

# BUTTE COUNTY 4-H FOODS FIESTA INFORMATION

## GUIDELINES FOR FOOD PREPARATION and EXHIBIT

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

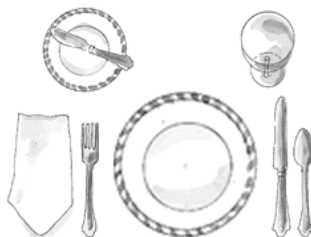
- Members **do not** need to be enrolled in a foods project to participate in 4-H Foods Fiesta.

### BEFORE THE EVENT...

- Youth select a favorite recipe from any source. The recipe should be age and ability appropriate. The recipe should not be prepared exclusively from commercial mixes. **Recipes CANNOT have any alcoholic ingredients. Any recipe containing alcohol will be disqualified.** The recipe must be entered into one of these categories:

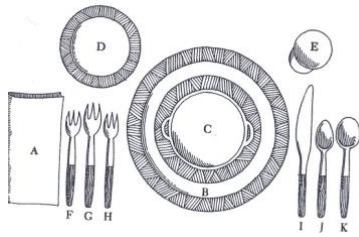
Appetizers / Snacks	Main Dish	Salads / Sides	Desserts
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- Food Preservation members prepare a dish using a product you have preserved. Use canned fruits, jams, jelly, etc. within a recipe, not alone.
- Youth will plan a nutritionally balanced menu including 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 or eggs used in your recipe.**

### **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 evaluated. 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.
- 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, and evaluation sheets.**

### **EVENT EVALUATIONS**

- Your 4-H Foods Fiesta exhibit will be evaluated by adult evaluators. You will be evaluated one time by 2 to 3 evaluators. The scores of the evaluators will be averaged to determine your award.
- Youth will receive the appropriate award (ribbon or pin) for their food exhibit.
- Details for the Exhibit scoring are listed below.

### **FOODS FIESTA EXHIBIT:**

Serve the evaluators 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:

- 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
- Public speaking skills – eye contact, gestures, tone, has presentation memorized or uses minimal notes

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

- Participants receiving 98 to 100 points on their Exhibit will receive a Pin & 1<sup>st</sup> place ribbon.
- Participants receiving 90 to 97 points receive 1<sup>st</sup> place ribbons.
- Participants receiving 80 to 89 points receive 2<sup>nd</sup> place ribbons.
- Participants receiving 70 to 79 points receive 3<sup>rd</sup> 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:**

Please prepare a short presentation (2 minutes minimum) to go with your food dish and exhibit. The presentation should be about the food that you 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. Other factors which will be considered are eye contact, tone, gestures, and presentation memorization.

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