front of the family head. If it is hot, it will need a table protector or trivet underneath.
2. Foods that are used together should be placed together, such as potatoes and gravy, bread and butter.
3. Serving spoons should be placed on the table beside the food bowls rather than in them until you begin serving the food.

CENTERPIECE

The centerpiece should be coordinated with other table appointments and be appropriate for the occasion. If a centerpiece is used, it should not obstruct anyone's view. When candles are used they should be lit with the flame above eye level.

MEAL PLANNING

When planning a menu, first decide on the main dish. Select appropriate vegetables, appetizer, soup or salad. Add a bread, dessert and beverage, if desired. Use ChooseMyPlate to plan nutritious meals. Breakfast, party and picnic menus should contain two or three areas of ChooseMyPlate. For more information, go to www.choosemyplate.gov.

COMMON ERRORS IN PLANNING MEALS

COLOR

Too many foods of same color
No contrast or variation
Clashing or unpleasant color scheme

TEXTURE

Too many soft foods
Too many chewy foods
Too many crispy/crunchy foods
Lack of variety in texture

SIZE

Too many mixtures
Too many small pieces of the same size and shape
Too many similar shapes
Lack of variety in shape

FLAVOR

All bland flavor
Too many strong flavors
Repetition of food or flavor
No tart or acid-flavor
Too many sweet or too many sour foods

PREPARATION AND TYPE OF FOOD

No main dish
More than one main dish
Too many foods prepared in the same way, such as fried foods, creamed foods, or foods with sauces
Too many starchy foods
Same fruit or vegetable more than once
Too many high protein foods

NUTRITION

Too many foods from one food group
Missing food groups
Contain a variety of foods not meeting the nutritional needs of those for whom it is planned

TEMPERATURE

Too many foods of the same temperature
Not enough time allotted for preparation
Hot foods not hot and cold foods not cold
Food not stored at safe temperature (special consideration needed for picnics)



GUIDELINES FOR WRITING THE MENU

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

Appetizer

Main dish

Starchy vegetable

Other vegetable(s), fruit(s) or side
dishes

Salad

Bread

Dessert

Beverage

Broiled Ham
Grilled Pineapple Slices
Cole Slaw
Hot Gingerbread with Applesauce
Coffee
Milk

Group foods served in one course. Use a single space between items within a course, and a double space between courses.

Cream of Broccoli Soup
Curried Toast Fingers

Fresh Fruit Salad Plate
with Lime Sherbert
Crescent Rolls

Glazed Chocolate Roll
Coffee
Milk

2. Use capitals for all words except articles, conjunctions, and prepositions. Correct spelling is important.

3. When an item on the menu has an accompaniment, place the main item to the left and the accompaniment to the right (A), or center the main item and write the accompanying item underneath (B). If more than one accompaniment appears, place one at each side on the same line (C), or place both on the same line below (D).

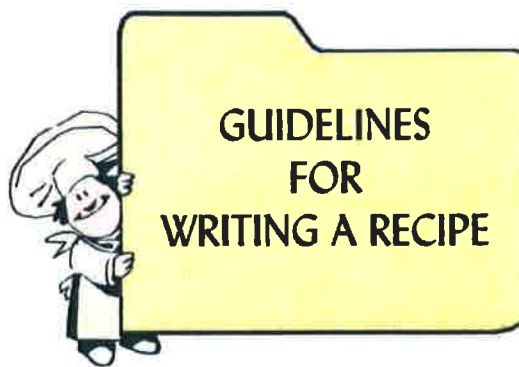
(A)
Braised Pork Chops Applesauce

(B)
Braised Pork Chops
Applesauce

(C)
Sesame Seed Wafers Tomato Bouillon Saltines

(D)
Tomato Bouillon
Sesame Seed Wafers Saltines

4. When a food is commonly prepared in more than one way, avoid confusion by describing the method of cooking, such as "Roast Turkey" or "French Fried Potatoes."
5. List each food with the exception of butter, cream, sugar or salad dressing, unless it is something special, such as "Honey Butter," or "Poppyseed Dressing."
6. List the beverage(s) last.
7. Plan the spacing and arrangement of the items on the menu so that the written menu is symmetrical.
8. Consider creativeness when choosing names of menu items (except for formal menus). Formal menus should use original names of items. Example: use "Patriotic Punch" for a 4-H of July theme and "Cherry Punch" for a formal theme.



Many 4-H food entries call for the exhibitor to include the recipe used. The format used for writing the recipe is also considered in the judging. Guidelines for writing the recipe follow.

A Well-Written Recipe...

...should be accurate.

...should be complete.

...should use short sentences and clear, simple directions.

...should list all ingredients in the order used.

