

2021 Napa County 4-H



Favorite Foods Day Guidebook

Introduction

Favorite Foods Day is a countywide event held once a year to provide a “Learn by Doing” educational experience for 4-H youth members, whether or not they are enrolled in a 4-H Foods Project. Emphasis for this event is on meal preparation, nutritional knowledge, menu planning, food safety, table setting, and a Favorite Food item. Members should make a product suitable for their age. ALL 4-H members welcome!

Favorite Foods Day Schedule

8:00 a.m. - 8:45 a.m.	Event Setup (Staff/County Ambassadors Only)
8:45 a.m. - 9:00 a.m.	Judges Orientation
9:00 a.m. - 9:30 a.m.	Registration & Participant Setup
9:30 a.m. - 11:00 a.m.	Judging & Interviews (every 10 minutes) Judge Tabulations
11:00 a.m. - 11:15 a.m.	Awards Ceremony
11:15 a.m. – 11:30 a.m.	Cleanup

**** Please Note:** This schedule is tentative and subject to change.

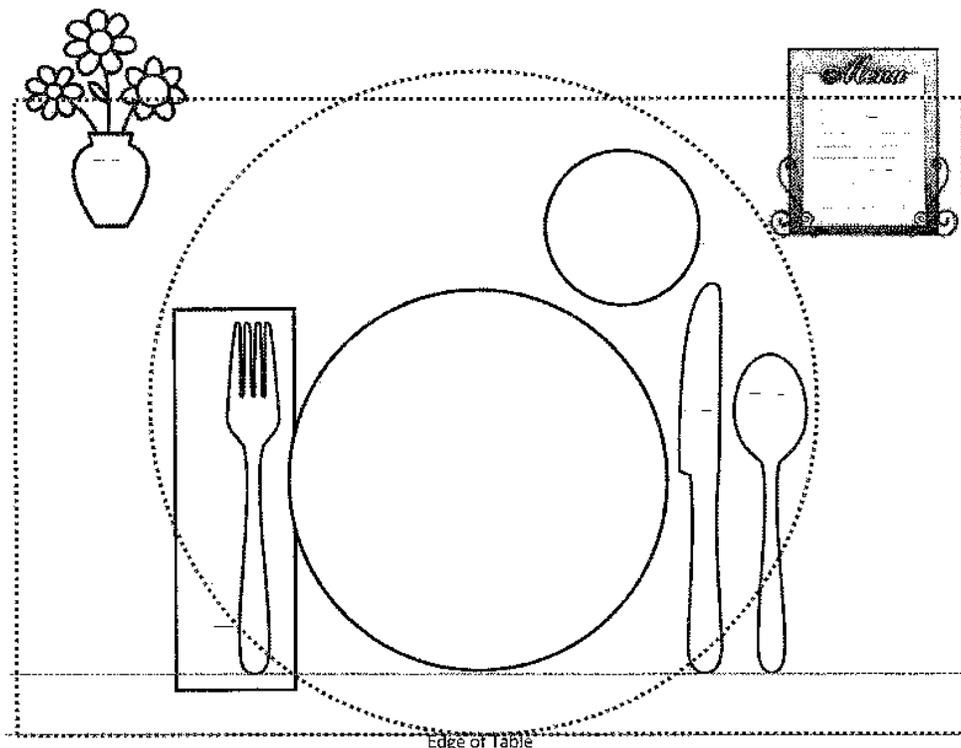
Favorite Foods Day Rules & Guidelines

1. Categories and Eligibility: All currently enrolled 4-H youth members (all ages, any project) may enter. Participants must be present to setup and display their own entry. In accordance with California State 4-H guidelines, primary members are not allowed to participate in competitive events and therefore will not be scored, but will receive participation awards.
2. Divisions: Divisions include Primary (ages 5-8), Junior (ages 9-10), Intermediate (ages 11-13), and Senior (ages 14-19).
Please Note: Age as of December 31 of the previous year.
3. Setup: All setting up of entry or display must be done solely by the contestants (no help from parents, guardians, project leaders, etc.).
4. Awards: Judging will be based upon the Danish System. That is, each entry will be judged against a standard on individual merit. The seals awarded will be blue (Excellent), red (Good), and white (Fair). Primary members are not eligible for awards, but will receive participation prizes. Certificates of participation with seals will be awarded to all entrants
5. 4-H Uniform: The 4-H uniform is not required for participation. However, if you choose not to wear the 4-H uniform, please follow the California 4-H Dress Guidelines for Business Casual events. Long hair should be pulled back and secured as a health precaution.

