

January 9, 2009

**TO:** San Mateo County 4-H Foods Project Leaders and Members

**FROM:** Mary Meyer  
4-H YD Program Rep

Katey Masarie  
Adult Chair



## **FAVORITE FOODS DAY**

**Saturday, March 14, 2009**

**Check-in ~1:00 p.m.**

**Judging ~1:45 p.m.**

**Buffet and Awards ~ 3:30 p.m.**

**Sandpiper Community Center**

**797 Redwood Shores Parkway, Redwood City**

Favorite Foods Day provides an opportunity for members in any food project to show-off their cooking skills and receives constructive feedback. Kids that participate have a lot of fun, learn something, develop poise and self-confidence, and get to sample a lot of really great food. It can be entered in your record book as a demonstration/presentation also!

### **HELP WANTED!!**

Junior Leaders, Teen Leaders, and older members are needed to help as registrars, runners, tabulators, and set-up/take-down helpers. Leaders and 4-H members age 17 and up who are *experienced in cooking* are needed as judges. Please contact **Katey Masarie, 650-366-4526 or 504-5591** to volunteer.

### **ELIGIBILITY**

Any 4-H member enrolled in any Foods or Food Preservation project is eligible to enter. Each member may enter two food items in each project in which they are enrolled, with a maximum of four entries per member. You must submit a separate entry form for each item entered. One entry form is enclosed; please make copies as needed.

### **HOW TO ENTER**

Turn in your completed entry form(s) with a *typed or neatly printed copy of your recipe(s)* by the entry deadline shown on the bottom of the entry form. On your recipe, include: *your name, age and 4-H club*. The recipes will be compiled into a recipe book for each entrant. Contact the event chairperson(s) if you any questions.

### **WHAT TO ENTER**

Our major emphasis in the 4-H Foods Project continues to be teaching good nutrition principles. Remember when planning your Favorite Food dish and menu to be aware of portions of **FAT, SUGAR, AND SODIUM**, and how these portions effect your menu. Take into consideration the wide variety of foods recommended under the guidelines of the **Food Pyramid**.

**Food Project** members may choose recipes from any source; you are not limited to items made in your project meetings. The food item(s) should be appropriate for your abilities and year in the Food Project. Advanced members should prepare more advanced recipes and will be judged accordingly.

**Cake Decorating Project** members may enter decorated items. The items will be tasted by the judges and judged on all of the same criteria as all other food entries. (You must prepare a real cake; foam or cardboard forms are not acceptable.)

**Food Preservation Project** members may enter a preserved item served on an appropriate complimentary food (i.e., jam on biscuits or relish on hot dogs) and or a recipe made with an item you have preserved (i.e., applesauce cake made with your own applesauce). In addition, you *must* exhibit one *unopened container* of the preserved food. Remember; the level of difficulty should be appropriate for your level of experience and will be considered in judging.

**NOTE:** Foods prepared exclusively from prepared mixes are **NOT ALLOWED** for Junior, Intermediate or Senior members. Primary level entrants may use prepared mixes.

### **HOW TO PREPARE**

**Plan a menu** for an entire meal that includes your Favorite Food entry. Consider nutrition, color, texture, and flavor. *Learn as much as you can about the **Food Pyramid** and how your menu meets these requirements.* Neatly print or type your *menu* on a 5" x 8" index card. Underline your Favorite Food in **RED**. Display this menu at your place setting.

**Learn your recipe.** Neatly print or type your recipe on an index card to display at your place setting. Practice preparing your favorite food so that you can, from experience, tell the judges how to do it. Know all of your ingredients and procedures. More advanced members should also know the nutritive qualities of their favorite food (good or bad) and how it fits in the **Food Pyramid**.

**Create a Place Setting** on which to serve your *entire menu* as well as your favorite food. (You will only serve your favorite food entry, but *set the table* for the entire meal). Exhibitors will be judged on their ability to set a place setting appropriate for their menu. ***You must bring your own dishes, utensils, and glasses, including a serving dish and serving utensil.*** If desired, you may also bring a place mat, tablecloth, napkin, or centerpiece to enhance your place setting. Attached is a diagram and definition of placement of dishes and utensils. Judges will evaluate exhibitors against this diagram. Memorize this diagram; you will **not** be allowed to look at notes during your presentation set-up or judging.

**Practice!** Practice setting the table without looking at the diagram. Practice answering questions about your recipe, ingredients, menu, and nutrition. Practice serving your food onto a plate for the judges to taste.

Prepare ***one complete recipe*** for each food entry and bring it to the event (you must present the entire dish). All cooking must be done at home, with the exception of garnishing and dressing. Plan your preparation time carefully so that you will arrive with the dish fully cooked, but not overcooked. ***Keep your hot dish hot, or cold dish cold until you get to the event.*** Read the attached sheet about Food Safety and take the appropriate steps to insure your food is safe. An oven and refrigerator will be available to keep dishes warm or cold.

