

University of California
Agriculture and Natural Resources
Making a Difference for California



Premium Book

Favorite Foods Day

Saturday December 17, 2022

Paskenta Community Hall in Paskenta

Friday, December 9, 2022

By 5:00PM.....Entries & Recipes DUE to 4-H Office

Saturday, December 17, 2022

9:00AM.....Check in for all entrants

10:00AM.....Judging begins

Time will be determined by participation.....Adjourn and clean up

Do you have a favorite food? How about sharing it with others at the annual 4-H Favorite Foods Day? The event includes planning a menu with your favorite food as an item, selecting a theme with a table setting for one, preparing your favorite food at home and bringing it to the event. You will be evaluated on your appearance (appropriate dress, knowledge, and confidence), the menu's color, texture and nutritional value; the appropriateness of your table setting and arrangement; and the quality of your favorite food (texture, flavor, and eye appeal). Your table setting must include all of the tableware (dishes, utensils, and flatware) for serving all of the foods listed on your menu card for one person.

WHO CAN ENTER?

All 4-H members, including primary members are invited to participate. Members do not need to be enrolled in a food project to participate.

Adults are encouraged to participate, by entering a **“Healthy Choice” Dish**. A recipe is REQUIRED in the adult division; however, adults do not require a table setting or a menu.

DIVISIONS

There will be Primary, Junior, Intermediate, and Senior divisions (as well as an Adult category).

HOW DO I ENTER?

All participants must complete the attached entry form with a written recipe of your favorite food attached and meet the due date to be eligible for awards. Late entries will not be judged. Entries are due to the 4-H Office by December 9th, at 1754 Walnut Street, Red Bluff, California, 96080. Or you may enter online at http://cetehama.ucanr.edu/4-H_Program/4-H_News_-_Events/

Be sure to read all of the following information about the event. This information will help you plan your entry and help you keep your favorite food safe while preparing and transporting. There won't be any tasting of participants dishes at the end of the event due to food safety issues and the length of time the food is on display without proper refrigeration or heating.

For more information, contact the 4-H Office at 527-3101 or the Chairpersons below:
2021 Chair – Flournoy/Paskenta 4-H Club, Brandy Hill, 530-824-5497 or Melinda Flournoy, 530-586-1321
HOME ECONOMIC CHAIR – Cindy Dixon

(Continued...)

AWARDS

Junior, Intermediate and Senior 4-H Members' entries will be evaluated with the Danish Evaluation System on the most current county score card.

Primary members will not be evaluated and are not eligible for awards or special category awards. All primary members will receive a ribbon for their participation.

Each division (Junior, Intermediate, & Senior) will award one top individual with a hat pin and blue ribbon. All other entries will be awarded a blue, red or white ribbon based on evaluation.

All Special Food entries will be awarded blue, red, or white ribbon based on evaluation. Each age division will award a certificate for one top individual in table settings.

SPECIAL CATEGORY

Participants who wish to enter themselves into a special category must indicate so on their entry form. The category you choose must be an ingredient in your dish. **Your dish will be judged a second time by separate judges; please pay close attention to the announcement, made at the event, about how and when your special category will be judged.** Be prepared by bringing a second serving dish.

WHAT WILL THE ENTRANT BE EVALUATED ON?

- How well does the entrant present them self and answer questions?
- The food item prepared - How does it taste? Does it look good?
- The written menu - Is it well balanced nutritionally?
- The table setting for one - Is it appropriate for the occasion and menu?
- What does the entrant know about food safety (info is provided in the enclosed brochure).

This is a showmanship event. When the judge approaches the exhibit, the entrant should stand up and introduce them self. The entrant should tell the judges about their favorite food, theme, and menu. The entrant should be prepared to answer questions about their entry and serve a small portion of their favorite food to the judges. The 4-H uniform is optional; some participants wear clothing that depict their theme. The entrant should be prepared to serve a sample of their dish to the judges. Do not serve the food until the judges reach the entrant! No facilities are available to keep food hot or cold.

WHAT DO I PREPARE?

