



'23-'24 Lassen County 4-H Favorite Foods Day Guidelines & Information



DATE: Saturday, November 4, 2023
WHERE: Westwood Community Center, Westwood, CA
TIME: 10-10:45 AM Check-in and Set-up entries
10:30 AM Judges' Orientation
11:00 AM Judging begins in all divisions

HOSTS: Dyer Mountain 4-H Club & Standish 4-H Club

THEME FOODS: Beef Sandwiches, Potato Chowder, and Apple Delights

ENTRY DEADLINE: Monday, October 30, 2023, by 5:00 PM

***Late entries **will not** be accepted! ***

Entries can be returned to the 4-H office or register online at:

<https://surveys.ucanr.edu/survey.cfm?surveynumber=41649>

Lassen County 4-H Favorite Foods Day

Let's get cooking!

4-H Favorite Foods Day is a countywide event held once a year to provide a "Learn by Doing" educational experience for 4-H youth members. The purpose of this event is to give all 4-H members a chance to exhibit a favorite food, plan a balanced meal around the food, develop an appreciation of the relationship between good health and good nutrition, table settings, and a Theme Food dish. Members should make a product suitable for their age. **ALL 4-H members are encouraged to participate!**

- Divisions:**
1. Primary age, 5-8 as of December 31 of the current 4-H year
 2. Junior 4-H age, 9-10 as of December 31 of the current 4-H year
 3. Intermediate 4-H age, 11-13 as of December 31 of the current 4-H year
 4. Senior 4-H age, 14-19 as of December 31 of the current 4-H year

In each division, contestants may enter food in one of the following categories:

- * Salad * Main Dish * Dessert

Theme Food: Beef Sandwiches, Potato Chowder, and Apple Delights

AWARDS! AWARDS! AWARDS! AWARDS!

There will be cash prizes for 3 categories! Members receiving a gold seal will receive a Favorite Foods Day medal. Primary members are not eligible for cash prizes.

- **Best BEEF dish – Sponsored by Lassen County CattleWomen**
1st \$100, 2nd \$75, 3rd \$50
- **Best POTATO CHOWDER dish - Sponsored by Darcy Hanson**
1st \$75, 2nd \$50, 3rd \$30
- **Best APPLE dish -Sponsored by Standish 4-H Club**
1st \$75, 2nd \$50, 3rd \$30



Buffet late lunch will be served after all judging is completed so please bring a little extra to share.

FAVORITE FOODS DAY APPROXIMATE SCHEDULE:

10 to 10:45 AM Check-in and Set-up Entries

10:30 AM Judges' Orientation

11:00 AM **Judging begins in all divisions.** ALL ADULTS ARE ASKED TO STAY OUT OF THE JUDGING AREA. Place setting will be set up on the judge's side of the table. Each member is to stand by their food entry, serve each judge a sample, and answer any questions. Members must remain with their entry, if feasible, until all judging is completed for that category. When members are dismissed from their class, they are to go to the designated area. Following the completion of all judging, food will be open for viewing and picture taking.

Attendees will enjoy a buffet lunch featuring all the dishes entered in the Favorite Foods Day. Awards Ceremony will follow.

GENERAL RULES AND INFORMATION

1. FAVORITE FOODS DAY WILL BE HELD Saturday, November 4, 2023, at the Westwood Community Center.

2. ENTRY AND COPY OF YOUR RECIPE must be submitted by Monday, October 30, 2023, by 5:00 PM.
Late entries will not be accepted! This is important because we put together a recipe book for each participant and judge.

Entries and recipes can be returned to the 4-H office or register online at:

Survey link: <https://surveys.ucanr.edu/survey.cfm?surveynumber=41649>

3. CHECK IN PROCESS: All participants will check in between 10 and 10:45 AM by age division. At check in, participants will be shown where their age division and category should set up. Immediately after checking in, participants will take their entry in for set up and plating. After setting up, participants will go to seating area and wait to be called for judging.

4. THERE ARE TWO AREAS OF COMPETITION ENTRIES: One is the Favorite Foods Entry (menu, table setting and favorite food) and the second is an optional additional Table Setting Category which is an additional entry (and can be used again as a county fair still exhibit entry) and will be set up separate from the favorite foods competition. Each participant may enter only one “favorite food” entry. Be sure to fill out both entries on your entry form if you are doing both.

Participants will compete and be judged in a category open to their age division (see below).

