

2021 4-H Table Setting Contest

Gage County 4-H

Monday, July 5, 2021, 3:00-6:00 pm

Extension Meeting Room, 1115 W. Scott Street, Beatrice

Registration Due: June 25

Minimum 5 Participants

Premium: \$5.00 Rainbow Ribbon (non-competitive)

Open to all 4-H members. Participants will determine a theme (ex, Birthday, Picnic, Holiday, Everyday/Casual, or Formal) and creatively set one place setting, including table covering, plates, silverware, glassware, and centerpiece. Include a menu card; nutrition, color, and taste should be considered and compliment your theme. Print or type menu on half sheet (8 1/2 " x 11") or recipe card. Table provided. Handout available at Extension Office. Participants should wear 4-H t-shirt.

Clover Kids (5-7), Junior division (8-11, Jan 1, 2021) and Senior division (age 12 and older, Jan 1, 2021)

Register at <https://www.eventbrite.com/e/2021-gage-county-4-h-table-settings-contest-tickets-151128682959>.

Register for the Presentations contest at <https://www.eventbrite.com/e/2021-gage-county-4-h-presentations-contest-tickets-151129565599>

For more information, call Gage County Extension, 402-223-1384, or email: gage-county@unl.edu

2021 4-H Table Setting Contest

Gage County 4-H

Monday, July 5, 2021 3:00-6:30 pm

Extension Meeting Room, 1115 W. Scott Street, Beatrice

Registration due: June 24

Name: _____

Town: _____

Club: _____

Age: (Jan 1, 2021) _____

Theme: _____

4-H Table Setting Contest

Gage County 4-H

The Table Setting Contest is an opportunity for a 4-H member to select an occasion/theme, create a menu around a "favorite food", and set up a table setting. Open to all 4-H members.

Choose an occasion/theme for your Table Setting Contest entry (ex: Birthday, Picnic, Holiday, Everyday/Casual, Formal, or Fair theme. Bring the table cover and place setting for the occasion you chose. Select a "favorite food" that you enjoy preparing. The recipe may be from a 4-H project manual, cookbook, or other source. Create a menu with your favorite food. Use your creativity! Table will be provided (about card table size)

Bring for your Table Setting Contest entry:

- One place setting of the appropriate dishes, glassware, and silverware for your menu (including tablecloth, placemat, as selected)
- Centerpiece (purchased or handmade)
- Recipe for favorite food written in proper form, DO NOT bring prepared food item.
- Menu, centered around favorite food written in proper form

4-H member will set up your Table Setting exhibit following correct table setting guidelines. After setting up display, 4-H member will participate in Interview Judging, visiting individually with the judge. In addition, judging will be based on menu and display. 4-H member should be well groomed and dressed appropriately; wear 4-H t-shirt.

Table Setting Contest participant will receive a ribbon, scoresheet, and premium money.

Guidelines in Creating Your Table Setting

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, interesting, clean and attractive table setting makes any meal more enjoyable.

Actually, there is more than one way to set a table. The usual way 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 and dishes may be left in the kitchen and served later. Diners at a buffet or a picnic may fill their plates and glasses before they are seated. The way to set your table depends upon the way the meal is to be served. Be creative and have fun! Color, texture, design and creativity are important.

For the Table Setting Contest, one place setting is to be displayed. Include table covering, dinnerware, stemware, flatware, centerpiece and menu. DO NOT PREPARE FOOD.

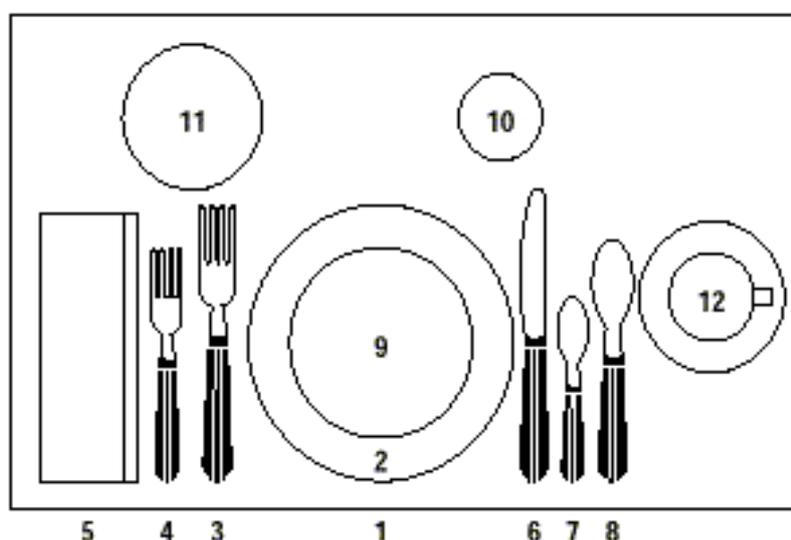
Select a Theme-What is the occasion... a family dinner, a holiday, or lunch with friends? Select a theme which fits the occasion. Possibilities can run from a fishing party sack lunch to a formal Mother's Day dinner.