Plan a nutritionally balanced meal in which your favorite food recipe will be included. Create a menu card including a theme. The menu can be a breakfast, lunch, dinner, picnic or special occasion meal. Make sure that all five foods groups are represented in your menu (see MyPlate enclosed).

Prepare your favorite food recipe at home and then take it to the event. REMEMBER; only prepare your favorite dish from your menu, not the whole menu.

If you prepare a cold dish, KEEP IT COLD. If a hot dish, KEEP IT HOT. A dish wrapped in foil and towels and placed in cardboard box or in an insulated container will help keep it hot or cold while transporting and before/after judging. **BE SURE TO READ THE FOOD SAFETY BROCHURE ENCLOSED! No facilities will be available to keep your food hot or cold.**

HOW DO I SET UP THE PLACE SETTING?

Plan the table service needed to attractively serve the food. Include dishes, flatware, tablecloth or mat, napkin, glasses, centerpiece and other items appropriate for your menu and theme. Fine china and silverware are not criteria. All items are brought at your own risk.

BRING ONLY ONE PLACE SETTING. Remember, the serving dish you use for your favorite dish should be appropriate for your table setting. **Also, be sure to include a serving spoon or fork and small paper plate for your dish, so the judges can taste it.**

(Continued...)

Set up your display on the table space provided. Please include the following at your assigned space:

- Place your prepared favorite food item in an appropriate serving dish. (To be set out when you are to be evaluated)
- Your place setting for one person including all flatware indicated by the menu. Refer to the "Setting the Table" for more information.
- Your centerpiece for the table is optional but makes for an eye-appealing display.
- Your menu card listing the theme and nutritionally balanced menu.

HOW DO I SET UP AT THE EVENT?

When you check in the day of the event you will be given a number that directs you to your table space. **REMEMBER – Only YOU, the 4-H member, are permitted to set up your display.** No 4-H leaders, parents, relatives, or friends will be allowed in the area while you are setting up your display. Parents and guests may watch quietly from the designated area. There will be activities for the children in the side room. Take time to practice setting up and serving your dish at home so that you are ready for the day.

SMILE, relax and have fun sharing your favorite food!!

(Collected recipes will become part of a 4-H Cookbook and will be available for purchase at the registration table.)

Adult Category:

ADULTS do not bring a table setting or centerpiece.
Bring only your prepared dish and recipe card which will be judged.

The adult category for 2022 **“Healthy Choice”** Dish.

Favorite Foods Day Entry Form

ENTRIES ARE DUE December 9, 2022 BY 5PM – AT THE 4-H OFFICE

(NO LATE ENTRIES WILL BE ACCEPTED)

Name: _____

Club: _____ Phone Number: _____

Email: _____

Division as of December 31 of the program year (Please circle one):

Primary (5-8 years old) Junior (9-10 years old) Intermediate (11-13 years old)

Senior (14 years old & up) Adult

_____ I have attached my recipe – I have it neatly written or typed and have double-checked the ingredients and directions for accuracy.

or **USE THE PREFERRED METHOD:** Enter ONLINE at:
<http://cetehama.ucanr.edu/4-H Program/4-H News - Events/>

_____ **SPECIAL AWARD CATEGORY (No Primary Members or Adults)**
I also would like to enter my recipe in the following special award category.
(Your recipe must contain the special category circled)

Please circle ONE:

BEEF **LAMB** **PORK** **POULTRY** **OLIVES**
RICE/GRAINS **PRUNE** **ALMOND/WALNUT**
FRUITS/VEGETABLES



FAVORITE FOODS DAY EVALUATION

Yes, I would like to help at the Favorite Foods Day

NAME: _____

_____ Judge (Adult) Have you judged before? YES NO

4-H Table Setting Guidelines

Why should you participate in Favorite Foods Day?

You can have fun learning how to:

- Express originality and creativity in choosing a theme
- Properly set a table
- Plan nutritious meals
- Choose a costume that fits your theme
- Use your skill for entertaining

Did you know that you can be a designer each time you set the table? A designer chooses and arranges things according to a plan.

Actually, there is more than one way to set a table. The usual way to set a table is to put all the dishes, flatware, and food on the table before anyone sits down.