### AT THE EVENT

1. Bring your favorite food and your:  
Place setting  
Appropriate serving dish and utensil  
Menu printed on 5" x 8" card  
Recipe printed on index card
2. Arrive promptly at check-in time and follow instructions to store your food in the kitchen.
3. When it is your time to present, you will be directed to a table to set up your place setting. You will have as much time as you need to do this, but you may NOT look at any written notes.
4. When you have completed setting the table, stand poised, across the table from the judge's seat, and **await instructions**. DO NOT bring out your favorite food until instructed to do so. The judge will instruct you hereafter.
5. Following your judging, clear the table and replace your favorite food in the kitchen for proper storage.

### FINAL TASTING FOR EVERYONE

After judging is finished, exhibitors, leaders and visitors will have an opportunity to taste each entry. Don't expect to take home any leftovers!! Presentation of the awards concludes the event.

### JUDGING IS BASED ON:

1. **The quality of the prepared food:** flavor, texture, taste, and appearance in serving dish.
2. **Your knowledge** of the food: it's preparation, the ingredients, and nutritional qualities (good or bad). Is the recipe neatly printed?
3. **The menu:** does it show understanding of balance in food groups, flavors, and texture and color? Is the menu neatly printed on the index card?
4. **Table setting:** Are items properly arranged and appropriate for the planned menu? (Hint: it helps to imagine an occasion or a theme for your meal and select table items to convey that theme).
5. **Presentation and neatness of exhibitor:** Your clothes should be neat and clean (4-H uniforms recommended but not required). Where appropriate, ethnic attire can be worn when presenting an ethnic dish. Hands must be clean. Your hair should be tied back, away from your face. Stand poised with your hands at your side; don't touch your hair or nose nor put your hands in your pockets.

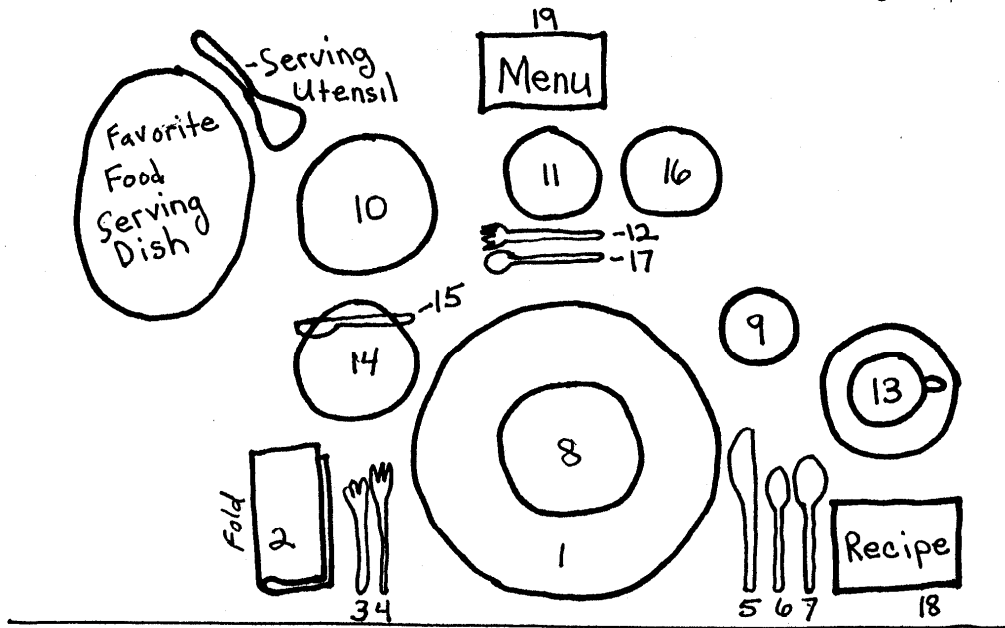
**Primary Members** (members under age 9 as of January 1): Primary member participation will be non-competitive and less stressful. They will all set their place settings at the same time and share in a group discussion and critique with an experienced Senior 4-Her.

**Awards:** Entrants will be judged using the "Danish Judging" method whereby entrants are judged against a standard of expectation on their age and experience. Members are NOT judged against each other. All entrants receive an award to acknowledge their effort and participation. Medals will be awarded to the approximately 20% top entries.

## BASIC PLACE SETTING

Use only the dishes, flatware and glasses appropriate for serving your planned meal, which includes your “Favor Food”.

