

Home Ec. Field Day GENERAL Information

You will determine the year you are by what year in cooking you are currently enrolled in. (For ex., you just finished your first year in cooking, and are starting your second; you are a second-year cooking member.) All entries must have a table setting. The Themed Setting Contest is optional.

Your dish must include at least 50% of what your assigned ingredient is. ALL members MUST include a recipe card for your dish.

1st year cooking – You will be making a dish using fruits or vegetables. You **MUST** include a menu card **ONLY** to include one meal; it **MUST** have your dish included in it.

2nd year cooking – You will be making a grain dish with 4 or more ingredients. You **MUST** include a menu card **ONLY** to include one meal; it **MUST** have your dish included in it.

3rd year cooking – You will be making an appetizer (hors d'oeuvres) **OR** dessert that must include 6 or more ingredients. You **MUST** include a menu card **ONLY** to include one meal; it **MUST** have your dish included in it.

4th year cooking – You will be making a dish using any kind of meat or bean. You **MUST** include a menu card with a **WHOLE DAY** of meals, including snacks.

5th year cooking and above – A whole meal, must include three or more dishes. (ex. Main dish, side dish, salad.) Your meal needs to be balanced and designed around the ChooseMyPlate guidelines. You **MUST** include a menu card with a **WHOLE DAY** of meals, including snacks. ***Include recipe cards for each of the dishes you prepare.***

Theme Setting Contest – This category can be entered by any year member. It is an extra that you can take part in if you choose. You **MUST** have your single place setting **MATCH** the type of food you cooked. (ex. If you cooked a Mexican food dish, you could have a fiesta place setting.)

Judging

After the judge's and member's orientation, the members will get their plate (or bowl) get in line, and place a small portion of food on their plate. They will take their plate back to their setting, and go to their assigned sessions. The judges will go through and taste all food, scoring and making notes as they go. After the judges are finished runners will start bringing members in for the interview process. When they are finished the members will take their plates to the kitchen to wash off, and then they will put their plate back, and go back to their sessions.

Awards

Specialty awards will possibly be given in the following categories:

(A Best Overall or Gloria Runyon Award MAY be given out in each category.)

1st Year Cooking

Best Fruit
Best Vegetable

2nd Year Cooking

Best Rice/Pasta Dish
Best Whole-grain Dish (This dish must be made using whole grain-pasta, rice, or tortillas)

3rd Year Cooking

Best Appetizer
Best Dessert

4th Year Cooking

Best Meat
Best Bean

5th Year & Above Cooking

Aesthetic Value – (good use of color in your food)
Most Well Rounded (this would be the meal that best utilized the whole ChooseMyPlate guidelines.)



2019 Home Ec. Field Day Entry Form

Home Ec. Field Day
February 9, 2019 – 3:30 p.m.
Harvest Hall –Kern County Fairgrounds



You will determine the year you are by what year in cooking you are currently enrolled in. (For example you just finished your first year in cooking, and are starting your second; you are a second year cooking member.) You can find more detailed information you will need to follow within the various categories on the Home Ec. Field Day General Information flyer. This flyer can be found on our county website in the events page.

ALL entries **MUST** have a table setting. (It does not have to be themed to match your food dish, **unless** you are choosing to enter in the optional ‘Themed Category’). It is also mandatory that members include their recipe card and their menu planning sheet with their entry. These forms will be available for download on our county website, as well as be sent out via e-mail to members prior to the event...this is why it is so important to provide a valid e-mail address on your entry!

