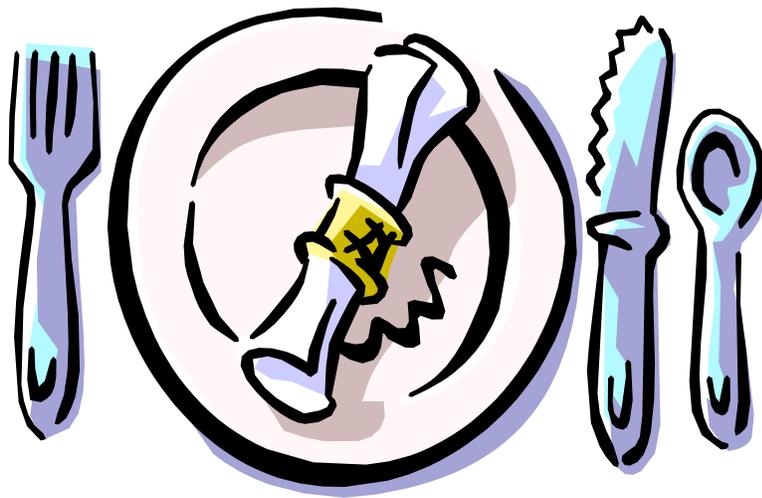


PLANNING GUIDE
FOR THE
FAVORITE FOOD SHOW CONTEST



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Planning Guide for Favorite Food Show

Congratulations on choosing the Favorite Food Show Contest. This is a fun contest that allows you to demonstrate your cooking skills and share your knowledge. You do not need to prepare a presentation, but you will need to be able to answer the judge's questions. This is a good contest for someone who is not comfortable with public speaking.

The objective of the contest is to allow 4-Hers the opportunity to experience meal planning and presentation while preparing a dish that they like. The 4-Hers learn about food preparation, food safety and nutrition while preparing for the show.

Favorite Food Show involves selecting a favorite dish and choosing a menu and table setting that complement the dish. Learning how to prepare the dish and what nutrients are in the dish.

So Where Do You Begin?

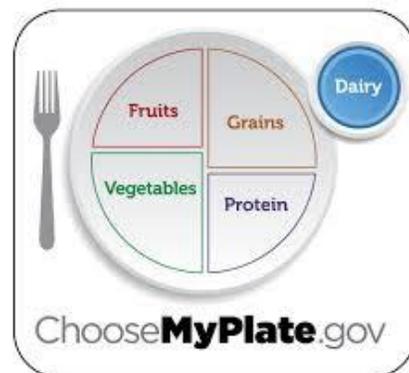
Start with a Recipe: Select a tested recipe from your 4-H Foods Project Book, a reliable cookbook or other dependable source. Avoid so-called "junk foods" with empty calories. Look for something that is a little different. Try to find a recipe that will fit a theme and has some nutritional value. Keep in mind how much of the preparation will need to be done on site at district, so choose something that is not too complicated. Select your recipe from one of the following groups: snacks, breads, sandwiches, salads, vegetables, fruits, beverages, and main dishes. Originality is encouraged. Can you change up a recipe to make it uniquely yours? Be sure you like the recipe, because you will be eating it often.

Practice preparing the favorite recipe until it can be done easily and a good product is achieved. You will need to be able to tell how it is made. You must be able to make your recipe in 1 hour or less.

Plan a menu for a meal including the favorite food. Be sure menu has a variety in texture, color, flavor, temperature and shape. Make sure the food groups in MyPlate are represented. How well does it fit the MyPlate Model?

Meal Menu Example:

Dinner
Foil-Packed Chicken Fajita Dinner
Tossed Salad with Dressing
Whole Grain Roll
Cherry Crisp
Glass of Milk



Match the foods in the menu to the MyPlate picture. Does this menu meet the MyPlate recommendations?

You need to know the cost per serving of your favorite food. You can figure this out by adding the cost of all ingredients, then divide by number of servings. Put this information on your recipe poster.