Favorite Foods Day Contest Requirements

4-H member participants will:

- ✓ Design a complete, coordinated **menu** that follows the USDA My Plate guidelines.
- ✓ Prepare **one (1) “Favorite Food” item** from the menu according to the Division and Classes. Only one selected menu item is exhibited, NOT the entire menu. For example: if the menu consists of Cesar salad, Steak, Garlic Mashed Potatoes, and Apple Pie and the “Favorite Food” item is the Apple Pie, then only that item is exhibited on the table setting.
- ✓ Include a **recipe card** for the “Favorite Food” item exhibited.
- ✓ Create a themed **table setting** to display the “Favorite Food” item that includes a placemat, napkin, plate(s), fork, knife, spoon, cup/glass, and optional decoration. Decoration examples may include candles, vase, props, etc.
- ✓ Participate in an **oral interview** conducted by a judging panel where they will be asked about the menu, nutritional value of the foods, choice of place settings, general questions about preparation techniques used, and food safety concerns.



Favorite Foods Day Judging Criteria

Scoring Rubric (Primary Members)

Name _____

Name of Club _____

Title _____

	CHECK OFF	COMMENTS
MENU & RECIPE		
Menu follows the USDA My Plate guidelines	_____	
Includes recipe for Favorite Food	_____	

TABLE SETTING		
Uses an attractive color scheme, is well coordinated, and relates to a theme or occasion	_____	
Includes appropriate utensils and dishes for the food	_____	

FAVORITE FOODS		
Food is displayed in a pleasing manner (appearance)	_____	
Favorite Food tastes good	_____	

INTERVIEW & FOOD SAFETY KNOWLEDGE		
Demonstrates proper knowledge of the handwashing process	_____	
Interview shows appropriate knowledge of the entry and preparation process	_____	

PERSONAL APPEARANCE		
Hands, nails, and hair are clean and neat	_____	
Clothes and shoes are clean and neat	_____	

GREEN SEAL (Primary Members Only)	_____	
--	-------	--

Interview Questions (Primary Members)

1. Why is this your Favorite Food?

2. Can you tell us the proper way to wash your hands when preparing food?

The proper way to wash hands to kill germs is:

Wet hands

Apply soap

Briskly rub hands for 20 seconds

Rinse

Dry hands on clean towel

3. Is there anything else you would like to share about your recipe, how you prepared your Favorite Food, or something new you learned?

Scoring Rubric (Junior, Intermediate, & Senior Members)

Name _____

Name of Club _____

Title _____

Classification: Junior Intermediate Senior

MAXIMUM POINTS		POINTS EARNED	COMMENTS
MENU & RECIPE			
5	Shows a balance of color, texture, and flavor	_____	
5	Menu follows the USDA My Plate guidelines	_____	
5	Recipe includes a clear description of preparation; complexity of techniques/steps appropriate for age	_____	
NUTRITION			
10	Able to describe one MyPlate food group and identify its importance in our daily diets	_____	
10	Can name an important nutrient in their favorite food	_____	
10	Knows why our body needs that nutrient	_____	
TABLE SETTING			
5-10	Uses an attractive color scheme, is well coordinated, and relates to a theme or occasion	_____	
5 10	Includes appropriate utensils and dishes for the food	_____	
FAVORITE FOODS			
10	Food is displayed in a pleasing manner (appearance)	_____	
10	Flavors are well blended and taste good	_____	
INTERVIEW & FOOD SAFETY KNOWLEDGE			
5	Demonstrates food safety knowledge appropriate for age	_____	
10	Interview shows appropriate knowledge of the entry and preparation process	_____	
PERSONAL APPEARANCE			
5	Hands, nails, and hair are clean and neat	_____	
5	Clothes and shoes are clean and neat	_____	
100	TOTAL POINTS	_____	

BLUE SEAL = 100 – 85 Points

RED SEAL = 84 – 65 Points

WHITE SEAL = 64 and below

Interview Questions (Junior, Intermediate, & Senior Members)

1. There are five (5) MyPlate food groups: fruits, vegetables, grains, protein, and dairy. Describe one of the food groups and tell me its importance in our daily diets.

Fruits

Vegetables

Grains

Protein

Dairy

Find information on each food group at: www.myplate.gov

2. What is an important nutrient in your Favorite Food? Why does our body need that nutrient?

The six essential nutrients are vitamins, minerals, protein, fats, carbohydrates, and water.