Table Appointments- These include any item used to set a table: tablecloth, placemats, dinnerware, glassware, flatware, and centerpiece. Choose table appointments to fit the occasion and carry out the theme. Paper plates, plasticware, and paper napkins may be used for a picnic but they would not be appropriate for a formal dinner. Flatware and dish ware must be safe to eat from i.e., no glitter or glue is to be used on eating surfaces.

Table Covering- This is the background for the food and table appointments placed on it. It protects the table and makes for less noise. Placemats and/or tablecloths may be used. Sometimes the table is left bare. Choose a covering which is appropriate for the occasion and the other table appointments. You may match or blend colors or textures in the dishes -- or use something quite different for contrast.

The following rules for setting a table correspond to the numbers seen in the table setting illustration below.

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 (unless a decorative/creative fold is used).
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 top of the knife.
11. If salad, bread, and/or dessert plate(s) or bowl(s) is used, place at the top of the fork(s).
12. The cup or mug is placed at the top right of the spoons.



Writing the Menu

The menu should be displayed on a half page (8 1/2 x 11) or a recipe card. You may decorate and/or prop up the menu.

1. a. List the foods in the order in which they are served. (Every menu will not include all the foods listed).

Appetizer
Main Dish
Starchy Vegetable
Other Vegetables
Salad
Bread
Dessert
Beverage

- b. Group foods served in one course. Use single line spacing between courses.
2. Use CAPITALS at the beginning of all words except articles, conjunctions, and prepositions. Correct spelling is important.

3. When an item on the menu has an accompaniment:

- a) place the main item to the left and the accompaniment to the right

Braised Pork Chops Applesauce

- b) or you may center the main item and write the accompaniment underneath,

**Braised Pork Chops
Applesauce**

- c) if more than one accompaniment appears, place one at each side on the same line,

Sesame Seed Wafers Tomato Bouillon Saltines

- d) or place both on the same line below

**Tomato Bouillon
Sesame Seed Wafers Saltines**

- 4) When 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 beverages 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 on the menu items (except for formal menus). Formal menus must use original names of items. Ex. using Patriotic Punch for a 4th of July theme and Cherry Punch for a formal theme.

Common Errors in Planning Meals

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 food, 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
- Need to keep hot foods hot and cold foods cold
- Food not stored at safe temperature (special consideration needed for picnics)

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

Color

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

Texture

- Too many soft foods
- Too many chewy foods
- Too many crispy or 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

Writing a Recipe

Characteristics of a Good Recipe

1. It should be accurate.
2. It should be complete.
3. It should be simple and clear.
4. It should list all the ingredients in the order used.
5. It should give exact measurements in the easiest unit of measure (i.e. 1/4 cup, not 4 tablespoons).
6. Do not abbreviate, if space allows.
7. Use weight for meat, when possible.
8. Use weight or fluid measure of canned foods (don't say "1 can pineapple", say "one 12 ounce can of pineapple").
9. Use short sentences and clear and simple description of methods.
10. Give work pictures, if possible (foamy, syrupy, lemon-colored).
11. Specify pan sizes.
12. Give 2 tests for the doneness, if possible. Include baking temperature and baking time.
13. Give total yield of number of servings and state serving size.

Recipe Construction

Standard Form

1. The most widely used and easily read form. Excellent for recipes containing many ingredients.
2. List all ingredients first, including any modifications of the ingredient. For instance, if your recipe requires 1 cup chopped nuts, the nuts should be measured after chopping. However, if the ingredients listed is 1 cup nuts, chopped -- the nuts are measured first then chopped.
3. The method of combining the ingredients follows the listing. It may be stated in paragraph or numbered steps.

Example of a recipe written in standard form

Waffles

1 3/4 cups sifted enriched flour	1 1/4 cups milk
3 teaspoons baking powder	2 tablespoons melted shortening
1/2 teaspoon salt	2 stiff-beaten egg whites
2 beaten egg yolks	

Preheat waffle iron. Sift dry ingredients; stir in combined egg yolk, milk, and shortening. Fold in egg whites. Bake in hot waffle iron. Makes 8.

OR

1. Preheat waffle iron
2. Sift dry ingredients into bowl
3. Combine egg yolks, milk and shortening
4. Stir into dry ingredients
5. Fold in beaten egg whites
6. Bake in hot waffle iron

Makes 8 waffles

Table Setting Contest Interview Questions the Judge May Ask

- Tell me about your table setting
- How did you choose your theme?
- Did you have fun carrying out the theme?
- Do you feel you set up the place setting correctly?
- If not, what changes could/should you make?
- How long would it take to make your menu items?
- In what order do you prepare your food in your menu?
- Is this an expensive menu? How could you reduce the cost?
- Is your menu nutritious? What nutrients are in your foods?
- How would your menu rate as per MyPlate guidelines?
- Does the menu have a variety of texture, flavors, colors, and temperature?
- Have you prepared this menu?
- Have you set this table for your family?