

BUTTE COUNTY 4-H FOODS FIESTA INFORMATION GUIDELINES FOR FOOD PREPARATION, EXHIBIT, and PRESENTATION

We are pleased that you are taking part in 4-H Foods Fiesta. The following information will tell you what you need to know to participate.

GENERAL INFORMATION

- **Date:** November 2, 2019
- **Location:** Bidwell Junior High School
- **Address:** 2376 North Avenue, Chico, CA 95926
- **Check-In:** 8:15-9:00am
- **Event:** 9:00am-2:00pm
- To be held at Marsh Jr. High School located at 2253 Humboldt Rd, Chico, CA 95928.
- Members **do not** need to be enrolled in a foods project to participate in 4-H Foods Fiesta.

REGISTRATION INFORMATION:

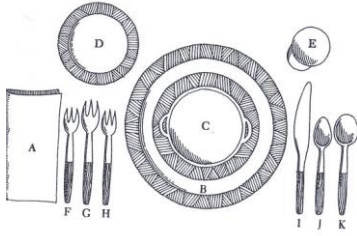
- **Deadline for Food Fiesta entries is Friday, October 18, 2019 at 11:59 pm. Late entries will not be accepted!**
- **All hard copy entries must include a TYPED recipe!**
- **Recipes CANNOT have any alcoholic ingredients. Any recipe containing alcohol will be disqualified. BEFORE THE EVENT...**

Appetizers/Snacks	Main Dish	Salads / Sides	Desserts
-------------------	-----------	----------------	----------

- Youth will plan a nutritionally balanced menu including items from the My Plate in which your recipe is included. **The menu must be a breakfast, lunch, dinner, or special occasion meal.** You will only prepare and bring your recipe for your food exhibit. Your Menu is printed on an 8 1/2 "x 11" page and displayed on your table. Your recipe should also be printed in an 8 1/2" x 11" page for display. You may list your complete recipe on the front side and a balanced-meal menu on the back side of a single sheet of paper or on two separate sheets of paper, tent cards work as well. These will be displayed on your table



BASIC PLACE SETTING... Picture the word "FORKS." The order, left to right, is: F for Fork, O for the Plate (the shape!), and R is for the rough side of the knife, K for Knives and S for Spoons. Holding your hands in front of you, touch the tips of your thumbs to the tips of your forefingers to make a lowercase 'b' with your left hand and a lowercase 'd' with your right hand. This reminds you that "bread and butter" go to the left of the place setting and "drinks" go on the right.



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; I. Dinner knife; J. Teaspoon; K. Soup spoon.

Youth will plan the table service needed for one person to attractively serve the food. Include dishes, flatware, tablecloth or mat, napkins, glasses, centerpiece or other items appropriate to your menu. Remember your display must be no larger than 3' x 3'. Fine china and silver are not a criteria. You bring these at your own risk. Your setting should be appropriate to your menu (formal/informal/basic/picnic). Plan to use what you have at home. Bring only one place setting. The sample table settings (above) are for a basic and informal Dinner. Remember, the container you prepare and serve your food in should be appropriate for your menu. **Be sure to include a serving fork or spoon** for your dish. You will be serving the evaluator a sample of your dish.

- **Practice** making your dish, setting your exhibit area and giving your presentation several times before attending the event. Family and friends will love to watch as you practice and sample as well. A sample evaluation form, how points are determined (scoring sheet) are included in this packet for you to review.
- **Prepare your recipe AT HOME.**
The committee for Food Fiesta would like to remind all the participants that while preparing your food please remember these guidelines:
 - **Wash** your hands before handling and preparing food.
 - **Refrigerate** any food that needs to be.
 - **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.

Checklist BEFORE LEAVING HOME on the day of the event...

Collect the items you need to bring and put them in a box or bag. Mark your items for identification. You may store your box under the table at your assigned area.

PARTICIPANTS

- Your Favorite Prepared Food & serving fork or spoon
- Your 8 ½" x 11" recipe and menu for display
- Your Place Setting - dishes, silverware, place mat, decorations (optional)
- Potholders and a dish mat to protect table, if yours is a hot dish.
- Bring your own plates, napkins, and silverware for the luncheon.
- Bring something to do while you are at your exhibit waiting to be judged. Electronics on silent are allowed

LEADERS AND PARENTS: (Please remember the items listed below.)

- Bring your own table service for the luncheon.

AT THE EVENT...