3. What are the steps you followed to prepare your entry?

4. What was the most difficult step in the preparation of your entry?

5. What did you learn in preparing for Favorite Foods Day?

6. How did you decide on what to do/make for your entry?

7. What, if anything, would you do different or change next time?

Food Safety Knowledge Questions (Junior, Intermediate, & Senior Members)

1. Describe different ways that you can safely defrost food at home.

In the refrigerator, never on the counter. Foods should never be thawed on the counter. Even though the center of the package may still be frozen as it thaws on the counter, the outer layer of the food is in the "Danger Zone," between 40°F and 140°F – at temperatures where bacteria multiply rapidly.

In the microwave only if you are going to cook it immediately. When microwave defrosting food, plan to cook it immediately after thawing because some areas of the food may become warm and begin to cook during microwave defrosting. Holding partially cooked food is not recommended because any bacteria present wouldn't have been destroyed and may have reached optimal temperature for bacteria to grow.

In cold water. The food must be in a leak-proof package or plastic bag. The bag should be submerged in cold tap water, changing the water every 30 minutes so it continues to thaw. Small packages of meat or poultry (about a pound) may defrost in an hour or less. A three to four pound package may take two to three hours.

As part of the cooking process. Frozen foods can safely be cooked in the frozen state. Be sure to stir foods to ensure even cooking.

2. What are the four "Basics" for handling food safely?

Clean – Wash hands and surfaces often.

Separate – Don't cross-contaminate.

Cook – Cook to proper temperatures

Chill – Refrigerate promptly.

3. What is the best way to handle leftovers?

Refrigerate leftovers within two hours of cooking, discard any food left out at room temperatures for more than two hours (one hour if room temperature is above 90°F).

Cool food in shallow containers, no more than two inches deep, in the refrigerator.

Reheat leftovers to a temperature of 165°F.

Reheat soups, gravies, and sauces to a rolling boil.

4. What is the best way to keep hot foods hot and cold foods cold when transporting them to an event?

Hot Foods – To keep food hot, place a wrapped dish in an insulated food (ice) chest. Pack chest with towels or newspaper for more insulation.

Cold Foods – Use insulated food (ice) chest or jugs packed with ice to keep foods cold.

5. Name three methods used to preserve food.

Canning

Drying

Freezing

California 4-H Dress Guidelines

11/2017

University of California
Agriculture and Natural Resources



Proper dress and grooming for an occasion is a matter of exercising good judgment. Dressing well for all 4-H occasions is a skill that individuals should gain knowledge of and value its significance. Adults, members and 4-H staff should encourage this important lesson.

General Guidelines

4-H encourages youth and adults to express their individuality within the parameters of the below general guidelines. All clothing shall be neat, clean, acceptable in repair and appearance, and should be worn as appropriate for 4-H events and activities. Articles of clothing that display profanity, products or slogans that promote tobacco, alcohol, drugs and sex are prohibited. All participants at 4-H programs should wear clothing (including swimsuits when needed) that is not revealing. Clothing and bathing suits should cover all reproductive anatomy, including breasts, genitals, and buttocks. Any participant whose clothing reveals reproductive anatomy will be asked to change into clothing that is not revealing. Items of clothing that expose bare midriffs, cleavage (front or back), undergarments or that are transparent (see-through) are prohibited. Clothing and footwear should be worn that is appropriate for the activity performed and the terrain the activity is performed in. Additional clothing considerations/restrictions may apply for safety reasons (see 4-H Safety Manual and/or the adult in charge of the event or activity). These general guidelines apply to 4-H members, adult volunteers, program participants and those in attendance at 4-H YDP events, meetings and activities.

	Casual (Meetings, travel days, evening entertainment, camp, etc.)	Business Casual (County and sectional contests, conference assemblies, workshops, roundtable discussions, etc.)	Business (Visits to state capitol, interviews, etc.)
Examples:	<p>Jeans, khakis, shorts, skirts, t-shirts, tennis shoes, flip flops, sandals.</p> 	<p>Slacks or dress pants, button down shirts, polo shirts, blouse, dress/career shoes, boots.</p> 	<p>Suits with dress slacks or skirts, dress slacks with a shirt and tie, blouse, button down shirt, jacket or sweater, dress/career shoes, boots.</p> 

It is the policy of the University of California (UC) and the UC Division of Agriculture & Natural Resources not to engage in discrimination against or harassment of any person in any of its programs or activities (Complete nondiscrimination policy statement can be found at <http://ucanr.edu/sites/anrstaff/files/176836.doc>). Inquiries regarding ANR's nondiscrimination policies may be directed to UCANR, Affirmative Action Compliance & Title IX Officer, University of California, Agriculture and Natural Resources, 2801 Second Street, Davis, CA 95618, (530) 750-1397.