You can also register online at: <http://ucanr.edu/kernhomeecfieldday2019>

Name: _____

E-mail: _____

Phone: _____ Age: _____

Club: _____

Years in Food: (circle)

1st year- Fruit or Vegetable

2nd year – Grain Dish

3rd year – Dessert or Appetizer

4th year – Meat or Bean Dish

5th year & Above – Whole Meal



Please check if you would like to take part in the optional Coordinated Theme Setting

.Send entry form to the 4-H Office-1031 S. Mount Vernon Ave.-Bakersfield, Ca 93307 or Fax: 868-6208

ENTRIES MUST BE RECEIVED BY TUESDAY, FEBRUARY 5, 2019 by 3:00 pm

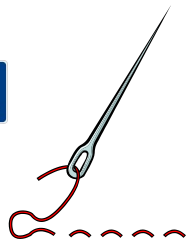
When feasible, all efforts are to be made to encourage and provide reasonable accommodations for persons with disabilities in 4-H Youth Development Program activities. Individuals who need to request special accommodations in order to participate in 4-H sponsored events and activities please contact Sue McKinney at the 4-H Office at 661-868-6235.



Kern County 4-H Fashion Revue

Home Ec Field Day

Event Participant Information



Location: Harvest Hall, Kern County Fair Grounds

Date: Saturday, February 9, 2019

Check In Time: 3:30 p.m.

Start Time: 4:00 p.m.

Registration Deadline: Tuesday, February 5, 2019

Registration Process: You must register for this event using an online survey at:

<http://ucanr.edu/kernfashionrevue2019>

Divisions: Cloverbud *(May enter Consumer Education category ONLY! Will not be judged)*

Junior (9-10 years)

Intermediate (11-13 years)

Senior (14 –18 years)

Category for Outfit:

Traditional

Outfit/garment created by participant *(member must be in sewing project)*

Consumer Science Purchased

\$40 limit for everything showing **including** shoes, jewelry and accessories, but not sales tax. Receipts are **required**, with purchases made during the 2018-2019 4-H year. Receipts can be handwritten if from garage sales, thrift shops, etc. *(member does not have to be enrolled in specific project to participate)*

Special Categories to get ready for the State 4-H Fashion Revue at UC Davis on June 1, 2019

Box Challenge - Participants will sew one or more garments that contain 3 colors—red, white and blue. Also, choose from elements in the box. The box includes buttons, zipper, trim, contrast, or handmade accessory.

(member must be in sewing project) See the State Fashion Revue Website (http://4h.ucanr.edu/4-H_Events/SFD/SFR/) for more information on this challenge.

Make it Mine Challenge—Participants will alter a commercial pattern or make their own pattern starting with a drawing or description of the design. Must explain which parts of original garment you modified and how they made the pattern and figured out how to create the garment. *(member does not have to be enrolled in specific project to participate)*

Retro/Vintage Inspired Challenge- Create an outfit that is inspired or looks like a vintage design using new fabric and notions. Design should be from before the year 2000. The entry must state the year or period of the design and include a drawing, photo or description of the inspiration of your outfit. At least one garment must be handmade by the member. Other parts of the outfit may be handmade or purchased but must represent the same era. *(member must be enrolled in Sewing/Clothing/Textile project to participate)*

A garment worn in one entry may not also be worn in a different entry.

*****BRING YOUR COMMENTARY, AND YOUR SPECIFIC**

CATEGORY SUPPLEMENTAL FORMS/PICTURES WITH YOU TO HOME EC FIELD DAY!!!

More information about the categories can be found here: http://4h.ucanr.edu/4-H_Events/SFD/SFR/

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**Kern County 4-H Fashion Revue
Supplementary Entry Form
Traditional**

Name _____ Entry#: _____

Garment	Pattern Company & number	Fabric content	Cost of garment
_____	_____	_____	\$ _____
_____	_____	_____	\$ _____
_____	_____	_____	\$ _____
_____	_____	_____	\$ _____
_____	_____	_____	\$ _____

Total Cost of Outfit (Including patterns, notions, etc.)
\$ _____

Value of comparable ready-to-wear outfit
\$ _____

Did you purchase any garments for your outfit (excluding undergarments)? ___Yes ___No
If yes, tell what:

List accessories used:

Attach on separate sheets

Your commentary