

GUIDELINES FOR FOOD PREPARATION AND FOOD PRESERVATION

1. Select a favorite recipe from any source.
 1. The recipe does not have to be a recipe in your project book, but it must enter into one of these categories:
Bread Salad Main Dish Dessert Appetizer/Snacks
 2. The recipe should not be prepared exclusively from commercial mixes.
 3. Food Preservation members prepare a dish using a product you have preserved. Use canned fruits, jams, jelly, etc. within a recipe, not alone.
 4. Recipes CANNOT have any alcoholic ingredients. Any recipe with alcohol will be disqualified.

2. Plan a nutritionally balanced menu including items from the Food Guide Pyramid in which your favorite food recipe will be used. **The menu must be a breakfast, lunch, dinner, picnic, or special occasion meal.**
Be prepared to answer the judges if they ask about your menu.

3. Plan the table service needed to attractively serve the food. Include dishes, flatware, tablecloth or mat, napkins, glasses, centerpiece or other items appropriate to your menu. **Be sure to include a serving fork or spoon.** Remember your display must be no larger than 3ft by 3ft! Fine china and silver are not a criteria. In fact, you bring them at your own risk. Plan to use what you have at home. Bring only one place setting. Remember, the container you prepare and serve your food in should be appropriate for your menu.

4. **Prepare your favorite food recipe AT HOME.** The committee for Food Fiesta would like to remind all the participants that while preparing your food please remember these guidelines:
 - 1) **Wash** your hands before handling and preparing food.
 - 2) **Refrigerate** any food that needs to be.
 - 3) **Cook thoroughly any type of meat used in your recipe.**
 Refrigeration and holding oven space will be provided for your entry at the school until time of judging.

5. You may list your complete recipe on the front side and a balanced-meal menu on the back side of a single sheet or on two separate sheets of paper, tent cards work as well.

6. At Foods Fiesta, set up your display and include on the table the following items:
 1. The prepared favorite food item in an appropriate serving dish, with serving utensil.
 2. A place setting for one person, appropriate to your menu and THEME (optional).
 3. Card with menu and recipe. (Displayed)

7. **Remember to use the standard 4-H presentation format AND PRACTICE!**
 My name is: _____.
 I am from the _____ 4-H club.
 This is my _____ year in 4-H.
 Today I have prepared _____.
**If the total Presentation Score is 35 points and above this qualifies as your Presentation requirement.
 If below 35 points this does NOT qualify for your Presentation requirement.**

8. Serve the judges your “favorite food” when they arrive at your table. Disposable gloves will be provided and must be used when serving.

Guide for Table Setting (basic setting)

INFORMAL DINNER

A. Napkin; B. Dinner or service plate; C. First course bowl and liner plate; D. Salad plate; E. Water goblet; F. Salad fork; G. Dinner fork; H. Dessert fork; L. Dinner knife; J. Teaspoon; K. Soup spoon.

SAMPLE TABLE SETTING