Head • Heart • Hands • Health





United States Department of Agriculture

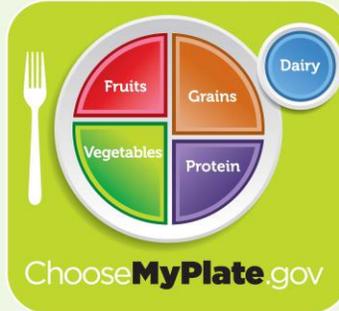
EAT THE MYPLATE WAY

Enjoy your food but eat less.

Avoid oversized portions.

Make half your plate fruits and vegetables.

Make at least half your grains whole.



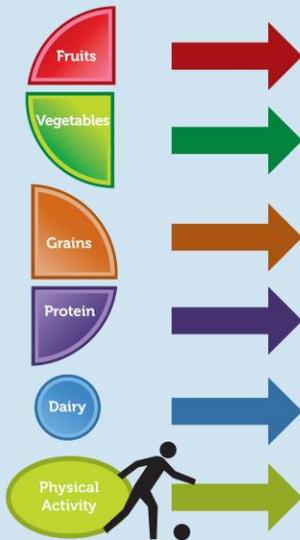
Compare sodium, sugars, and saturated fats in foods and choose the foods with lower numbers.

Drink water instead of sugary drinks.

Switch to fat-free or low-fat (1%) milk.

Be active your way.

HOW TO FILL MY PLATE



Apples • Bananas • Grapefruit • Lemons • Oranges • Strawberries
Cantaloupe • 100% Apple Juice • 100% Grape Juice

Dark Green Leafy Lettuce • Broccoli • Potatoes • Corn
Butternut Squash • Red Pepper • Garbanzo Beans • Zucchini

Brown Rice • Rolled Oats • Popcorn • Whole-Wheat Flour
Whole-Wheat Spaghetti • Bulgur • Whole Rye • Quinoa

Lean Cuts of Beef, Pork, Chicken • Eggs • Black Beans • Lentils
Soy Beans • Almonds • Walnuts • Haddock • Salmon • Shrimp • Tuna

Fat-Free or Low-Fat (1%) Milk, Yogurt, Cheese
Calcium-Fortified Soy Milk

Walking • Jogging • Biking • Hiking • Tennis • Basketball
Soccer • Swimming

GET STARTED!



Use ChooseMyPlate.gov for health tips and resources.



Select your daily food plan on ChooseMyPlate.gov. Use it as a guide to building a healthy plate.



Determine how many calories you should consume per day using SuperTracker.usda.gov

Be a BAC Fighter

Make the meals and snacks from your kitchen as safe as possible. **CLEAN:** wash hands and surfaces often; **SEPARATE:** don't cross-contaminate; **COOK:** to safe temperatures, and **CHILL:** refrigerate promptly. Be a BAC Fighter and reduce your risk of food borne illness!



Visit "Ask Karen" at FoodSafety.gov to ask a food safety question

Call the USDA Meat & Poultry Hotline:
1-888-MPHotline (1-888-674-6854)

FDA Food Information Line
1-888-SAFEFOOD (1-888-723-3366)

See www.fightbac.org for free downloadable brochures, fact sheets, stickers, and other great stuff! Materials for educators can be ordered through the on-line BAC store!

The mission of the non-profit Partnership for Food Safety Education is to end illness and death from food borne infection.

Please go to www.fightbac.org for more information on how you can get involved and to sign up to receive food safety e-cards!

