

# 4-H Home Ec Review

# Food Preparation Entry Form

April 21<sup>st</sup>, 9am, in Williams

**DUE: Thursday, March 29th in the 4-H Office**  
100 Sunrise Blvd., Suite E • P.O. Box 180, Colusa, CA 95932

This is a(n):  Individual Display  Team Display (two members)

Contestant(s) Name(s): \_\_\_\_\_ Club \_\_\_\_\_ Age \_\_\_\_\_  
\_\_\_\_\_ Club \_\_\_\_\_ Age \_\_\_\_\_

Number of years as a **Regular** 4-H member (4th grade & older): \_\_\_\_\_

**You are only allowed a maximum of 2 entries, each must be on a separate entry form and in different projects and you must be enrolled in the project in which you compete.**

Please check the appropriate division level:

Beginning (1-2 years)

Advanced (3 years & above)

Category and recipe name:

Bread  Main Dish  Salad  Dessert  Other \_\_\_\_\_  
(Name item)

Recipe Name: \_\_\_\_\_

Do you wish to compete for a commodity prize?  Yes  No

If yes, which commodity?

Beef  Tomatoes  Rice  Prunes  Beans  Almonds  Walnuts

\_\_\_\_\_  
Project Leader Signature

## FOOD PREPARATION, FOOD PRESERVATION, & YEAST BREADS

1. Select one recipe from any source:
  - a. The recipe does not have to be a recipe in your project book, but it must enter into one of these categories:  

BREAD    SALAD    MAIN DISH    DESSERT    OTHER
  - b. The recipe should not be prepared exclusively from commercial mixes, with the exception of Beginning 4-H and primary members, who may use commercial mixes.
  - c. Regular 4-H members (not Primary members) may also enter the same dish in a special competition for local commodities. At 11:00 am, judging will take place for the most original, creative and tasty dishes for the following commodities: beans, beef, rice, almonds, prunes, tomatoes, and walnuts. An award will be presented to the winner in each category. You may enter your dish in only one category.
2. 1<sup>st</sup> & 2<sup>nd</sup> year members plan a balanced menu (using the Food Pyramid as a guide) for one meal in which the food recipe will be used.  
  
3<sup>rd</sup> year & up members must plan a day's menu. Designate the type of menu on the card which will be sent to you by the 4-H Office. The menu could be breakfast, lunch, dinner, or special occasion. Also, the recipe for the dish should be included on the menu card.
3. You will be asked to set one place setting from the tableware provided. Prepare the place setting for the entire meal, even though you may only be serving soup or a dessert. **Dishes, napkin and placemat will be provided. You must bring your own silverware, glassware, and serving fork or spoon.** Be prepared to serve a sample of your dish to the judges. Do not serve the food until the judges reach you.
4. A monitor will call you in time to set the place setting and bring out your food and menu card. You will set up your display in a designated area. The display will include the place setting for one person (using your own silverware & glassware and the tableware provided), the prepared food in an appropriate serving dish and your display card listing the recipe and menu.
5. Be prepared to answer questions about making the dish, the menu selection, and the nutritional balance of the meal.
6. HOW ARE YOU JUDGED?? See attached score card.

# TABLE SETTING GUIDE

Please use the following information for both Foods judging and the table settings required for all other entries.

Use your 4-H manual, cookbooks, magazines or other references for your table setting layout. Bring a copy of the picture, article or other reference to support the display and to show where you received your information.

**Dishes and Silver:** Be sure the silver is cleaned and polished and the dishes free from cracks or chips. They serve as a background for the food. If the dishes are colored, the colors of both the food and dishes should look well together.