- **Sign in...**Please sign in at the registration table and you will be given a registration card and assigned a place to set up.
- **Food Exhibit Set Up...**Bring the prepared food item in an appropriate serving dish, with serving utensil, and table setting to assigned set up area. Set up food exhibit. If you have a hot dish there will be a warming room if needed.
- Your parents or friends **WILL NOT** be allowed in the set-up area. Parents, we ask you to comply willingly when asked to leave the area where your child is setting up his/her display. There will be help and support for your child in the form of committee members and other designated older 4-H members.
- The event will begin at 9am and will conclude about 1pm.
- Youth will be divided into two groups A and B. Group A will present while Group B attends workshops and then reversed. There will be a short break between the two sessions.
- Youth will need to remain at their food exhibit while evaluation is in progress and until completed. Please bring a quiet activity to do while waiting.
- Following all presentations there will be an opportunity for all participants to sample the dishes presented. All individuals and guest who would like to participate in the tasting will need to bring their own plate and silverware. Drinks and cups will be provided.
- Awards will be presented during the potluck.

Everyone will receive a certificate, award based on their food exhibit score, cookbook, and evaluation sheets (for both the food exhibit and presentation).

EVENT EVALUATIONS ...

- Your 4-H Foods Fiesta exhibit will be evaluated by adult evaluators one time. During that time, the evaluators will evaluate your food exhibit, as well as your presentation and public speaking skills.
- Your food exhibit will be evaluated on one sheet and your presentation skills will be evaluated on another sheet. The presentation evaluation sheet is specific to public speaking.
- Youth will receive the appropriate award (ribbon or pin) only for their food exhibit. Presentations will receive a colored Seal which indicates the placement.
- Details for the Foods Exhibit scoring and the Presentation scoring are listed below.

FOOD EXHIBIT:

Serve the judges a sample of your recipe after you present your food exhibit. Disposable gloves will be provided and must be used when serving.

The following items will be evaluated for your food exhibit:

- Recipe is age/skill appropriate
- Place setting appropriate to menu
- Menu and recipe card are on display
- Food and display are eye appealing
- Food taste
- Knowledge of menu and recipe (know about cost and methods used to make recipe)
- Knowledge of recipe in relation to My Plate
- Knowledge of how to make recipe more healthy
- Knowledge of proper food safety and handling

Food Exhibit Scoring is based on the following (average):

- Participants receiving 100% scores on their Food Exhibit will receive a Rosette & Pin.
- Participants receiving 98 to 99 points receive Rosettes
- Participants receiving 90 to 97 points receive 1st place ribbons
- Participants receiving 80 to 89 points receive 2nd place ribbons
- Participants receiving 70 to 79 points receive 3rd place ribbons
- Participants receiving 69 and lower points receive get a participation ribbon.
- Primary members will receive Participation Ribbons.
- All scores are rounded to the nearest whole number: 0-4 down, 5-9 up.

PRESENTATION EVALUATION:

- Presentations will be about the food that is prepared, including, but not limited to: the recipe and ingredients, the method used to prepare the dish, ways to make the dish healthier, nutrition, ect.
- Youth must receive an average score of 23 points or higher (Red seal) on the presentation evaluation in order for the presentation to count towards the Fair Requirement presentation. A Gold, Blue, or Red seal (sticker) on your presentation evaluation forms will indicate a passing presentation score.

Include in presentation ... My name is: _____.
I am from the _____ 4-H club.
This is my _____ year in 4-H.
Today I have prepared _____.

The following items will be evaluated for your Presentation:

- Length (2 minute minimum)
- Appearance (well groomed and appropriate attire)
- Content appropriateness (recipe, menu, ect)
- Knowledge of content (how familiar you are with your recipe, menu, ect)
- References (where did you get the recipe from)
- Response to questions
- Purpose of presentation (to show the evaluator how much you know about your food)
- Presentation has an introduction
- Presentation has a body
- Presentation has a conclusion
- Presentation is well-structured
- Presentation has a clear theme
- Information was discussed in an intelligent manner
- Presentation was interesting
- Verbals (tone, volume, ect)
- Non-verbals (facial expressions, gestures, ect)
- Eye contact
- Poise and confidence

For more detailed information about presentation scoring, please see the Foods Fiesta Presentation Evaluation Sheet, which can be found on the Butte County 4-H website: http://cebutte.ucanr.edu/4-H_Program/Events/Foods_Fiesta/

Presentation Scoring is based on the following (average):

- 31-37 points is a Gold Seal (83-100%)
- 27-30 points is a Blue Seal (73-82%)
- 23-26 points is a Red Seal (63-72%)
- 0-22 points is a White Seal (0-62%)
- All scores are rounded to the nearest whole number: 0-4 down, 5-9 up.