Here is how you figure the cost:

Foil-Packed Chicken Fajita Dinner

1 ½ cups instant brown rice (\$2.62 box)	\$1.31
1 teaspoon taco seasoning mix (\$.99 package)	\$.50
4 boneless skinless chicken breast halves (\$3.19/lb)	\$6.38
1 each green and red pepper	\$2.00
½ cup thick and chunky salsa (\$2.99/16oz)	\$.75
½ cup shredded cheese (\$4.00/lb)	\$.50
4 large sheets heavy-duty foil	<u>\$.50</u>
Total	11.94

Divide by 4 servings equals \$2.99 COST PER SERVING (for your Favorite Food)

Plan a full day menu being sure to include all of the appropriate servings during the day. Be sure to include Breakfast, Lunch, Dinner and a Snack.

Sign up for a profile on <https://www.supertracker.usda.gov> and learn exactly how much food you should be eating each day. Generally teenagers should eat 6 ounces of grains, 2 ½ cups of vegetables, 2 cups of fruit, 3 cups of dairy, and 5 ½ ounces of protein each day.

You might be asked how many calories you should eat a day or how much of a specific food group you should have. This is also good information to help you maintain a healthy weight.

Put the recipe and menu on two 8½ x 11 inch posters. On the recipe poster include: the ingredients, directions on how it is made, how many servings the recipe makes, and the cost per serving. Remember: you need to know how to make it by heart and be able to tell the judges as they read your poster. On the menu poster list your menu in proper order, you may want to highlight in some way your favorite food. Center the menu.

Simple decorations can be used on the poster. Be neat and make sure all words are spelled correctly. Posters may be created on the computer then put in frames or on poster board. Center the menu; write it according to information given. This is not a poster-making contest, but the poster is required and contributes to the overall appearance.

Posters need to stand up on the table. You may use a plate holder, picture frame, folder block or make something to make the poster stand up. Posters do not need to be rectangle in shape, but do need to be approximately 8 1/2 x 11 inches.

Recipe Poster Example:

Foil-Packed Chicken Fajita Dinner

1 ½ cups instant brown rice, uncooked
1 ½ cups hot water
1 teaspoon taco seasoning mix
4 small boneless skinless chicken breast halves
1 each green and red pepper, cut into strips
½ cup thick and chunky salsa
½ cup shredded cheese
4 large sheets heavy-duty foil

Heat oven to 400 degrees. Fold up all sides of each of the large sheets of heavy-duty foil to form 1-inch rim; spray with cooking spray. Combine rice, water and taco seasoning; spoon onto foil. Top with remaining ingredients. Bring up foil sides. Double fold top and ends to seal each packet, leaving room for heat circulation inside. Place in a 15 x 10 x 1-inch pan. Bake 30 to 35 minutes or until chicken is done (165 degrees). Let stand 5 minutes. Cut slits in foil to release steam before opening. Serves 4. Cost per serving \$2.99.

TIPS FOR PLANNING YOUR MENU

A menu must have a variety of colors, textures, temperatures, flavors, and shapes in order to be appealing. Be sure the menus for all the meals in your day have these traits. Also keep overall nutrition in mind. Your full day's menu must have the required number of servings from MyPlate.gov

VARIETY: Variety is the spice of life. So avoid repetition. Meals are the most interesting when a variety of foods and flavors are offered both within the meal and within the entire day.

TEXTURE: Contrast in texture is always good. It adds interest. All smooth foods are somewhat monotonous. So consider contrast when planning.

Examples of texture are:

<u>Crisp</u>	<u>Chewy</u>	<u>Hard</u>	<u>Soft</u>
Salads	Meats	Peanut Brittle	Puddings
Relishes	Taffy	Raw Vegetables	Sauces
Toast			Gravies
Crackers			Bananas

TEMPERATURE: Rule number one, serve cold foods cold and hot foods hot. Generally, lukewarm foods have lukewarm appeal.

Temperature contrast is important, too, regardless of weather. In warm weather, a good menu will include at least one hot food. In cold weather, crisp salads, chilled juices and ice cream make good contrasts for hot food.

SHAPES AND SIZES: A meal is more appealing when foods of different sizes, shapes and proportions are combined. Arrange food on the plate interestingly. Mound the potatoes, vegetables and salads, and place them all well within the rim of the plate.

