



GENERAL RULES AND GETTING YOUR ENTRY READY

Fill-Out the Menu Card: When you have decided on an item to enter, fill out a recipe card (available on-line from the Food Fiesta web page). Recipe with all ingredients (especially allergen ingredients i.e. milk, eggs, gluten, etc. CLEARLY highlighted) and detailed instructions must be attached to all food items on a card no larger than 5X7 inches, be sure to include your name and 4-H Club.

Prepare your entry the night before the event or the morning of the event. Youth members should prepare their own food entry. **Participants must bring their own serving utensils, cooler or warmer** (crockpot). You should do this without help from your parents, other family or friends. After the evaluations, parents and guests will be invited to sample the entries. Sampling supplies provide by host club.

- Older 4-H participants will be expected to prepare a more challenging entry.
- Participant may not use the same winning recipe used in previous years.
- Food entry should serve 6-8 people; enough for each evaluator to enjoy and you are encouraged to make extra so attendees can sample your amazing entry after Awards.

Be prepared to present your entry to the evaluators. Have knowledge of your dish, the recipe, the reason you chose to make it and any other significant details you may wish to share. Expect to explain how you prepared your dish and any challenges or learning experiences involved with the process and be able to explain where your lands in the food groups and superfood used.

Entrants are encouraged to wear their 4-H “Whites” but may add themed accessories such as aprons, bandannas, caps, or other themed items to go with their dish.

Pack your entry for entry for travel. Select a recipe that is easy to transport and will retain its attractive “super” appearance. Food safety is essential to our health, food entries will need to be kept safe. You need to decide how to keep hot foods hot (greater than 140 degrees F) and cold foods cold (less than 40 degrees F). Hot dishes should be taken from the oven at home and put into a well insulated container for the trip to the Super Hero Food Fiesta. Even a cardboard carton thickly lined with newspapers works well. Cold food can be kept cold with Blue Ice packets or ice in an ice chest. Coolers work great at either keeping foods cold or hot but use a separate cooler for hot foods and one for cold food. Please make sure your food is properly covered – tight lid, aluminum foil or plastic wrap. Please bring potholders and a dish mat /trivet to protect your hands and the tables provided.

Keep food safety in mind for our Super Hero evaluators!

Coming to Food Fiesta: **Please arrive at 9:15 a.m. and no later than 9:45 a.m.** to ensure you have enough time. As soon as you are checked-in and registered you will have a few minutes to set out your things and arrange your entry. The area will be cordon-off and please note: family members, 4-H leaders, etc... are not allowed to help. No modifications to entries will be allowed. After the opening ceremony (about 10 a.m. only adjustments of temperature on crock pots will be allowed. The presentation area will be closed to everyone but our super-hero evaluators, event volunteers and you. Entrants must be able to handle their items on their own, with the aid of event volunteers. “Runners” will be available to help entrants carry items to their location but cannot help anyone with individual set-up.

Keep food safety in mind!

- Clean Hands
- Fresh Food - Prep
- Clean Food
- Clean Utensils
- Thermometers
- Correct Temperatures
- Healthy Cooks
- Safe Transportation

SPECIFIC RULES FOR ALL CATEGORIES

- You may enter one item in each Category.
- Participants do NOT have to be enrolled in a Food Related Project to enter.
- Participant must do all the food preparation, cooking, and stable setting by themselves with age appropriate supervision as needed for primaries only.
- Participants must be able to present their entry to the evaluators and discuss the recipe, ingredients and the process used to make their dish; or for place setting, why they chose what they did and how they put it all together.
- Be sure your recipe is neatly written or typed and easy to read.
- Be sure to have all necessary serving utensils.
- Please take your leftover food and containers home after Food Fiesta ends.
- Be respectful of the facility we are using.
- Participate in the activities our 4-H Club member have planned.
- Tasting entries is at your own risk. Tasting plates and utensils will be provided.

The University of California Cooperative Extension will not take any responsibility for risk taken in tasting Food Fiesta entries.

CATEGORIES FOR ENTRY

1. SNACKS:

Zoom- Super Heroes need healthy snacks that they can grab as they fly out the door to save lives. Superhero's like Superman, Captain America and Spider-man do not have a lot of extra time. In this category you are tasked to make a healthy snack that our super heroes can grab and go that gives them energy!

2. DESSERTS: Any kind of dessert! Cupcakes (4 on a plate), Cookies/bars/brownies (6 on a plate); Super Parfaits (4 clear cups on a plate, etc); Use of listed superfood get bonus points!

KaPow- We all love desserts right! Well so do super heroes, but they need to keep their figures to fit into their fancy body suits. Plus, they need to stay fit so they can lift buildings and carry people. In this category you are tasked to make a yummy healthy dessert fit for a superhero!

3. MAIN DISH: Must be made from scratch. No processed, pre-made or frozen prepackaged items allowed. No MSG, additives preservatives and/or artificial flavors or coloring and no pre-cooked/store-bought proteins allowed in this Superhero category.

Bam – Not ever superhero likes to cook. And Aquaman does not like the heat. In this category you are tasked to come up with a meal our superhero does not have to cook!

Zap – WonderWoman misses the vegetarian meals she ate on Themyscira. In this category make a meal out of only vegetables. Sauces should be home-made.

Pow –All superheroes like to *pack the punch* against evil! Many superheroes also like some extra POWERful spices in their food! In this category make a meal by spicing things up! Think Johnny Storm! Make a main dish with some POW!

