

Kern County 4-H



Favorite Foods Day

Favorite Foods Day

This event is planned to give you, the 4-H Member, the opportunity to show all the skills and information that you have been learning in your 4-H Foods Project.

Your leader will help guide you as you prepare for the event. If you have any questions, your leader or the 4-H Office can help you.

Favorite Foods Day is not only a menu planning and food preparation contest, it is also a wonderful day to meet other foods members, learn new nutrition information, and enjoy special activities. We will have new, very fun sessions!

To enter please visit <http://ucanr.edu/homeecfieldday2020>

February 3, 2020 - Favorite Foods Day entries are due
February 8, 2020 - Favorite Foods Day

We hope that you enjoy yourself.

Happy cooking!!!!

Guidelines, Rules, Suggestions, and Ideas for Success!

4-H Favorite Food Day Event

Keep this booklet with your project material and refer to the guidelines when any questions concerning Favorite Foods Day arise. Basic information in this booklet can be valuable reference material in preparing for Favorite Foods Day.

To Participate in Favorite Foods Day:

You must be a 4-H member enrolled on a 4-H Foods Project or food-related project. You must enter the category appropriate to the year you started in the cooking project:

First Year in a Foods Project - Fruit or Vegetable Dish

Second Year - Grain Dish

Third Year - Dessert or Appetizer

Fourth Year - Meat or Bean Dish

Fifth Year and Above - Whole Meal

Make enough of your dish to share later.

- Plan the menu for a meal featuring your Dish.
- Do not prepare candies or beverage-type foods as the Favorite Food.
- Learn all you can about the favorite food you have chosen to prepare. The favorite food should be appropriate to your abilities and year in the foods project. You will be required to prepare a different food each year, depending on your years in the cooking project. **You may NOT use any alcohol in your dish!**
- Learn as much as you can about the United States Department of Agriculture's MyPlate guidelines at www.choosemyplate.gov. Check how your menu meets these guidelines. Fill in the ChooseMyPlate Graphic to show how your meal meets the guidelines.
- Be sure to consider food color and texture when planning your menu. (ex: baked chicken, baked potatoes and cauliflower would not make an appealing meal.)
- Do research (look up in different books or online) to get ideas for place settings and meal or menu planning.

- Practice preparing your favorite food so you can tell others how to do it. Serve it to your family and friends. Get their comments. The 4-H motto is "Learn by Doing". And remember...practice makes perfect!
- Be sure your entry is completely ready when you arrive. The only exception is if your entry food is a combination of hot and cold food. Then you may store the cold portion in the refrigerator and the hot part of the food in the oven until your name is called.

The day of the event...

- Tie back long hair, or wear a hair net.
- DO NOT interfere or change another member's table setting arrangements. Parents can NOT help members set up their table setting arrangements.
- Once you are called, do not leave the judging area until after you have been judged.
- Be sure your clothes are neat and clean. It is recommended that you wear the 4-H uniform for the event.
- Leave your parent or leader at the registration area. Only committee advisors will be allowed in the participant's area.
- You are responsible for your entry. Proxy members are not allowed.

Registration

1. When you arrive, go to the registration table to receive your number.
2. A matching number will be located on one of the tables
3. Go directly to your table and leave your supplies. Take food to the kitchen. Someone there will assist you. Return to your table and complete your table setting duties.
4. After the member and judge's orientation, ALL members will take their plate or bowl, and line up to get a portion of their food. After they have their food dished up, they will return their plate to their place setting and go to their assigned session and wait to be called.
5. Remove heavy outdoors wraps, such as coats, parkas, etc. while with the judge.
6. DO NOT sit with your food BEFORE the judge reaches you. Someone will come get you from your session, when it is your turn.

7. Be ready to answer any questions the judge may ask. Judges will probably discuss your favorite food, your menu, and how your food and menu fits into the ChooseMyPlate Guidelines. They may also ask about your table setting. Most of their questions will **come right out of this book, so study up!** Their questions or comments do not mean that they are not pleased with your work or your answers. Favorite Foods Day is a learning experience and an opportunity to practice interview skills.
8. Games and demonstrations on food and nutrition will be on-going in the activity rooms.
9. After judging has been completed, exhibitors and guests at the event are invited to taste the foods for a luncheon. Following this, there will be a "Nut Bowl" where you will be on a team, and answer questions to earn a medal for your hat. Once this is finished, the awards will be presented!