COLOR: Mix colors. Be an artist with your use of color! Since we truly almost "eat with our eyes", the selection of colorful food combinations makes eating a greater pleasure. In arranging foods on the plate, place foods of contrasting color next to each other, whenever possible.

Garnishes add appeal to food. But they should be simple, as well as appropriate in flavor and color. Use with restraint. Unless artificial food coloring is used to bring out a food's natural color, it is wise to avoid its use. In most instances, it is much better to depend upon the true color of foods.

FLAVOR: Combine flavors. Build "appetite appeal" as well as "eye appeal" into your meals by flavor and flavor combinations.

- Contrast is always good, for bland foods complement foods with tang and zip. Mild flavors are best served first, stronger ones later, with sweets usually thought of as a suitable finale.
- Rely on flavor mates (foods made for each other): pork with apples, lamb with mint jelly, bacon and eggs, peanut butter and jelly.
- Some flavors mask others. Meat, for example, can be drowned in too much catsup, mustard, pickles and onions. Add small amounts at a time.
- Spice is nice, likewise herbs when used to enhance flavors in food. It's a good cook however, who uses them wisely. Watch salt!!!

Although there is really no right or wrong way to write a menu, there are some general guidelines.

- Capitalize all words except articles and prepositions.
- The items that compose meals should be grouped by courses, beginning with the first. The items of course are presented in order of greatest consequence. For example:

Broiled Sirloin Steak
Baked Potato Sour Cream
 Broccoli
 Hot Rolls

- When an item on the menu has a special accompaniment, you may either place the main item to the left and the accompanying item to the right, or you may center the main item and write the accompanying item underneath. For example:

Braised Pork Chops Applesauce
 or
 Braised Pork Chops
 Applesauce

- When a dish is accompanied by two or more items, center the former and space the latter on the same line to the right and left, or write them on the line below. For example:
- The beverage appears as the last item of the course with which it is served.
- Items like butter, cream, or salad dressing are not written on menus unless they are particularly interesting or different.

- Plan the spacing and arrangement of the items on the menu so that the written menu is symmetrical. Allow extra spacing between courses.

EXAMPLE FOR MENU

Breakfast

Oatmeal with Pecans

Toast

Juice

Lunch

Ham and Cheese Sandwich

Raw Vegetables Ranch Dip

Cookie

Milk

Snack

Granola Bar

Apple

Milk

Dinner

Foil-Packed Chicken Fajita Dinner

Tossed Salad with Dressing

Whole Grain Roll

Cherry Crisp

Milk

Look up the nutrition in your Favorite Food. The information in this book will help you or call your County Home Economist for details. The labels on the containers you use to prepare your food will have nutrition information you can use. You can also look up nutrition information for food on these websites www.myplate.gov and www.nutridata.com. You will only need the information on the main nutrients in the food.

You will be asked about the main nutrients in the food you have prepared. You should know the important nutrients and what they do for your body. You will also need to know some general nutrition. Why do our bodies need the nutrition available in your favorite food?

BASIC NUTRITION

There are six major classes of nutrients that we need to stay healthy.

1. **Water** - Water makes up 60-70% of our body weight. It is the largest component of blood that carries oxygen throughout our system. It is an essential part of every cell in your body. You need water to regulate your body temperature, for proper kidney function, and for every reaction that takes place in your body.
2. **Proteins** are the body's building blocks. They are a basic substance in all the body's cells and are essential for the growth, maintenance and repair of body tissues. Protein is made up of smaller units called amino acids. There are 22 amino acids in all. The body manufactures 14. The other 8 must come from the food you eat. The best quality protein

comes from animal sources and supplies all of these 8 amino acids in balanced amounts. The protein in plant foods (cereals, grains, peas, and beans) is not complete. Fortunately, you can combine plants foods for a high quality protein that supplies all 8 amino acids.