...should give exact measurements in the easiest unit of measure (i.e. $\frac{1}{4}$ cup, not 4 Tablespoons)

...whenever possible, should not include abbreviations

...should measure meat by weight, whenever possible

...should use weight or fluid measure of canned foods (do not say "one can of pineapple," say "12 ounce can of pineapple")

...should give word pictures, if possible (foamy, syrupy, lemon-colored).

...should specify pan sizes.

...should give two tests for doneness, if possible (for example, a thermometer reading and a cold water test for candy). Include baking temperature and baking time.

...should give total yield of number of servings and state serving size.

PLANNING FOR FAVORITE FOOD REVUE

I. Choose the **THEME** or **OCCASION** first

II. Write the **MENU** on a 4" x 6" card or 8½" x 11" poster

- A. Does the food fit the theme?
- B. Does the menu have variety for meal-appeal?
 - Colors (green, red, yellow, brown, white)
 - Flavors (sweet, sour, bland, spicy)
 - Textures (crisp, soft, crunchy, chewy)
 - Temperatures (hot, cold, warm, cool)
 - Shapes, Sizes (small, large, round, square)
 - Preparation Methods (boil, broil, fry, roast, raw)
- C. What nutrients does the meal provide?
- D. How are the nutrients provided used by the body?
- E. Approximately how much would the menu cost to prepare if serving four people?
- F. Are foods easy to prepare?
- G. Does the menu include foods from each area of ChooseMyPlate? Select at least one food from each area.
 - Whole grain breads and cereals
 - Vegetables
 - Fruits
 - Milk and other dairy foods
 - Meat, eggs, beans and other lean protein sources



III. Write the **RECIPE** for one food item from the menu on a 4" x 6" card or 8½" x 11" poster

- A. Where did you get the recipe?
- B. Have you changed the recipe? If yes, how?

IV. **PREPARE** and **BRING** the food item

- A. How did you prepare this food?
- B. Why did you choose this food?
- C. How often have you prepared it?
- D. How does this food fit your ability and interests?
- E. Does the food look good?



V. SET the TABLE (table covering, napkins, dishes, silverware, centerpiece)

- A. Is the table setting attractive?
- B. Is it appropriate to the casualness or formality of the menu?
- C. Is it correctly arranged?

VI. Know your TIME SCHEDULE

- A. Would it take a long time to prepare this menu? Why or why not?
- B. In what order would foods be prepared? Why?
- C. Which menu items can be made ahead?
- D. Which item would take the longest?
- E. About how much time would it take to prepare your meal?
- F. How might you reduce time in preparing this meal?
- G. Do you have all of the equipment needed to prepare this meal?

FAVORITE FOOD REVUE

Name _____ Age _____

Theme or Occasion _____

| | Excellent | Good | Acceptable | Needs Improvement | Comments |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------|------|------------|-------------------|----------|
| Food Preparation - appropriate for age, ability, interest - knows procedures for preparing food - understands principles of food preparation | | | | | |
| Menu Planning - food fits the occasion - variety in texture, flavor, color, shape, temperature and food groups | | | | | |
| Meal Management - understands time management of meal - knows approximate cost of food and meal - knows skills needed to manage this meal | | | | | |
| Nutrition - knows nutritional contribution of food choices in the meal - understands how meal fits daily food guide - knows ways to vary nutritional contribution | | | | | |
| Table Setting -attractive - appropriate - realistic - correctly arranged - (at least) one complete place setting | | | | | |
| Food - appealing in color, shape, flavor and texture - recipe included - (at least) one serving presented | | | | | |
| Display and Presentation overall effect coordinates with theme - menu card correctly written - recipe correctly written | | | | | |

RIBBON PLACING

PURPLE

BLUE

RED

WHITE

SUGGESTED QUESTIONS FOR INTERVIEW JUDGING

How did you prepare this food?

Where did you get the recipe?

Have you changed the recipe? If yes, how?

Why did you choose this food?

How many times have you prepared it?

How does this food fit your ability and interests?

Would it take a long time to prepare this menu? Why or why not?

In what order would foods be prepared? Why?

About how much would it cost to prepare this menu if serving four people?

Are the foods easy to prepare? Why or why not?

What skills are needed?

How could this menu be varied so it would take less time to prepare? Cost less? Be easier?

What nutrients does the food provide?

What do they do in the body?

What nutrients does the menu provide?

How are they used in the body?

Is the menu balanced so it includes all foods listed in the food guidance system?

How could the menu be varied to provide more nutrients? Cut down on certain nutrients? Increase or decrease calories?



United States Department of Agriculture



MyPlate MyWins

Making family meals

Family meals around the table provide an opportunity to spend time together. Try these tips to help your family enjoy mealtimes together.