- DIVISIONS:**
1. Primary (5-8 yrs. old) as of December 31
 2. Junior (9-10 yrs. old) as of December 31
 3. Intermediate (11-13 yrs. old) as of December 31
 4. Senior (14-18 yrs. old) as of December 31

CATEGORIES – All Favorite Food Categories are to be on Functional Table Settings.

In each division, contestants may enter food in **ONE** of the following categories:

- Salad
- Main Dish
- Dessert

6. THEME FOOD: Each year the host club selects a “Theme Food” for members to prepare.

This year’s Theme Food is: Beef Sandwiches, Potato Chowder & Apple Delights”

You do not have to make a dish that contains a theme food. Find a recipe that you like to make, and you enjoy eating!

7. TABLE SETTING CATEGORY- OPTIONAL (Not Required)

- Any currently enrolled 4-H member can participate in the TABLE SETTING category.
 - Any Primary (5 to 8 yrs. old) member can participate in the TABLE SETTING category.
- Primary members will not be judged but will receive comments, a certificate and participation ribbon.

8. EXPLANATION OF CATEGORIES

FAVORITE FOOD:

Exhibit only ONE serving of your selected item, NOT the entire menu. "Example"; if your menu consists of chicken, rice, and a salad, only one serving of the chicken is displayed on your table setting. THE RICE AND SALAD ARE NOT EXHIBITED!

The entire recipe may not be a packaged product (such as a cake mix, etc.) or a pre-mixed item (such as pre-boxed cookie mixes, casseroles, etc.) These items can only be ingredients of the recipe.

Select a food that is easy to transport and will retain its attractive appearance. The favorite food is judged on appearance, flavor, and texture.

Participant will bring to the contest a food he/she has prepared at home. The exhibit should include a serving dish containing all of the food made from the recipe entered. An exception would be in the case of a quantity recipe; such as cookies or appetizers, in which case an attractive arrangement should be made.

The participant will set up a place setting using dishes and flatware appropriate for the course with which the exhibited food will be served and a copy of the menu. The participant will arrange his/her own exhibit on a table provided by show coordinators.

Entrants must bring the entire prepared recipe; two servings for judges and the rest to share at the buffet.

Individual portions of the dish entered will be served to the judges on the participant's place setting.

The participant will display his/her menu.

Participants are to provide their own equipment and supplies, such as individual place setting, etc.

Participants need to arrive early so the show can begin on time. Each participant is responsible for his/her own preparation, exhibiting and clean-up.

Participants need to dress neatly and have clean hands and fingernails. **4-H uniform is recommended, but not required.** Aprons are also permitted. Long hair should be pulled back and secured as a health consideration.

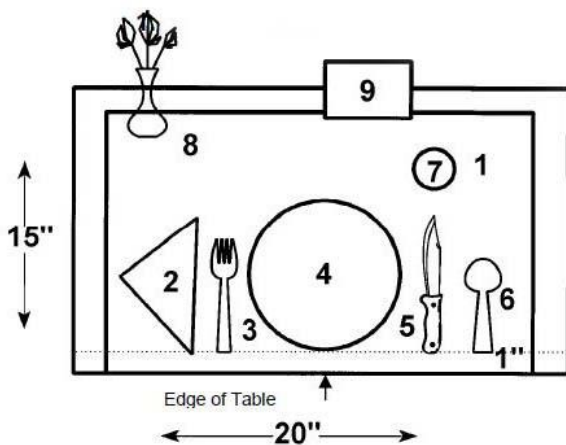
Only participants may enter the "set-up and display" area prior to and during competition. No exhibit may be removed before the conclusion of the event.

MENUS: Must be filled out for Favorite Food competition. PLEASE PRINT CLEARLY OR TYPE. The menu should list a nutritionally sound meal, keeping in mind the Basic Food Groups (The only food item you bring is that of your favorite food). Designate the favorite food in parentheses on your menu card.

FORMAT FOR MENUS

1. Designate your favorite food in parentheses. Example: Surprise Casserole (Favorite Food).
2. Capitalize all words except articles and prepositions (i.e. and, the, or, etc.). PRINT CLEARLY OR TYPE.
3. Food items that make up a meal should be grouped by courses beginning with the first course. The food items in each course are presented in order of greatest importance. For example, sirloin steak precedes baked potato.
4. The beverage appears as the last item of the course with which it is served. Menus should be appropriate for serving 4-H members. *Wine is an inappropriate beverage*, although it may be used as a cooking ingredient since the alcohol evaporates in the cooking process.
5. Such items as butter, cream, sugar or salad dressing are not written on menus unless they are part of the recipe or particularly interesting or different.