Awards

- All entries are eligible for green, blue, or gold seals, as determined by judges.
- Gold medals will be awarded to participants with scores ranging from 87-100.
- The Gloria Runyan Health & Nutrition Award will possibly be presented, in each year category, to the member whose Favorite Food and daily menu plans are prepared with special attention to the fat, sugar, and salt content.

Menu

Each exhibitor must plan a menu card around his/her Favorite Food. Fill in the ChooseMyPlate graphic with your menu items and make sure your meal is balanced and nutritious. The menu **MUST** be written in the card provided, with the exhibitor's Favorite Food underlined. Please type or neatly print.

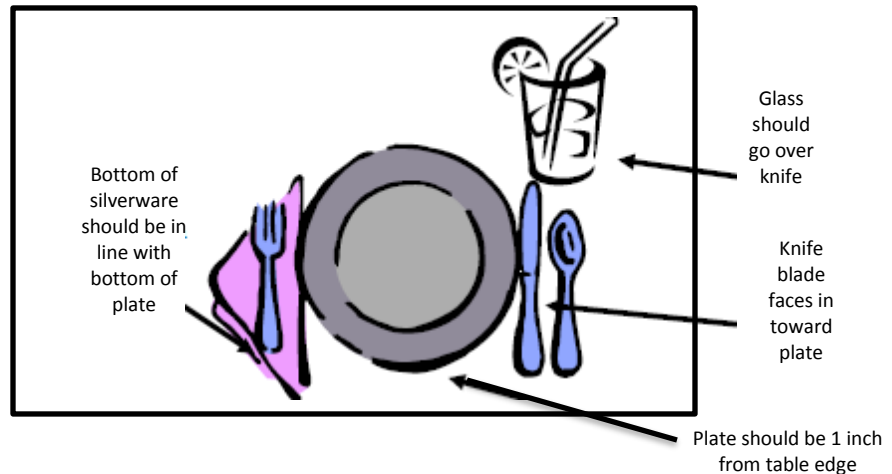
Example:

"Family Dinner"
Oven Baked chicken with lemon herb sauce
Baked potatoes - Green beans
Fresh Garden salad with fat-free ranch
Yeast rolls and reduced calorie margarine
California Fruit Cup

Table Setting Notes

The menu should indicate the type of dinner being served (example: formal dinner, luncheon, etc.). Each member will be assigned an area approximately 20"x24". The table setting should be appropriate for your menu. There is a special category you can enter, where you can win an award for having the best coordinated meal and place setting. (Ex: if your Favorite Food was Chicken Enchiladas, you could have fiesta theme place setting.)

NOTE: A center piece is very attractive to use with a table setting. However, for Favorite Foods Day, where space is limited, your center piece should be small, low and in scale for the one place setting.



1. You do not need to use your family's best china or silverware. Look through magazines for ideas. DISCUSS IDEAS AT PROJECT MEETINGS.
2. Small individual center pieces may be used as part of the table setting (Refer to "Note" above). Practice at home or at a project meeting so that you will be prepared (help WILL NOT be allowed at the event.).
3. Be ready to answer questions on your table appointments and setting, as well as your menu, the ChooseMyPlate, and your Favorite Food.
4. A theme can be used if you would like. A themed award will be given in each cooking category for those members who have used a matching theme with their food.
5. Bring one (1) place setting and serving of silverware or tools. Make sure they are clean; the judges will be using them to eat with!

Food Safety & Sanitation

The food for Favorite Foods Day must be given careful attention so that it is properly handled. If you prepare a cold dish, keep it cold (below 40 degrees); if a warm or hot dish, keep it hot (above 140 degrees). Refrigeration and holding oven space will be provided for you in the kitchen.

Escherichia coli (E. coli), Staphylococcus, and Salmonella, are the most common types of bacteria which cause Foodborne Illness.

FOOD--Bacteria will grow in almost any food except one that is very high in acid (such as pickles). Moist proteins--meat, fish, eggs, poultry, milk, cream, and cream sauce are **VERY** vulnerable.

MOISTURE--Bacteria usually does not grow in dried foods, but may if moisture is added.

TEMPERATURE--A lukewarm or room temperature is ideal for bacterial growth. At temperatures **above 140°F and below 40°F**, food poisoning bacteria does not readily grow.