Plan your meals

Avoid stress at mealtime by planning a weekly menu and posting it in a location for everyone to see, like a chalkboard in the kitchen.



Prep ahead

Have ingredients for the week ready. After you shop, cut vegetables and measure ingredients in advance for easier meals.



Make mealtime a priority

Make time for family meals when planning your household's schedule each week. Try to cook, eat up, and clean up together!



Think beyond dinner

If evenings are too hectic at your house, consider other meals for family time such as a weekend brunch or even afternoon snack time.

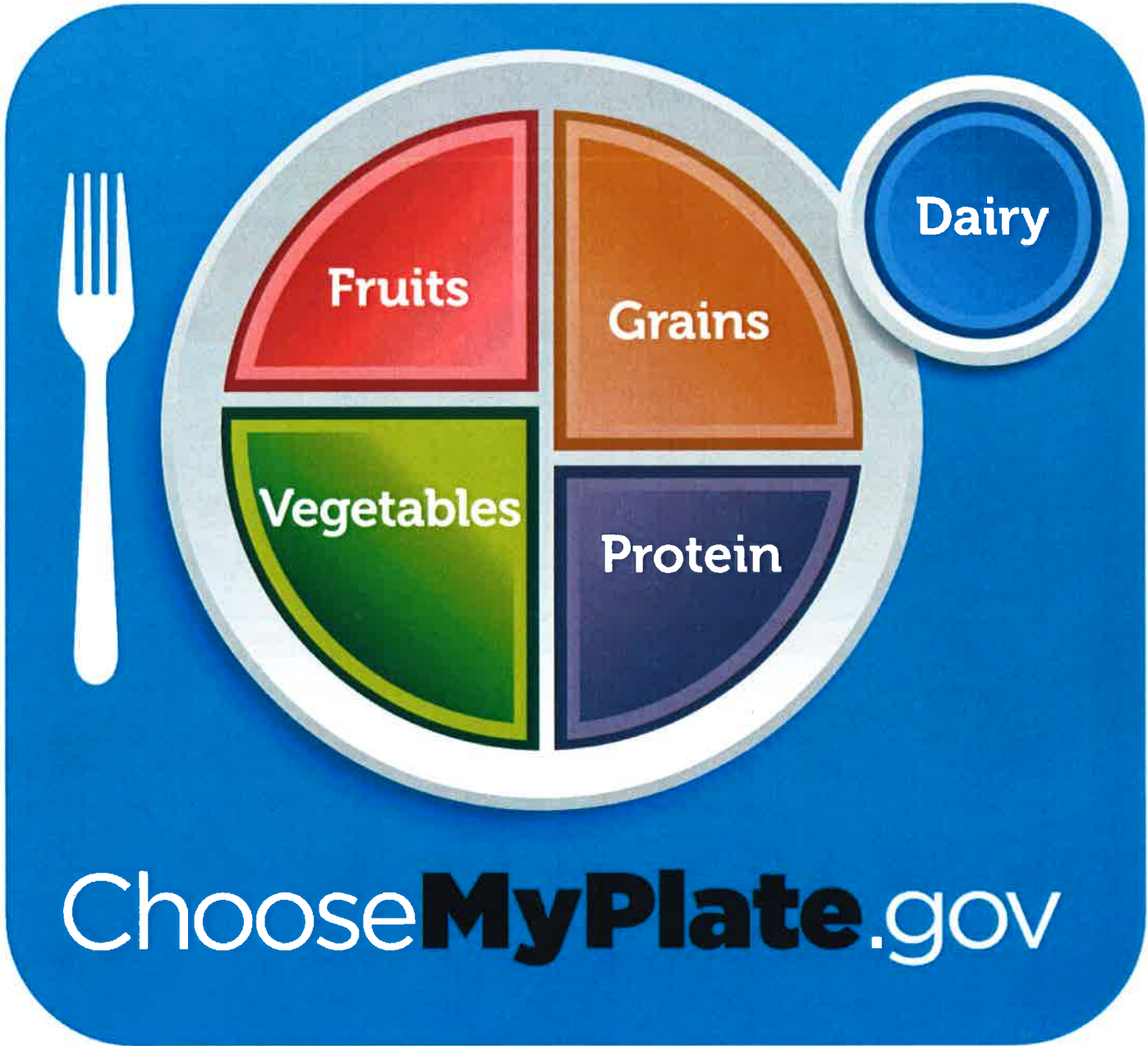


Keep meals fun and focused

Keep the family table a media- and stress-free zone. Use your valuable family time to "unplug," interact, and focus on each other.



List more tips



Choose **MyPlate**.gov