TABLE SETTINGS



SCORECARD FOR JUDGING TABLE SEGMENTS CRITERIA

Correctness	15%
Artistic Arrangement.....	20%
Originality	20%
Appropriateness	15%
Over-All Picture	25%
Menu	5%
TOTAL	100%

Table Setting Segment – Functional

1. Placemat (or some type of table covering no larger than a placemat) set to the edge of table. Only one placemat is allowed regardless of size. Placemat must fit in allowable space.

2. Napkin (napkin ring is permissible) can be placed anywhere on the placemat, i.e.; next to fork, in glass, on plate, etc.

3. **Fork (use only one, regardless of menu). i.e., a salad fork may replace a dinner fork.

4. In the middle of the placemat, a plate or the type container you prefer for 1 serving of your favorite food. Maximum of two (2) containers can be used. For example, a salad plate or a soup bowl on top of a dinner plate.

5. **Knife (use only one, regardless of menu) i.e., a steak knife may replace a dinner knife.

6. **Spoon (use only one, regardless of menu. i.e., a soup spoon may replace a teaspoon

7. Container appropriate for beverage. (Empty not filled) drinking glass, teacup, etc. Napkin may be placed in beverage container.

8. Table decoration is limited to 10" in height and in proportion to a single place setting. Examples: candle, bud vase, statue, floral basket, etc.

9. Menu card. A menu is used with your favorite food entry *and a recipe card is **only** used in the optional table setting competition.*

Note:

The 1" mark in the diagram above refers to the plate, utensils and napkin from the edge of the placemat.

Each participant will have a table space of 15" x 20". Do not include serving dishes, platters, casseroles, etc., on the table since space is limited.

Coordinate your place setting considering unity in color, texture, and design.

Place settings should be suitable for the favorite food you are serving. For example, a dinner plate for a main dish; or a salad or dessert plate for a salad, dessert, or snack.

AWARDS

Judging in each class will be on the Danish System. That is, each entry will be judged on individual merit. Selection for Special cash awards will be at the Judges' discretion.

Special Cash Awards (Primary members are not eligible for cash awards):

Special cash awards will be given for:

- Best BEEF Dish
Sponsored by Lassen County CattleWomen
- 1st \$100, 2nd \$75, 3rd \$50
- Best POTATO CHOWER Dish
Sponsored by Darcy Hanson
- 1st \$75, 2nd \$50, 3rd \$30
- Best APPLE Dish
Sponsored by Standish 4-H Club
- 1st \$75, 2nd \$50, 3rd \$30

Certificates of participation with gold, blue or red seals will be awarded to all entrants. Gold award recipients who prepare a dish, will receive a Favorite Foods Day medal for their hat.

Again, primary members may not be judged and will receive participation ribbons, certificates, and special gift.

All entrants will receive a cookbook that includes all the recipes! These cookbooks can be a nice addition to your thank you gift to your buyer at the Junior Livestock Auction.



FOOD SAFETY PREPARATION GUIDE

To Prevent Food Poisoning:

- All food should be prepared with fresh ingredients.
- Keep hands, utensils and food preparation area clean.
- Wash hands and fingernails thoroughly with soap and water for 20 seconds before, during and after preparation.
- Do not let juices from raw meat, poultry or seafood come into contact with other food.
- If food is prepared in advance, refrigerate immediately when cooking is completed.
- Preheat the food in oven for 40 minutes or until food is thoroughly heated through before you leave home; plan it so food will be removed from oven just before you leave home.
- Pack food so it will stay hot/cold while you are traveling. There will be no further heating or chilling facilities available.
- Some foods may travel better if the favorite food is brought to Favorite Foods Day whole fruit pies or casseroles are good examples. When you arrive, cut and display one serving.
- When displaying your favorite food item, avoid touching food with fingers. Wash hands with soap and water before handling food!

4-H FAVORITE FOODS DAY
Lassen County 4-H
CHECKLIST

- Plate**
- Fork**
- Spoon**
- Knife**
- Napkin**
- Serving Utensil (Large spoon, fork, etc.)**
- Beverage Glass**
- Menu Card**
- Favorite Food Entry**
- Placemat**
- Centerpiece**

Preparation Script

Setup

Arrive 15 minutes before your appointment. Member sets up dish without adult assistance and puts away unneeded packaging. Be sure their hands do NOT touch their mouth, face or hair during the judging.

Self-Introduction

My name is _____ from _____ 4-H.
This is my _____ year in 4-H.

Recipe

For Favorite Foods Day, I made _____.
The ingredients are

To make it, I

Serve

Would you like to try some?
(Serve without using fingers to touch the food.)