TIME--In less than **two (2)** hours, food may be unsafe if the right conditions prevail.



Proper Hand Washing

You can't see, taste or smell them....they're sneaky little critters, and they can spread throughout the kitchen and your foods! They're bacteria, and if eaten they can cause foodborne illness. By washing your hands correctly and frequently you can help to get rid of bacteria!

Wash Hands after ...



Using bathroom or changing diapers



Handling Pets



Sneezing, blowing nose & coughing

AND before



Touching a cut or open sore



Handling food!



Proper Hand washing Techniques:

- Get your hands wet with warm water, apply soap.
- Rub your hands together for 20 seconds. Make sure to get between your fingers, around your finger nails and even your wrists and forearms.
- Use a paper towel, or single use towel to dry your hands.
- Turn off the water.
- Throw away the towel!

An easy way to count to 20 seconds is to sing "Twinkle, Twinkle Little Star" or "Happy Birthday" a couple times while you're scrubbing!

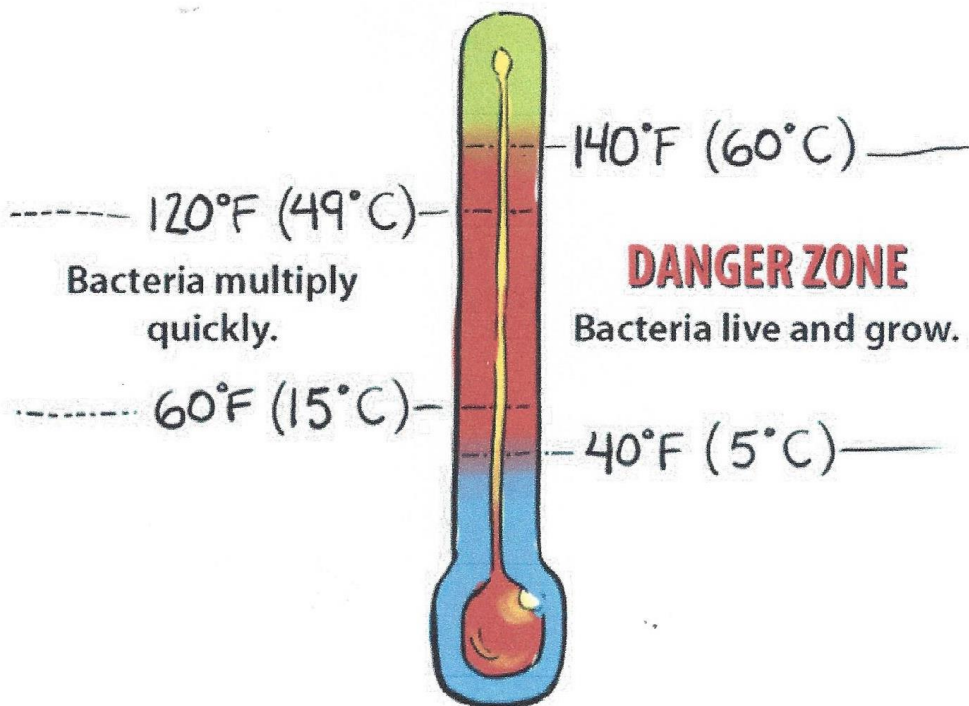


How You Can Prevent Foodborne Illness

Your only protection against this unseen enemy is proper food handling.

1. Avoid cross contamination. Use strictly fresh ingredients, sanitize equipment, clean and sanitize hands, and avoid sneezing or coughing into food; keep pets, sick people, insects and dust out of the food preparation area.
2. **KEEP HOT FOODS HOT--above 140°F. KEEP COLD FOODS COLD--below 40°F**
3. Take special precautions with foods when they are refrigerated and reheated. If a hot food is prepared the day before, refrigerate immediately when removed from the stove. Just before you leave home, preheat the food thoroughly. Take hot or cold foods to the kitchen as soon as you arrive at the event.
4. To carry hot or cold foods. Use well insulated containers--cardboard cartons thickly lined with newspaper works well.

Bacteria like warm temperatures.



BE SURE ALL OF YOUR EQUIPMENT AND ITEMS ARE MARKED FOR IDENTIFICATION PURPOSES.