3. **Carbohydrates** are the fuel for your body. The foods (sugars and starches) from breads, cereals, grains, fruits and vegetables are your main energy source. Carbohydrate sources also supply fiber. Fiber is the part of the plant foods that you cannot digest. Fiber passes through your body undigested and adds bulk to the diet, aiding the regular elimination of wastes.
4. **Fats** help your body use proteins and carbohydrates efficiently. They are carriers for the fat-soluble vitamins, cushion and protect vital organs and have other important functions. Fats in the diet are not the same as adipose tissues (fat stores) in the body.
5. **Vitamins** are organic substances that are essential for good health. Your body cannot make vitamins. You must get them from the foods you eat. There are thirteen vitamins essential for good health and each one play a unique role in your body. There are two types of vitamins, fat soluble, which are stored in your liver and the other body tissues and water soluble, which are not stored to any great extent, but pass through your body rather quickly.

Fat soluble vitamins: stored in our body fat

Vitamin A - Helps eyes adjust to dim light. Helps keep skin healthy. Helps keep lining of mouth, nose, throat and digestive tract healthy and resistant to infection. It promotes growth and helps control bone growth.

Major sources: Liver, whole milk, some cheeses, egg yolk, dark green leafy vegetables, yellow fruits and vegetables, fortified products, butter, cream.

Vitamin D - Helps body use a calcium and phosphorus to build strong bones and teeth, important in growing children and during pregnancy and lactations.

Major sources: Fortified milk, exposure to sunlight.

Vitamin E - Helps keep red blood cells intact. An antioxidant. Protects Vitamin A from oxidation.

Major sources: Soybean, corn and cottonseed oils. Also widely distributed among foods.

Vitamin K - Necessary for clotting of blood.

Major sources: Green leaves such as spinach, cabbage, cauliflower and liver. Made in intestinal tract by bacteria.

Water soluble vitamins: not stored in our bodies

Vitamin C - Helps hold body cells together and strengthens walls of blood vessels. Helps in healing wounds. Helps body to build bones and teeth and absorb iron.

Major sources: Citrus fruits, tomatoes, strawberries, cantaloupe, cabbage, broccoli, kale, and potatoes.

Thiamin (B1) - Helps body cells obtain energy from food. Helps keep nerves in healthy condition. Promotes good appetite and digestion.

Major sources: Pork, liver and other organ meats, wheat germ whole grain or enriched cereals and breads, soybeans, peanuts and other legumes and milk.

Riboflavin (B2) - Aids in utilization of calories. Promotes healthy skin, eyes, and clear vision.

Major sources: Milk, organ meats, and enriched breads and cereals.

Niacin - Helps the cells of the body use oxygen to produce energy. Helps to maintain health of skin, tongue, digestive tract and nervous system. Aids digestion and fosters normal appetite.

Major sources: Lean meat, fish, poultry, liver, kidney, whole wheat and enriched cereals and breads, peanuts.

6. **Minerals**, like vitamins, are needed in small amount. Your body uses minerals to build bones and teeth and to help in various chemical reactions in your body.

Calcium - Assists in clotting of blood, building of bones and teeth, promotes proper functioning of nerves, heart and muscle.

Major sources: All forms of milk, cheese and ice cream.

Iron - Makes hemoglobin, the red substance in blood which transports oxygen to and from cells.

Major sources: Organ meats, oysters, lean meats, eggs, leafy green vegetables, dried peas, enriched breads, and cereals.

Here are some other quick tips for checking for nutrition in foods

The Color and Crunch Test. This test is surprisingly effective. Ask yourself – do your meals usually contain foods of three or more colors? Usually, a colorful plate is a healthy plate, containing a variety of different foods from different food groups. Crunchy foods like fruits, vegetables and whole-grains are good sources of fiber.

The Color Connection. Does the color of that bunch of leafy green spinach mean anything? You bet! Food colors are an indication of what nutrients the food contains. The darker or more intense the natural color, the larger amount of the nutrient present. Here, is a guide to Mother Nature's own natural "color code" to help you find, at a glance, the nutrients you need.