Questions and Answers

Be sure to review details in the preparation's notes.



Lassen County 4-H

'23-'24 Favorite Foods Day Entry Form

Entry Deadline: October 30, 2023

Name _____ 4-H Club _____

Phone _____ Email _____

Division (Please circle one):

Age as of December 31 of the current year:

Primary (5-8 years old)

Intermediate 4-H age (11-13 years old)

Junior 4-H age (9-10 years old)

Senior 4-H age (14-18 years old)

FAVORITE FOODS ENTRY

_____ I have attached my recipe – I have it neatly written or typed and have double checked the ingredients and directions for accuracy. ****Please note: Your recipe must be attached to the entry form!***

Recipe Name: _____

I am entering my recipe in the following category: ✓ Please check one

_____ Salad

_____ Main Dish

_____ Dessert

To be eligible for the Special Cash Awards (*sorry, no primary members*) please indicate if your recipe contains any of the following:

_____ Beef

_____ Potato

_____ Apple

_____ Other (no cash prizes)

ADDITIONAL TABLE SETTING ENTRY (OPTIONAL) ✓ If you are entering one:

_____ Table Setting



Lassen County Favorite Foods Day

Foods Score Sheet

Name: _____

Club: _____

Circle Age Division: **Primary** (5-8 yrs)

Junior (9-10 yrs)

Intermediate (11-13 yrs)

Senior (14-18 yrs)

Recipe Name: _____

_____ Recipe contains BEEF

_____ Recipe contains POTATO

_____ Recipe APPLE

	<u>Possible Score</u>	<u>Your Score</u>
1. The Exhibitor: (25 points)		
Neat in appearance. Uniform encouraged <u>but not required</u> . Personal cleanliness.	(5)	_____
Pleasant, interested attitude	(10)	_____
Delivery of Presentation	(10)	_____
2. Menu: (20 points)		
Menu nutritionally balanced	(10)	_____
Color combination of foods	(5)	_____
Menu on Display	(5)	_____
3. Taste Favorite Food Exhibit: (35 points)		
Flavor	(25)	_____
Good color (eye appeal)	(5)	_____
Good texture	(5)	_____
4. Place Setting: (20 points) (For course being served)		
Appropriate place setting (color, texture, & design)	(10)	_____
Correct order of utensils & dishes for food being served	(5)	_____
Theme: Does food item follow theme of menu?	(5)	_____
<i>Total Possible pts (100)</i>		

Placing: GOLD 90-100
BLUE 80 – 89
RED 79 & below
GREEN Primary

TOTAL SCORE: _____

Placing: _____

Judge's Initials: _____

Comments: _____



Lassen County Favorite Foods Day

Table Setting Score Sheet



Name: _____

Club: _____

Circle Age Division: **Primary** (5-8 yrs) **Junior** (9-10 yrs) **Intermediate** (11-13 yrs) **Senior** (14-18 yrs)

	<u>Possible Score</u>	<u>Your Score</u>
MENU CARD	20	_____
Appropriate for skill level		
Appropriate to theme		
Well-balanced		
Neat and attractive card		
SETTING	60	_____
Complete		
Correct placement		
Attractive		
Appropriate to theme & menu		
Cleanliness		
Centerpiece		
Originality/creativity		
INTERVIEW	20	_____
Age level: knowledgeable regarding nutrition/menu		
Poised and confident		
Responses demonstrate project knowledge		
Articulate/vocal qualities		
Total Possible pts (100)		Total Score: _____

Placing: Gold 90-100, Blue 80-89, Red 79 & below, Green-Primary

Table Setting Segment – Functional:

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5. **Knife (use only one, regardless of menu) i.e. a steak knife may replace a dinner knife.
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7. Container appropriate for beverage. (Empty not filled) drinking glass, teacup, etc. Napkin may be placed in beverage container.

8. Table decoration is limited to 10" in height and in proportion to a than a placemat) set to the edge of table. Only one single place setting. Example: candles, bud vase, statue, flowers, etc.

9. Menu card. A menu is used with your favorite food entry and a recipe favorite food entry **and a recipe card is *only* used in the optional table setting competition.**

Note:

- The 1" mark in the diagram above refers to the plate, utensils, and napkin from the edge of the placemat.
- Each participant will have a table space of 15" X 20". Do not include serving dishes, platters, casserole, etc. Table has limited space.
- Coordinate your place setting considering unity of color, texture, and design.
- Place setting should be suitable for the favorite food you are serving. Example: dinner plate for main dish, salad plate or dessert plate, etc