Dishes will NOT be provided. You must bring your own place setting – no sharing. Learning to set place settings in a pleasing, organized and useful manner is a skill. This skill will be remembered and helpful to you when entertaining or serving meals to guests. Judges will consider the actual setting of the dishes, not their condition. Your “Favorite Food” should be in an “appropriate” serving dish. The place mat or tablecloth is optional items to bring.



PLACE SETTING SHOULD FACE THE JUDGE

- |                 |                     |                            |                 |
|-----------------|---------------------|----------------------------|-----------------|
| 1. Dinner Plate | 7. Soup Spoon       | 13. Cup & saucer           | 18. Recipe Card |
| 2. Napkin       | 8. Soup Bowl        | 14. Bread Plate            | 19. Menu Card   |
| 3. Salad Fork   | 9. Beverage Glass   | 15. Butter Knife(optional) |                 |
| 4. Dinner Fork  | 10. Salad Plate     | 16. Appetizer Dish         |                 |
| 5. Knife        | 11. Dessert Dish    | 17. Appetizer Utensil      |                 |
| 6. Tea Spoon    | 12. Dessert Utensil |                            |                 |

Napkin may be flat or rolled in a napkin ring. If flat, the corners are to the right towards the dish, fold to the left. Dessert and appetizer utensil should point left. Butter knife should be across bread dish, pointing left. Placement of #1 through #7 should be even, approximately 1” from the table edge.

# March 14, 2009 4-H FAVORITE FOODS DAY ENTRY FORM

Sandpiper Community Center, 797 Redwood Shores Parkway, Redwood City

Name \_\_\_\_\_

Club \_\_\_\_\_

Address \_\_\_\_\_

Phone \_\_\_\_\_ Email: \_\_\_\_\_

Age \_\_\_\_\_ Number of Years in Any/All Foods Projects \_\_\_\_\_ Grade \_\_\_\_\_

Name of Entry Recipe \_\_\_\_\_

Will your entry require: Refrigerator \_\_\_\_\_ Oven \_\_\_\_\_ Room Temp \_\_\_\_\_

	CATEGORY	Primary Age 5-8	Junior Age 9-10	Intermediate Age 11-13	Senior Age 14-19
1	Appetizer				
2	Bread				
3	Salad				
4	Soup				
5	Vegetable				
6	Side Dish				
7	Main Dish				
8	Dessert				
	<b>PRESERVED FOODS:</b>				
9	Preserved Item				
10	Recipe Prepared with Home Preserved Item				

**INSTRUCTIONS:**

- Place an X in the appropriate column indicating your level in 4-H and category of your entry.
- Submit one entry form for each item.
- If you are enrolled in multiple food projects or are entering two items, submit a separate form for each entry.

**Attach a copy of your recipe to this form.**

**Both you and your Project Leader must sign this form:**

\_\_\_\_\_  
Member's Signature

\_\_\_\_\_  
Project Leader's Signature

**ENTRY FORMS ARE DUE ON FRIDAY March 6, 2009 to:**

**80 Stone Pine Road, Suite 100  
Half Moon Bay, CA 94019-1942**

# SAN MATEO COUNTY 4-H FAVORITE FOODS DAY FOOD SAFETY

**Staphylococcus and Salmonella are the two most common types of bacteria that cause food poisoning.**

## **How Food Poisoning Develops:**

1. Bacteria enter food. Salmonellae and Staphylococci lurk everywhere, in the nose, throat, skin, utensils, clothes, and occasionally in food products.
2. Bacteria grow and multiply with:

**FOOD** Bacteria will grow in almost any food, except one that is very acid (pickles). Most proteins -- meat, fish, eggs, poultry, milk, cream, cream cheese sauce, salad dressings, and mayonnaise are particularly vulnerable.

**MOISTURE** Bacteria won't grow in dried foods, but may grow if moisture is added.

**TEMPERATURE** Lukewarm or room temperature is ideal for bacterial growth. **KEEP HOT FOODS HOT** at temperatures above 140B. **KEEP COLD FOODS COLD** -- below 40B.

**TIME** In less than two (2) hours food may be unsafe if the right conditions prevail.

## **HOW YOU CAN PREVENT FOOD POISONING:**

**Your only protection against this unseen enemy is proper food handling.**

1. Avoid contamination. Use strictly fresh ingredients, clean equipment, clean hands; avoid sneezing or coughing into food; keep pets, sick persons, insects and dust out of food preparation area.
2. **KEEP HOT FOOD HOT** -- above 140B. **KEEP COLD FOODS COLD** -- below 40B.
3. Take special precautions with foods when they are refrigerated and reheated. If a hot food is prepared the day before, refrigerate immediately when removed from the range. Just before you leave home, preheat the food thoroughly. Take hot or cold food to the kitchen as soon as you arrive at the event.
4. To carry hot or cold foods: Use well insulated containers -- cardboard cartons thickly lined with newspaper work well.