Green

Vitamins A & C – broccoli, kale, spinach, Brussels sprouts

Vitamin C – green peppers, cabbage

Iron – spinach, kale, collards

Fiber – most green vegetables

Brown

Rich in fiber, B vitamins, iron, moderate protein – nuts and grains

Darker color usually means higher fiber, nutrients – dark rye bread

But not always – brown sugar

White - Potassium, carbohydrates, protein

Carbohydrates, protein, calcium – milk

Protein – poultry

Carbohydrate – bread, mushrooms, cauliflower

They all have potassium

Purple/Deep Red

Iron – red meats, raisins, prunes

Fiber and Vitamin C – blueberries, blackberries, red cabbage

B vitamins – liver, organ meats

Red/Yellow/Orange

Vitamin C – oranges, lemons, strawberries

Vitamin A – yellow squash, peaches, apricots, egg yolk

Vitamin A & C – pink grapefruit, tomatoes, sweet potatoes, melon

Plan your table setting and centerpiece. Be sure to use dishes appropriate for your menu. Try to work everything around a theme

You will need to plan your table setting to fit on a card table. At district you will be required to provide your own. The reason we ask you to provide your own table, is so you will be able to practice and know exactly how to arrange your table. This reduces your last minute stress at the contest when the table you have is bigger or smaller than you were expecting. It also makes it easier on the host county who arranges for the facility.

You can create a mood with the centerpiece and other table appointments that you use. Try to create a theme with the things that you use. This theme can be set around the foods that you are using. Example: If you use a wok to do your foods, then you may want to set a table that says "ORIENTAL". If you have a fruit salad, you may want a summer theme.

You must have some type of center piece or focal point. Simplicity is the key to beauty. Do not try to overdo. Here are some tips for selecting a center piece.

A variety of textures and shapes can be used for the centerpiece when making an arrangement. Select containers carefully. The container has a lot to do with the effectiveness of the arrangement. Keep the container in proportion to the contents that it holds as well as to the area where it sets. Be sure the container is very clean.

Be sure to keep good color combinations in mind. The decoration can help to draw the whole place setting together. You can use your decoration to bring out some color if the rest of your place setting is too dull!

Remember, you can use items other than flowers and candles. Some examples are: fruit, vegetables, pinecones, toys, etc. Be bold and try something different. Express your own personality. The only thing to beware of is to make sure that whatever you use is not offensive at the eating table.

Candles should never be used without being lit. A candle's height should not interfere with the view of your guests. Either get them taller than eye range or shorter.

Keep the decoration in proportion to the size of the table. Very simply, don't get the decoration too large or too small. If it is too large, it will overpower the area. If it is too small, it will seem lost.

Watch the height of the arrangement. Don't get it too tall. Keep the view and conversation zones open. The key to height is that guests should be able to see the guests near them.

A decoration can consist of more than one item. Just be careful when combining things to watch the sizes, textures, colors, themes, etc.

When using flowers for a centerpiece, be sure to watch for offensive odors, bugs, or any other foreign matter.

CHOOSING YOUR TABLEWARE

Your menu is your guide for the dishes you will need. The dishes should fit your theme. If you are planning a picnic, don't use fine china. If your dish is being served as a snack, don't have a full dinner setting.

Be aware of your table size when choosing your settings. You must have your place setting, centerpiece, posters, and dish all on your card table. If your dish is large, you may want to use smaller plates in your place setting.

Don't go out and buy fancy dishes for the show. Be aware that accidents do happen and sometimes things get broken. You may want to check out your local thrift shop for that perfect plate or glass or borrow from a friend.

TABLESETTING **Basic Guidelines for Table Settings**

It is best to have some type of table cloth. Make sure you practice putting it on the table so that all of the sides hang straight.

Edge of table - place setting should be lined up 1" from the edge of table. If a placemat is used, it should line up on the edge and the place setting should be 1" from edge of placemat. (Use a small ruler to check and make sure everything is lined up even.)

If your menu has a dessert, place dessert dish above the dinner plate if the dessert can be put on the table before guests are seated. Place dessert dish in center of dinner plate if you would clear the dinner plate before serving dessert (leave dinner plate to be judged).

If the dish you are serving is served on a dinner plate, place dessert in position above the dinner plate.

If menu calls for an appetizer (juice, fruit cup or soup) which should be served in the center of the dinner plate, please do not exhibit with the place setting because the appetizer dishes should be cleared before main dish is served.

If the salad is served first, then it would be placed where the dinner plate is and removed before guests eat rest of meal.

Any more than two beverages served in glasses, continue to place them to the right of and lower than the last beverage glass

Be sure handle of cup is pointed out at a 45 degree angle..