Check Sheet

MEMBERS--Before you leave home, check the list below:

- ✓ ChooseMyPlate graphic and Menu card (neatly filled out) to place by your plate in the place setting.
 - ✓ Your Favorite Food dish
 - ✓ Your place setting--dishes, silverware, placemat, etc.
 - ✓ Pot holder, if your dish is hot.
 - ✓ Appropriate serving utensil (spoon or knife) for your Favorite Food dish.
 - ✓ Tidy hair, hands, fingernails.....a well-groomed you!
 - ✓ A box containing all the things you need. Mark your items for identification (Keep your box under the table at your assigned area).
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Dietary Guidelines for Americans:

A set of recommendations is made by a committee of nutrition experts for the U.S. population. These recommendations are revised every five years based on the most recent research. MyPlate is the USDA's visual cue that identifies the five basic food groups from which consumers can choose healthy foods to build a healthy plate. Eating patterns and their food and nutrient characteristics are a focus of the recommendations in the 2015-2020 Dietary Guidelines.

1. Follow a healthy eating pattern across your lifespan. All food and beverage choices matter. Choose a healthy eating pattern at an appropriate calorie level to help achieve and maintain a healthy body weight, support nutrient adequacy, and reduce the risk of chronic disease.
2. Focus on variety, nutrient density, and amount. To meet nutrient needs within calorie limits, choose a variety of nutrient-dense foods across and within all food groups in recommended amounts.
3. Limit calories from added sugars and saturated fats and reduce sodium intake. Consume an eating pattern low in added sugars, saturated fats, and sodium. Cut back on foods and beverages higher in these components to amounts that fit within healthy eating patterns.
4. Shift to healthier food and beverage choices. Choose nutrient-dense foods and beverages across and within all food groups in place of less healthy choices. Consider cultural and personal preferences to make these shifts easier to accomplish and maintain.
5. Support healthy eating patterns for all. Everyone has a role in helping to create and support healthy eating patterns in multiple settings nationwide, from home to school to work to communities.

Tips for Putting the Dietary Guidelines into Practice

1. **EAT A VARIETY OF FOODS:** Because foods vary in the quantity and type of nutrients in them, eating a variety of foods lessens our chances of being deficient in a nutrient. Variety not only means different kinds of food (ex: rice, oranges) but different varieties within a type (ex: red apples, green apples). We need about 50 different nutrients to stay healthy. The greater the variety of foods you choose, the more likely you will include all the nutrients.
2. **BALANCE THE FOOD YOU EAT WITH PHYSICAL ACTIVITY TO MAINTAIN OR IMPROVE YOUR WEIGHT:** Being too thin or too fat (especially if the fat is mostly at the belly) raises the risk of developing health problems. Being too fat is common in the U.S., even among children. It is a result of eating more calories than our bodies can use, and it is usually a problem of under-exercising rather than over-eating. Diabetes related to being overweight is very common in this country. To maintain a healthy weight, include the following into your lifestyle: -- Increase physical activity. -- Eat less fat and fatty foods. -- Eat less sugar and sweets. -- Eat slowly. -- Prepare smaller portions. -- Limit second helpings.
3. **CHOOSE A DIET WITH PLENTY OF VEGETABLES, FRUITS, AND GRAIN PRODUCTS:** These foods are rich in vitamins, minerals, and fiber and are generally low in fat. Eat vegetables from all the subgroups- dark green, red and orange, legumes (beans and peas), starchy, and other. Eat whole fruits instead of juices, to get more fiber and vitamins. When you eat grain products make sure at least half of them are whole grains.
4. **CHOOSE A DIET LOW IN SATURATED FAT, AND TRANS FATS:** Excessive amounts may raise the risk of heart disease, certain cancers, and obesity. Older children, teens, and adults, can reduce the amount of fat in the diet with the following modifications in your menu planning: -- Choose a variety of protein foods, including seafood, lean meats, poultry, eggs, legumes (dry beans, and peas) and nuts, seeds, and soy products. -- Broil, bake, microwave, boil, rather than fry. -- Read food labels carefully to limit the amount of saturated fat and trans fats. Consume less than 10 percent of calories per day from saturated fats.
5. **USE SUGARS ONLY IN MODERATION:** Sugar is a concentrated source of calories that otherwise does not contribute to nutrient intake. To reduce sugar intake: -- Use fewer sugars in cooking. -- Use fewer foods containing high sugars such as candy, soda, cakes, pies, and ice cream. -- Eat more fresh fruits. Consume less than 10 percent of calories per day from added sugars.