4. **SIDE DISH: Must be made from scratch. No processed, pre-made or frozen prepackaged items allowed. No MSG, additives preservatives and/or artificial flavors or coloring and no pre-cooked/store-bought proteins allowed in this Superhero Side Kick category.**

Smash! The relationship between a superhero and his/her sidekick is an amazing thing to behold. Will the sidekick ever emerge as a hero in their own right? It is our belief the Side Dish can become the flagship of any superhero meal! In this category you are tasked to create a side dish that Jimmy Olsen (Superman) or Robin (Batman) would like to consider it the best side dish ever!

5. **Upcycle Food (some bought, some not)**

Wham! - When hosting a Superhero party sometimes a Superhero needs a short cut! In this category you can be as creative as you like without all cooking skills! Use any mix, boxed/canned food and make your own dish or appetizer for this Hero's Party. No MSG, additives preservatives and/or artificial flavors or coloring and no pre-cooked/store-bought proteins allowed in this Superhero category. Options might include: creative cake, casseroles, curry, biscuit dough, monkey bread, etc.

PLACE SETTING GUIDELINES

Prepare Your Place Setting & Centerpiece

See page 4 of the California 4-H Place Setting Guidelines for a basic place setting plan. Crystal, china and silver are not encouraged; instead, use your imagination to create a "presentation" appropriate to your menu and theme

Shazam! Make the judges Marvel at your Place Setting. A 2 by 2-foot space will be provided (taped) for each individual place setting. The use of material for a table cloth is optional. Fabric should be no larger than 2'X2'.

For place setting entries, create a Menu with recipes, to stand on your place setting. Is the menu creative with a variety of foods? Be specific in the types of food (super foods). Example: type of salad, bread, etc.

Coordinate your place setting considering unity in color/texture/design and of course, BONUS points will be awarded for place settings around the Super Hero & Super Food Theme. Do the table ware and utensils match the courses? Total Effect is it neat and pleasant? Does everything fit well together?

A basic place setting should include the following items:

- Dinnerware (plates, cups, saucers, and bowls)
- Glassware (glasses of all shapes and sizes)
- Flatware (forks, spoons, and knives)
- Napkins
- Placemats
- Place Cards
- Centerpiece (optional)/ candles, if used may not be lit!

The following rules for setting a table correspond to the numbers seen on the CA 4-H Place Setting Guidelines which can be found on the Food Fiesta website.

1. The flatware, plate and napkin should be one inch from the edge of the table.
2. The plate is always in the center of the place setting.
3. The dinner fork is placed at the left of the plate.
4. If a salad fork is used, it is placed to the left of the dinner fork.

5. The napkin is place to the left of the fork, with the fold on the left. It can also go under a fork, or on top of the plate.
6. The knife is placed to the right if the plate with the sharp blade facing toward the plate.
7. The teaspoon is place to the right of the knife.
8. If a soup spoon is needed, it is placed to the right of the teaspoon.
9. The soup bowl may be placed to the right of the teaspoon.
10. The drinking glass is placed at the tip of the knife.
11. If a salad plate is used, place it just above the tip of the fork.
12. The cup or mug is placed to the top right of the spoons.

Shazam! You're going to Ace this!

The decisions of the Evaluations are final. The Danish System of evaluating will be used, whereby each entrant is evaluated according to a standard (individual merit based on a rubric) and everyone can win an award. Evaluators are instructed and trained before the event.

DANISH SYSTEM

BLUE= 90-100

RED= 80-89

WHITE=79 or under

All Primaries will receive a participation ribbon.

A member will be disqualified if assisted by an adult in any way.

There are 4 age divisions; open to all current 4-H members.

Enter the age division that corresponds to your age as of December 31, 2019:

- Primary Ages 5-8 years old (non-competitive)
- Junior Ages 9-10 years old
- Intermediate Ages 11-13 years old
- Senior Ages 14-19 years old

FOOD DIVISION SCORE SHEET

Name of Food Entry Prepared:

Appearance/Neatness= 20 points

Flavor/Taste/Texture = 30 points

Recipe Card Attached & Clear = 10 points

Complexity of Dish = 10 points

Member presentation of entry = 30 points

TOTAL SCORE 100 * * Bonus 5 points if entry is related to Food Fiesta Theme "Superfoods/Super Hero's"

TABLE SETTING SCORE SHEET

Member Information:

Appropriate Menu & theme = 10 points

Presentation of Table Setting = 30 points

Tablecloth/Place Mat 24X24 inches = 10 points

Entry attractively presented = 25 points

Correctness of place setting = 25 points

TOTAL SCORE 100 * Bonus 5 points if table setting & menu are related to Food Fiesta Theme "Superfoods/Super Hero's"

Appearance/Neatness: shape, smoothness, crust, color, size and shape (It should look tempting and plating is neat)

Flavor/Taste: Blended, natural flavors, delicate & pleasing. Seasoned properly? Cooked just right?

Texture: Proper doneness, velvety, creamy, smooths, crispy, moist, crunchy?

Complexity: Is recipe challenging, yet fitting to the ability of the member?

Presentation: Was the presenter able to talk knowledgeably about their dish, the ingredients, how they made the item?

Did the presenter look neat, in correct uniform, allowing for themed accessories?

Good Luck Everyone!