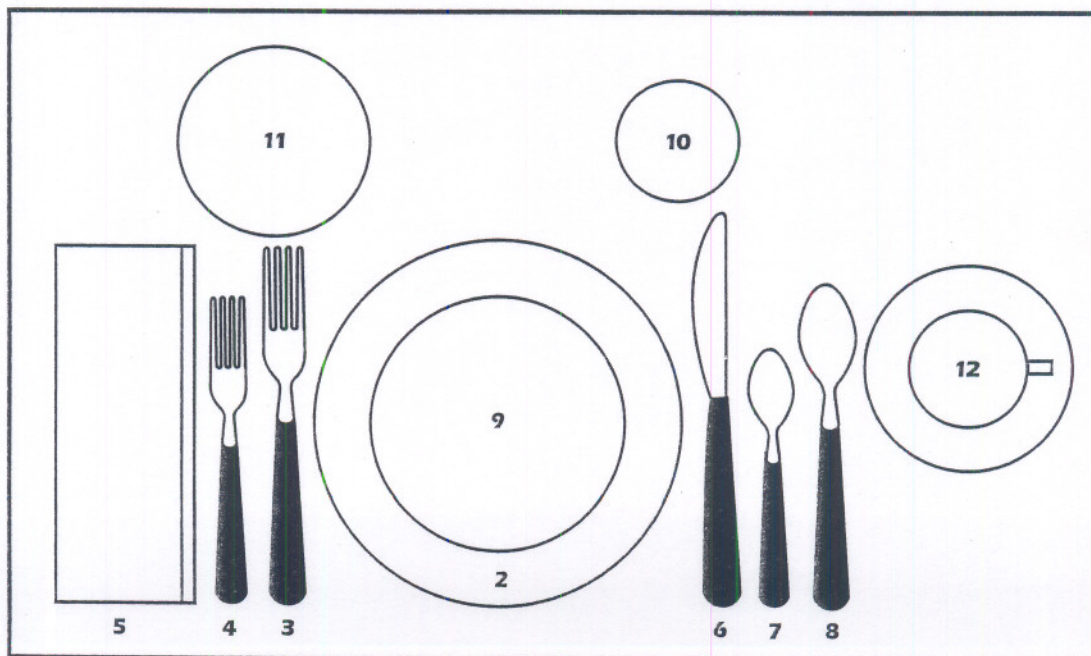
**Linens:** Use a tablecloth or placemat. If you use a tablecloth, be sure it is clean, on straight and has no wrinkles. Lay placemat about ½ inch from the edge of the table so it will not slip.

**Setting the table:** Rules for table setting, service and manners are based on ease, convenience and consideration of others. Place the knife and teaspoon on the right side of the plate and the fork on the left side of the plate to make the table neat and convenient.

You are allowed 20 - 24" for your place setting.

Below is a basic guide to setting the table. This can be used for setting a formal table as well as an informal one. Only the utensils for the meal need to be placed on the table.

1. The silver, 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 goes to the left of the fork and is placed with the fold on the left.
6. The knife goes to the right of the plate with the blade facing the plate.
7. The teaspoon is placed 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 on the dinner plate.
10. The glass is placed at the tip of the knife.
11. If a salad or bread plate is used, place it at the left, just above the tip of the fork.
12. The cup or mug is placed to the right of the spoons, up from the table edge.



## FOODS SCORE SHEET

CATEGORY	POSSIBLE SCORE	ACTUAL SCORE
<b>THE EXHIBITOR (20 Points)</b>		
Neat and clean	5	
Knowledge about display preparation & set-up	15	
<b>MENU (30 Points)</b>		
Nutritionally balanced	15	
Color	5	
Texture	5	
Flavor	5	
<b>FOOD (25 Points)</b>		
Quality	15	
Flavor	5	
Eye Appeal	5	
<b>CHALLENGE (10 Points)</b>		
Appropriate to participants age	5	
Appropriate to participants experience	5	
<b>TABLE SETTING (15 Points)</b>		
Correctly and neatly arranged	15	
<b>TOTAL SCORE</b>	<b>100</b>	

Judge's Comments:

---



---



---

Placing \_\_\_\_\_

<p><i>GOLD</i> = 100-95  <i>2<sup>ND</sup> PLACE</i> = 94-90  <i>3<sup>RD</sup> PLACE</i> = 89 &amp; below</p>
--

CONTESTANT'S NAME \_\_\_\_\_

# SPECIAL COMMODITY JUDGING SHEET

## FOOD FIESTA

EXHIBITOR #: \_\_\_\_\_ NAME: \_\_\_\_\_

NAME OF DISH: \_\_\_\_\_

COMMODITY CATEGORY: \_\_\_\_\_

CATEGORY	POSSIBLE SCORE	ACTUAL SCORE
FLAVOR		
Nice blend of flavors	10	
EYE APPEAL		
Good exterior appearance Nicely garnished	10	
TEXTURE		
Appropriate for dish	10	
USE OF COMMODITY		
Creativity	10	
<b>TOTAL SCORE</b>	<b>40</b>	

Judge's Comments:

---

---

---