WHAT SHOULD BE INCLUDED?

What you use in your place setting depends on the menu and the type of meal being prepared. A formal meal will require more than an informal meal.

	FORMAL	INFORMAL (FAMILY OR CASUAL SETTING)
TABLE COVERING	Table cloth or fancy placemat	Luncheon cloth or placemat or no covering (for picnic)
NAPKINS	Cloth	Cloth or paper
SILVERWARE	Knife, butter knife Fork, salad fork, dessert fork Spoon, soup spoon, dessert spoon Serving utensils appropriate for dish Use only those utensils needed	Knife Fork, salad fork Spoon, soup spoon Serving utensils appropriate Menu Eating utensils could be plastic
DISHES	Dinner plate, salad plate, dessert plate, bread & butter plate Salad bowl, soup bowl, dessert bowl Coffee cup and saucer	Dinner plate (other if needed) Bowls if needed Cup Dishes may be paper
GLASSWARE	Juice Glass Water Glass Beverage Glass	Water glass and/or beverage glass (May be paper)
DECORATION	Appropriate for place setting	Appropriate for place setting

Remember the following:

You need to only provide the utensils and dishes that will be needed to eat the menu you have planned.

The traditional way to place the napkin is the open corner of the napkin in the lower right hand corner next to the fork. You can try different ways with the napkin, but be prepared to explain the traditional way.

Do not place anything on the top of the napkin. The napkin is the first thing a diner should pick up.

When placing silverware on the table, place as many of each item as is needed to eat the meal. The general rule for the guest is to use the silverware from the outside in. In other words, if you had three forks, you would use the one farthest to the left first. The last one to be used would be the one closest to the plate.

The cutting edge of the knife should always be laid toward the plate.

Be sure that everything that you use to set the table is clean and free of water spots or finger prints.

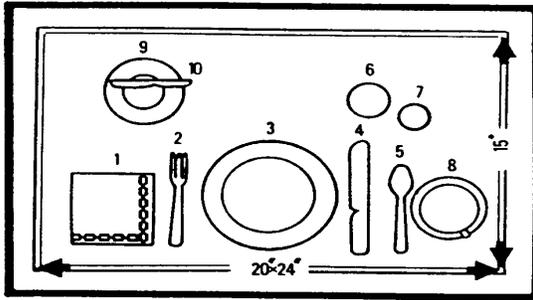


Figure 1. A cover ready for use.

- | | |
|-----------|---------------------------|
| 1. Napkin | 6. Glass of water |
| 2. Fork | 7. Glass of milk |
| 3. Plate | 8. Cup and saucer, or mug |
| 4. Knife | 9. Bread and butter plate |
| 5. Spoon | 10. Butter spreader |

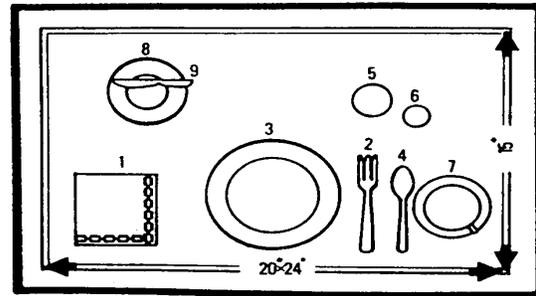


Figure 2. If the menu does not call for knives, forks may be placed at the right of the plate.

- | | |
|-------------------|---------------------------|
| 1. Napkin | 6. Glass of milk |
| 2. Fork | 7. Cup and saucer, or mug |
| 3. Plate | 8. Bread and butter plate |
| 4. Spoon | 9. Butter spreader |
| 5. Glass of water | |

REMEMBER TO PRACTICE GOOD FOOD SAFETY

Anytime we cook a food and serve it to someone we should be thinking about food safety. Many times how we handle food can keep us from getting sick.

You should always pull back your hair and wash your hands before preparing any food. You must wash your hands after handling raw meat and before touching anything else. Be sure all work areas are clean before you start and are washed thoroughly after handling raw meat.

Basic Food Safety can be broken down into 4 simple instructions:

Clean: Wash hands and surfaces often. You can't see, taste or smell them. They're sneaky little critters that can spread throughout the kitchen and get onto cutting boards, utensils, sponges, countertops, and food. They're foodborne bacteria – and if eaten, they can cause foodborne illness.