A Red Seal or better is required for the presentation to count toward a youth's Fair Requirement presentation.

Youth will not receive a ribbon for their presentation. Youth will receive a Seal (a colored sticker) on their evaluation sheets signifying what placement they were awarded.

California 4-H Presentation Program Evaluation Form

Informative Prepared Speech

Date					
Location	<input type="checkbox"/> Club/Unit <input type="checkbox"/> County <input type="checkbox"/> Area <input type="checkbox"/> State <input type="checkbox"/> Other				
County				Title	
Member Name				Age	
Member Name				Age	
Member Name				Age	
A. Technical Requirements: Following the 4-H Presentation Manual Guidelines					Total Possible: 2
			Not Met (0 Points)	Met (1 Point)	Points
1. Length as within 2-10 minutes?			No	Yes	
2. Appearance: Appropriate attire and speaker is well groomed			No	Yes	
B. Content: The purpose of the presentation and the information and ideas presented					Total Points: 8
3. Content was appropriate for the presenter's ability	(0 pts) Too basic for ability	(0 pts) Too advanced for ability	(1 pt) Within acceptable margins for ability		
4. Speaker demonstrated knowledge of the content	(0 pts) Lack of knowledge demonstrated		(1 pt) Partial knowledge of content demonstrated	(2 pt) Full knowledge of content demonstrated	
5. References included in the presentation	(0 pts) No references presented		(1 pt) References presented		
6. Response to questions	(0 pts) Speaker not able to answer questions		(1 pt) Speaker able to partially answer questions	(2 pts) Speaker able to fully answer questions	
7. Purpose of presentation accomplished effectively	(0 pts) Purpose was not accomplished		(1 pt) Purpose was partially accomplished	(2 pts) Purpose was fully accomplished	
C. Structure: The framework that organizes the content					Total Possible: 15
8. Introduction: An opening device; personal introduction; states purpose	(0 pts) None included	(1 pt) Included one aspect	(2 pts) Included two aspects	(3 pts) Included all aspects	
9. Body: Following steps in logical order; smooth transitions	(0 pts) No	(1 pt) Included one aspect	(2 pts) Included two aspects		
10. Conclusion: Includes summary; asks for questions	(0 pts) No	(1 pt) Included one aspect	(2 pts) Included two aspects		
11. Presentation was well-structured to help audience understand and remember ideas	(0 pts) Steps not followed in a logical order	(1 pt) Presentation structured adequately	(2 pts) Presentation was highly structured and planned		
12. Theme/thesis was clear and speech was informative in nature	(0 pts) Theme was unclear and speech was uninformative	(1 pt) Theme was clear and information was sufficiently presented to inform the audience	(2 pts) Theme/thesis was clear and information was effectively presented to inform the audience		
13. Information was discussed in an intelligent and original manner	(0 pts) Information was inadequately discussed	(1 pt) Information was sufficiently discussed	(2 pts) Information was intentionally and effectively discussed in a highly intelligent and original manner		
14. Presentation held audience's interest	(0 pts) Interest was not maintained	(1 pt) Interest was partially maintained	(2 pts) Interest was fully maintained		
D. Mechanics of Presenting: How the speaker uses voice and body to present content					Total Possible: 12
15. Verbal: Projection; tone; speech rate; vocal variety	(0 pts) Was not effective to convey content	(1 pt) Sufficient to convey content	(2 pts) Effectively used to convey content	(3 pts) Intentional and dynamic use of verbal devices to convey content	
16. Non-verbal: Facial expressions; gestures to reinforce important points	(0 pts) Was not effective to convey content	(1 pt) Sufficient to convey content	(2 pts) Effectively used to convey content	(3 pts) Intentional and dynamic use of non-verbal cues to convey content	
17. Eye Contact with audience	(0 pts) No eye contact	(1 pt) Some eye contact	(2 pts) Sufficient eye contact	(3 pts) Intentional and effective use of eye contact	
18. Poise and confidence	(0 pts) Poise and confidence not displayed	(1 pt) Poise and confidence somewhat displayed	(2 pts) Poise and confidence sufficiently displayed	(3 pts) Poise and confidence effectively displayed	
(possible 37) Total Score:					