6. **USE SALT AND SODIUM ONLY IN MODERATION:** Most of us eat much more salt than is needed. Excessive amounts can lead to high blood pressure in some people. To reduce your sodium intake: --Use little or no table salt. -- Cook with little or no salt. --Use herbs and spices as an alternative to flavoring with salt. -- Eat less salty foods like potato chips and crackers. Consume less than 2,300 milligrams per day of sodium.

Ideas for healthier cooking:

1. Combine dried beans, peas, and lentils, vegetables, pasta, or rice, with leftover meat, chicken or fish for the best mixture for satisfying your body's protein needs.
2. Prepare your own breading. Use oil spray and "oven fry bake".
3. Use fruit juices (especially those high in Vitamin C such as orange, grapefruit, and tomato) instead of fruit drinks. Or better yet, eat the whole fruit.
4. Make your sauces using evaporated nonfat milk, liquid from canned vegetable or stock, flour for thickening, and herbs and spices for seasoning. Limit canned cream soups which are high in sodium (salt) and fat. Or use low fat soups.
5. Use more tomato based sauces.
6. Use plain vegetables and add your own sauce, dips and seasonings.
7. Use skim milk products whenever possible. Nonfat yogurt and cottage cheese can be used for sauces and dips. Use ice milk, nonfat frozen yogurts instead of ice cream. Add your own fruit to plain nonfat yogurt.
8. Use beans for filling, high protein appetizers, salads or in soups.
9. Use corn tortillas instead of flour tortillas which are high in fat, or use nonfat flour tortillas. Warm and soften in the microwave instead of frying.
10. Prepare your own home-made baked goods. Most recipes can be modified in sugar and fat by reducing 1/3 without altering the final product. Some recipes can be fat/sweet modified even more.

11. Make your own granola cereal. Add little or no fat and sugar.
12. Make your own salad dressing or use reduced calorie and lowered fat bottled dressing. Yogurt and cottage cheese can be added to many dressings.
(Refrigeration will be required.)

The key to improved nutrition is moderation. Do little things, not drastic changes. Most of us can live with a little modification to our daily diet. The long-term benefits are great. Most Americans consume over a hundred thousand meals and snacks in a lifetime. A little change applied consistently goes a long way.





United States Department of Agriculture

10 tips
Nutrition
Education Series



MyPlate
MyWins

Based on the
Dietary
Guidelines
for Americans

Choose MyPlate

Use MyPlate to build your healthy eating style and maintain it for a lifetime. Choose foods and beverages from each MyPlate food group. Make sure your choices are limited in sodium, saturated fat, and added sugars. Start with small changes to make healthier choices you can enjoy.

1 Find your healthy eating style
Creating a healthy style means regularly eating a variety of foods to get the nutrients and calories you need. MyPlate's tips help you create your own healthy eating solutions—"MyWins."

2 Make half your plate fruits and vegetables
Eating colorful fruits and vegetables is important because they provide vitamins and minerals and most are low in calories.

3 Focus on whole fruits
Choose whole fruits—fresh, frozen, dried, or canned in 100% juice. Enjoy fruit with meals, as snacks, or as a dessert.



4 Vary your veggies
Try adding fresh, frozen, or canned vegetables to salads, sides, and main dishes. Choose a variety of colorful vegetables prepared in healthful ways: steamed, sauteed, roasted, or raw.



5 Make half your grains whole grains
Look for whole grains listed first or second on the ingredients list—try oatmeal, popcorn, whole-grain bread, and brown rice. Limit grain-based desserts and snacks, such as cakes, cookies, and pastries.



6 Move to low-fat or fat-free milk or yogurt
Choose low-fat or fat-free milk, yogurt, and soy beverages (soymilk) to cut back on saturated fat. Replace sour cream, cream, and regular cheese with low-fat yogurt, milk, and cheese.



7 Vary your protein routine
Mix up your protein foods to include seafood, beans and peas, unsalted nuts and seeds, soy products, eggs, and lean meats and poultry. Try main dishes made with beans or seafood like tuna salad or bean chili.



8 Drink and eat beverages and food with less sodium, saturated fat, and added sugars
Use the Nutrition Facts label and ingredients list to limit items high in sodium, saturated fat, and added sugars. Choose vegetable oils instead of butter, and oil-based sauces and dips instead of ones with butter, cream, or cheese.