Sign up to be a BACFighter at www.fightbac.org

Apply the heat... and Fight BAC!®

Cooking food to the safe temperature kills harmful bacteria. So **Fight BAC!®** by thoroughly cooking your food as follows:

SAFE MINIMAL INTERNAL TEMPERATURES	
<i>As measured with a food thermometer</i>	
Beef, pork, veal and lamb (roast, steaks and chops)	145°F with a 3-minute "rest time" after removal from the heat source.
Ground Meats	160°F
Poultry (whole, parts or ground)	165°F
Eggs and egg dishes	160°F Cook eggs until both the yolk and the white are firm. Scrambled eggs should not be runny.
Leftovers and casseroles	165°F
Fin Fish	145°F
Guidelines for Seafood	
Shrimp, Lobster, Crabs	Flesh pearly and opaque
Clams, Oysters and Mussels	Shells open during cooking
Scallops	Milky white, opaque and firm

2011 PFSE



FIGHT **FOODBORNE BACTERIA**

Four Simple
Steps to
Food Safety

www.fightbac.org



BAC (foodborne bacteria) could make you and those you care about sick. In fact, even though you can't see BAC—or smell him, or feel him—he and millions more like him may have already invaded the food you eat. But you have the power to *Fight BAC!*®.

Foodborne illness can strike anyone. Some people are at a higher risk for developing foodborne illness, including pregnant women, young children, older adults and people with weakened immune systems. For these people the following four simple steps are critically important:



CLEAN: Wash hands and surfaces often

Bacteria can be spread throughout the kitchen and get onto hands, cutting boards, utensils, counter tops and food. To *Fight*

BAC!®, always:

- Wash your hands with warm water and soap for at least 20 seconds before and after handling food and after using the bathroom, changing diapers and handling pets.
- Wash your cutting boards, dishes, utensils and counter tops with hot soapy water after preparing each food item and before you go on to the next food.
- Consider using paper towels to clean up kitchen surfaces. If you use cloth towels wash them often in the hot cycle of your washing machine.
- Rinse fresh fruits and vegetables under running tap water, including those with skins and rinds that are not eaten.
- Rub firm-skin fruits and vegetables under running tap water or scrub with a clean vegetable brush while rinsing with running tap water.



SEPARATE: Don't cross-contaminate

Cross-contamination is how bacteria can be spread. When handling raw meat, poultry, seafood and eggs, keep these foods and their juices away from ready-to-eat foods. Always start with a clean scene—wash hands with warm water and soap, and wash cutting boards, dishes, countertops and utensils with hot water and soap.

- Separate raw meat, poultry, seafood and eggs from other foods in your grocery shopping cart, grocery bags and in your refrigerator.
- Use one cutting board for fresh produce and a separate one for raw meat, poultry and seafood.
- Never place cooked food on a plate that previously held raw meat, poultry, seafood or eggs.



COOK: Cook to safe temperatures

Food is safely cooked when it reaches a high enough internal temperature to kill the harmful bacteria that cause illness. Refer to the chart on the back of this brochure for the proper internal temperatures.

- Use a food thermometer to measure the internal temperature of cooked foods. Make sure that meat, poultry, egg dishes, casseroles and other foods are cooked to the internal temperature shown in the chart on the back of this brochure.
- Cook ground meat or ground poultry until it reaches a safe internal temperature. Color is not a reliable indicator of doneness.
- Cook eggs until the yolk and white are firm. Only use recipes in which eggs are cooked or heated thoroughly.
- When cooking in a microwave oven, cover food, stir and rotate for even cooking. Food is done when it reaches

the safe internal temperature as measured with a food thermometer.

- Bring sauces, soups and gravy to a boil when reheating.



CHILL: Refrigerate promptly

Refrigerate foods quickly because cold temperatures slow the growth of harmful bacteria. Do not over-stuff the refrigerator.

Cold air must circulate to help keep food safe. Keeping a constant refrigerator temperature of 40°F or below is one of the most effective ways to reduce the risk of foodborne illness. Use an appliance thermometer to be sure the temperature is consistently 40°F or below. The freezer temperature should be 0°F or below.

- Refrigerate or freeze meat, poultry, eggs and other perishables as soon as you get them home from the store.
- Never let raw meat, poultry, eggs, cooked food or cut fresh fruits or vegetables sit at room temperature more than two hours before putting them in the refrigerator or freezer (one hour when the temperature is above 90°F).
- Never defrost food at room temperature. Food must be kept at a safe temperature during thawing. There are three safe ways to defrost food: in the refrigerator, in cold water, and in the microwave. Food thawed in cold water or in the microwave should be cooked immediately.
- Always marinate food in the refrigerator.
- Divide large amounts of leftovers into shallow containers for quicker cooling in the refrigerator.
- Use or discard refrigerated food on a regular basis. Check USDA cold storage information at www.fightbac.org for optimum storage times.