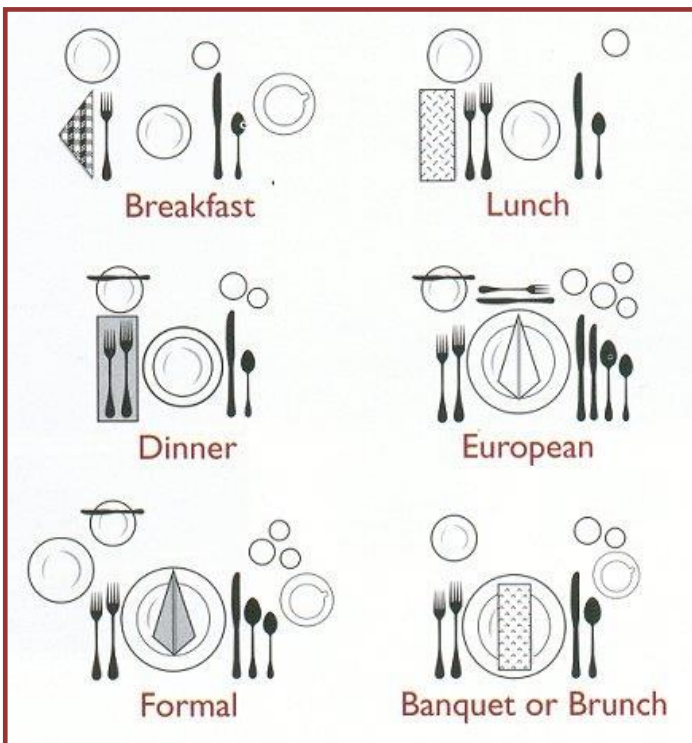




Favorite Food Show & Culinary Challenge Contest Guidelines

These contests are open to all 4-H members ages 8–18 — participants need not be enrolled in a specific project. Participation is a fun way to learn how to - properly set a table - plan nutritious meals - express originality and creativity - develop confidence by speaking to a judge – and express knowledge of food, nutrition and food safety.

Check out <http://www.choosemyplate.gov/> or 4-H foods manuals as a guide for other food portions that should be served during the entire day and to help you plan a nutritious menu.



Favorite Food Show:

- Plan your menu at home.
- Bring table appointments from home for one setting. Disposable tableware is acceptable.
- Prepare **ONE** food from your menu to bring to the contest. It must be a food that can be kept at room temperature through the contest. Remember the judge will taste the food that you have prepared at home and you will NOT want to prepare food that may spoil and make the judge ill (ex. - potato salad, fried eggs, tossed green salad.)
- 2 display cards: 1 should describe the situation (i.e. lunch for bike hike); and 1 with the complete menu.

Culinary Challenge: (2 Member Team)

- Create a menu, prepare a food item, and choose an appropriate theme for the occasion while expressing food, nutrition, and food safety knowledge during a live interview with the judge.
- Use current year's challenge ingredient in food item.
- Bring table appointments from home. Disposable tableware is acceptable.

Choose a Theme

Select a theme for your meal and display one “cover” (place setting), including table covering, dishes, glassware, silverware, centerpiece and menu. Consider the occasion of your meal - Family dinner, a holiday, lunch with friends, a fishing party, or formal Mother’s Day dinner.

The Menu

When planning a menu - first decide on the main dish. Consider nutrition when selecting other appropriate foods for your meal (vegetables, appetizer, soup or salad, bread, dessert and beverage etc.) Do not include alcoholic beverages or alcoholic ingredients in your meal. The judge may ask you how this fits into the daily nutrition plan.

Writing the Menu

The menu should be displayed on a 4x6” or larger card. List the foods in the order in which they are served. You do not have to list every item served (salt, pepper, etc.). Spell correctly - be neat. Capitalize main food items. Consider word placement – usually centered. Group foods served in one course together - use single line spacing between food items and a double spacing between courses. When a food is commonly prepared in more than one way – avoid confusion – describe how it will be prepared (ex. – Fried Chicken)

(Center words)
Appetizer

Main Dish
Starchy Vegetable
Other Vegetables
Salad
Bread

Dessert
Beverage

OR

(When a food has an “accompaniment” place the item to the left and the accompaniment(s) to the right)
Braised Pork Chops *Applesauce*
 OR
 (Center the Main Dish with the accompaniment directly under it)
Tomato Soup
Sesame Seed Wafers *Saltines*

NON FORMAL MEAL
Hot off the Grill Burgers
Tess's Tasty Buns
Fresh Veggie Fingers

Triple Ripple Ice Cream
Patriotic Punch

Consider creativeness
 when choosing names
 of menu foods
 EXCEPT
 Formal menus must use
 original names for food
 items.

FORMAL MEAL
Broiled Ham
Grilled Pineapple Slices
Macaroni Salad

Hot Gingerbread with
Applesauce

Table Appointments —

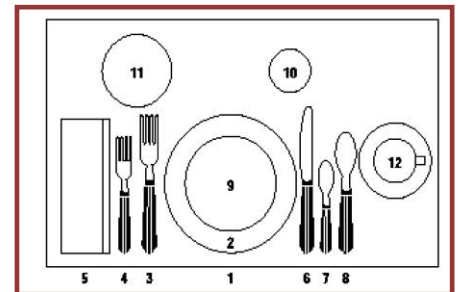
Choose table appointments that fit the occasion or carry out the theme. Appointments include - tablecloth, placemats, dinnerware, glassware, flatware, and centerpiece. Paper plates, plastic ware, and paper napkins may be used for a picnic but they would not be appropriate for a formal dinner. Flatware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

Table Covering — The background for the food and table appointments placed on it and should be appropriate for the occasion and other table appointments. The covering protects the table and softens the noise during the meal - however, sometime the table is left bare (ex. - picnic lunch.) Placemats and/or tablecloths may be used.

Place Setting — The table placing is called “a cover”. Allow at least 20 inches for each person’s dishes and each “cover” is set exactly the same and includes the dinnerware and flatware for the meal served. When selecting your cover, include a dish for each course. Placement may vary according to how and when food is served. The following rules for setting a table correspond to the numbers seen in the table setting illustration. *Note: Only the utensils needed are placed on the table*

Source: Purdue University Indiana 4-H

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 – which may go under a fork or on top of the plate).
6. The knife is placed to the right of the plate with the sharp edge facing 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 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 to the top right of the spoons.



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 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
- PREPARATION AND TYPE OF FOOD** - No main dish or 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.