9 Drink water instead of sugary drinks
Water is calorie-free. Non-diet soda, energy or sports drinks, and other sugar-sweetened drinks contain a lot of calories from added sugars and have few nutrients.

10 Everything you eat and drink matters
The right mix of foods can help you be healthier now and into the future. Turn small changes into your "MyPlate, MyWins."



United States Department of Agriculture



Find Your Healthy Eating Style & Maintain It for a Lifetime

Start with small changes to make healthier choices you can enjoy.

Follow the MyPlate building blocks below to create your own healthy eating solutions—"MyWins." Choose foods and beverages from each food group—*making sure that your choices are limited in sodium, saturated fat, and added sugars.*

Make half your plate fruits and vegetables: Focus on whole fruits

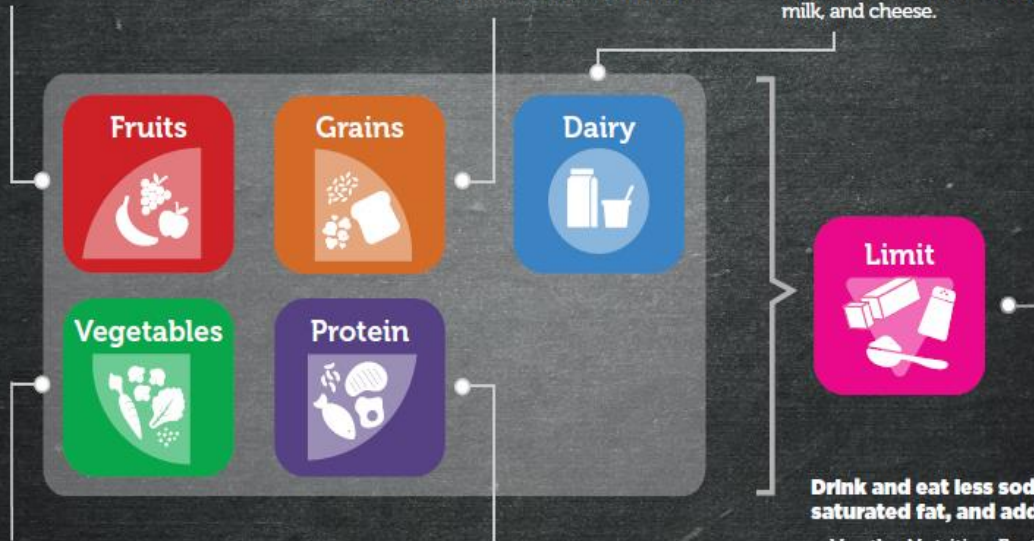
- Choose whole fruits—fresh, frozen, dried, or canned in 100% juice.
- Enjoy fruit with meals, as snacks, or as a dessert.

Make half your grains whole grains

- Look for whole grains listed first or second on the ingredients list—try oatmeal, popcorn, whole-grain bread, and brown rice.
- Limit grain desserts and snacks, such as cakes, cookies, and pastries.

Move to low-fat or fat-free milk or yogurt

- Choose fat-free milk, yogurt, and soy beverages (soy milk) to cut back on saturated fat.
- Replace sour cream, cream, and regular cheese with low-fat yogurt, milk, and cheese.



Make half your plate fruits and vegetables: Vary your veggies

- Try adding fresh, frozen, or canned vegetables to salads, sides, and main dishes.
- Choose a variety of colorful veggies prepared in healthful ways: steamed, sautéed, roasted, or raw.

Vary your protein routine

- Mix up your protein foods to include seafood, beans and peas, unsalted nuts and seeds, soy products, eggs, and lean meats and poultry.
- Try main dishes made with beans and seafood, like tuna salad or bean chili.

Drink and eat less sodium, saturated fat, and added sugars

- Use the Nutrition Facts label and ingredients list to limit items high in sodium, saturated fat, and added sugars.
- Choose vegetable oils instead of butter, and oil-based sauces and dips instead of ones with butter, cream, or cheese.
- Drink water instead of sugary drinks.



Everything you eat and drink matters. The right mix can help you be healthier now and into the future. Find your MyWins!

Visit ChooseMyPlate.gov to learn more.

Center for Nutrition Policy and Promotion
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