Separate: don't cross – contaminate. Did you know that improper handling of raw meat, poultry, and seafood could create an inviting environment for cross-contamination? As a result, bacteria can spread throughout the kitchen. Use two cutting boards, one for produce and one for raw meat. Prevent meat juices from dripping on to other foods.

Cook: to proper temperatures – Cooking food safely is a matter of degrees! Foods are properly cooked when they are heated for a long enough time and at a high enough temperature to kill harmful bacteria that can cause foodborne illness. These temperatures vary depending on the food. Refer to a chart in your cookbook. Keep Hot Food Hot. Serve at 140 degrees.

Chill: refrigerate promptly - Bacteria grow most rapidly in the Danger Zone of unsafe temperatures that are between 40 degrees F and 140 degrees F, so it's key to keep foods out of this temperature range. And since cold temperatures keep most harmful bacteria from growing and multiplying be sure to refrigerate food quickly.

The top four cool rules:

- ✓ The Chill Factor – Refrigerate or freeze perishables, prepared foods and leftovers within 2 hours or less. Marinate foods in the refrigerator.
- ✓ The Thaw Law – Never defrost food at room temperature. Thaw food in the refrigerator, in cold water, or in the microwave if you'll be cooking it immediately.
- ✓ Divide and Conquer – Separate large amounts of leftovers into small shallow containers for quicker cooling in the refrigerator.
- ✓ Avoid the Pack Attack – Don't over-stuff the refrigerator. Cold air must circulate to keep food safe.

Your judge will probably ask how you transported your items to the contest. Remember the food safety tips as you plan your favorite food.

As you are Planning You Should Consider the Rules of the Contest. Here are the main rules for County and District.

Contestants will need to furnish all supplies needed for the contest including table and plates for the judges. (For County you may use ½ of the big tables we have at the fairgrounds or bring your own.)

Parents or Agents not assigned to assist with the contest will not be allowed to be in the contest area.

Contestants are to check in with the superintendent, prior to unpacking and setting up, for the preparation schedule. The schedule will also be posted.

The only food the contestant will need to bring along to the contest is their favorite food dish. DO NOT bring along the other foods on the menu unless it is something that is needed for your dish. An example of this would be: If you were serving pancakes, you would then bring along the syrup or the topping that would be used.

Plan for table covering, placemats, dishes, glassware, silver and a centerpiece to use with the meal. This place setting, for one person, is to be arranged on an appropriate table. It is best to bring your own table, so the 4-Her will be comfortable with arranging the table and not have any surprises.

Put the recipe and menu on two 8 1/2 by 11 inch posters. Simple decorations can be used on the poster. Be neat and make sure all words are spelled correctly. The posters can be different shapes but should be close to the 8 1/2 by 11 inch size.

The contestant should serve each judge a small amount of the favorite food. Be sure to bring the appropriate paper products to do this.

The favorite food does not have to be prepared on site. The 4-Her must be able to explain how the food was prepared and safely transported to the contest.

4-Hers are responsible for bringing all utensils for preparing the dish if they prepare it on site and are responsible for cleaning their work area following the contest. Ten points will be deducted from the total score if a work area is left dirty.

As soon as we know what type of facility we will be using for district we will notify the county offices,

so that appropriate recipes can be selected. For County we will be using the concession area at the fairgrounds.

Remember when selecting a recipe and place setting, keep in mind transporting the items and the difficulty of setting up.

Often a dessert item is our favorite food, but they are not usually nutritious. Dessert items are not allowed in the contest. When selecting a recipe keep nutrition in mind.

The State Contest has slightly different rules which will be provided to interested participants.

THINGS TO THINK ABOUT BEFORE THE CONTEST

What will I use to get my supplies safely to the Favorite Food Show? A basket? A box?

Where will I put my box during the show?

How will I keep hot food hot; cold food cold. Will it spill? Can the food be transported easily?

Can I handle the food by myself since I will do all the set-up without help? (Parents are not allowed in the kitchen or contest room. Teen helpers are available to carry heavy boxes.)

BEFORE YOU LEAVE FOR THE CONTEST, MAKE SURE YOU HAVE THE FOLLOWING:

- ___1. Tablecloth or placemat
- ___2. Dishes, flatware, napkins, glass, etc.
- ___3. Centerpiece
- ___4. Card table
- ___5. Serving dish and utensil for Favorite Food
- ___6. Utensils needed to prepare dish
- ___7. All ingredients
- ___8. Items needed to clean up your work area

YOUR APPEARANCE AND CONDUCT ARE IMPORTANT

Be sure your:

Hands are Clean

Fingernails are Clean

Hair is Combed

Clothes are Neat (Costumes are discouraged)

Stand straight when talking to judges

Be attentive and quiet while judges talk to other contestants

Speak up so judges can hear you

DURING THE CONTEST

Relax and enjoy yourself. Smile and be friendly to the judges. The judges are understanding people and any suggestions they make are to help you learn and improve your techniques.

You will be asked to place one serving on the place setting dish for the judges. The serving dish should be placed on the table. (Note: If tasting luncheon is planned, please be prepared for additional servings.)

The only food you need to prepare or bring along to the contest is your favorite food that you selected as your entry. You **DO NOT** need to bring along the other foods on your menu, unless it is something that is needed for your dish. An example of this would be: if you were serving pancakes, you would then bring along the syrup or the topping that would be used.

Garnishes are good to use as they decorate the dish. Garnishes can add interest, color and design. Study what makes a good garnish.

The judges will ask you questions about your dish. Be prepared by studying the attached questions.

Sample Questions The Judges Might Ask You

1. How did you prepare this food?
2. Why did you choose this food?
3. What food group is it from?
4. What is the main nutrient in the food and what does this nutrient do in the body?
5. Why did you choose this centerpiece?
6. Why did you pick the other foods on the menu?
7. Why is this table setting appropriate for this food?
8. When did you prepare the food?
9. Was it frozen?
10. Was it refrigerated?
11. How was it handled for transporting to the contest?
12. How did you decide what dishes and silverware to use? (for instance: how many forks?)
13. What is the cost per serving of the favorite food?

This Guide was:

Revised from Southeast District Favorite Food Show Planning Guide prepared by Brenda Bishop, Quay County Extension Home Economist, 2001 which was Adapted from Favorite Food Show Planning Guide By Joy Best - Roosevelt County Extension Home Economist



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**Favorite Food Show Score Sheet
Southeast District (N-04)**

10-12 = Excellent

7-9 = Good

4-6 = Fair

3 = Poor

I. Exhibitor

- _____ A. Knows the MyPlate.
- _____ B. Knows the number of servings needed daily from each group.
- _____ C. Knows three main nutrients in the food prepared and explains use in the body.
- _____ D. Knows steps in preparing food.
- _____ E. Personal appearance. Clean, neat, well groomed, dressed appropriately for serving meal or snack.
- _____ F. Communicates effectively. This is where the judges can add or deduct points for contestant's behavior.

II. Favorite Food

- _____ A. Appearance
- _____ B. Texture
- _____ C. Taste
- _____ D. Color
- _____ E. Aroma
- _____ F. Temperature
- _____ G. Appropriate and attractive display of food.
- _____ H. Appropriate for carrying to the contest from the standpoint of food safety.

III. Menu

- _____ A. The menu for the meal is suitable to serve with food exhibited and for occasion selected.
- _____ B. Nutritionally sound menu for the meal which includes variety of food groups.
- _____ C. Variety of color, shape, texture, temperature, and flavor.
- _____ D. The full day menu includes the appropriate number of servings from MyPlate

IV. Display

- _____ A. Posters: Correct size (8 1/2" x 11"), attractive, readable, etc.
- _____ B. Appropriate for food served.
- _____ C. Attractive color scheme for dishes, table covering and food.
- _____ D. Appropriate decoration.
- _____ E. Correct placement (dishes, flatware, napkin, etc.)
- _____ F. Display area: Neatness around and under table.

_____ **Total Points**

_____ **Deduction of 10 points if work area is left dirty.**

Excellent: 228 – 288

Good: 180 - 227

Fair: 84 – 179

Poor: 0 - 83