When there is company or for a special meal, part of the food and dishes maybe left in the kitchen and served later. Diners at a buffet or a picnic may fill their plates and glasses before they are seated.

The way to set your table depends upon the way the meal is to be served. Be creative and have fun! Color, texture, design and creativity are important.

When setting your table at Favorite Food Day, one place setting is to be displayed. This place setting will include:

- A table covering (a table will be supplied for you)
- Dinnerware
- Stemware or glasses
- Flatware
- A centerpiece
- A menu of the food
- Favorite Food item



All table settings, for 9 years old and up, are automatically entered into the table setting division. Entries may be made by individuals or bought. All ages will be evaluated together and one winner will be announced.

Table Setting Terms to Know -

What is Flatware? Flatware is your knives, forks, spoons, and other eating utensils.

What is Dinnerware? The plates, and possibly bowls, that you will use for eating.

What is Stemware or Glassware? Those are the cups, goblets, glasses, cups & saucers or mugs that you use to drink liquids in the meal.

What is a Centerpiece? This is what you choose to put in the center of your table to tie your theme together.

What is a Cover? A cover is the space needed for a person's dishes and contains the dinnerware and flatware for the meal being served.

What are Table Appointments? These include any item used to set a table: tablecloth, placemats, dinnerware, stemware or glassware, flatware, and centerpiece.

More Details on Setting the Table

The following guide is a basic set of rules for setting the table. It can be used for setting a formal as well as an informal one.

An attractive table adds to the enjoyment of a meal. The table should be clean; it can be left bare or covered with a tablecloth to be used as the background for the food and appointments (any item used to set a table) placed on it. A tablecloth helps protect the table and muffles any noise from clanking dinner and glassware. Placemats or tablecloths can be used for special occasions or to dress up the table.

Use place settings that match the meal of food to be served. That means a snack can be served on a paper plate with paper napkins while a home-cooked meal should be served on attractive dinnerware to show off the meal.

Choose dinnerware and flatware appropriate for the occasion and that compliment the other table appointments. Match or blend colors and textures in the dishes or contrast with something different.

Only the utensils necessary for the meal need to be placed on the table. If there is room, serving utensils and dishes can be placed in the center of the table or on a nearby counter.

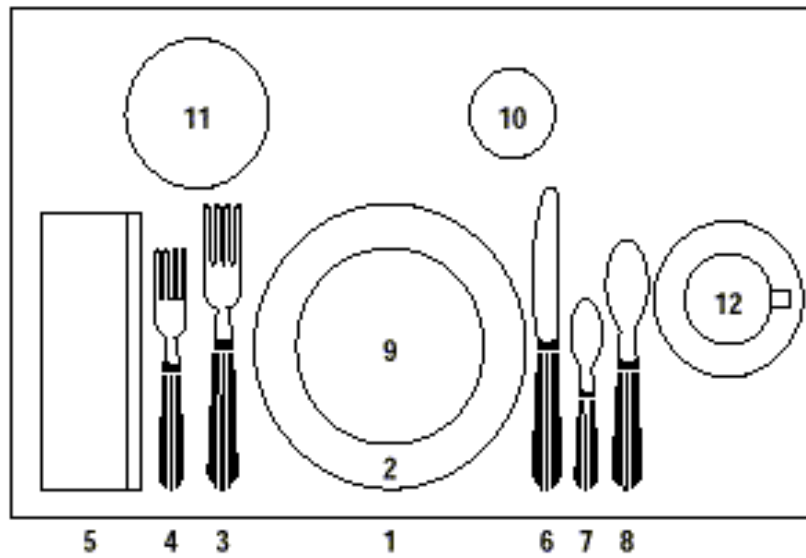
If you choose to use a centerpiece it should be attractive. Simple ones such as fresh flowers, a plant, or fruit can be used. If candles are used, they should be lit with the flame above eye level. Be sure that the centerpiece is low so that people at the table can see over it. That it's colorful yet blends with the colors of the tablecloth and dinnerware.

To set the table, you need a "place setting" for each person (you only need to set for one person). Place settings include all of the items each person needs for eating. This includes the following appointments:

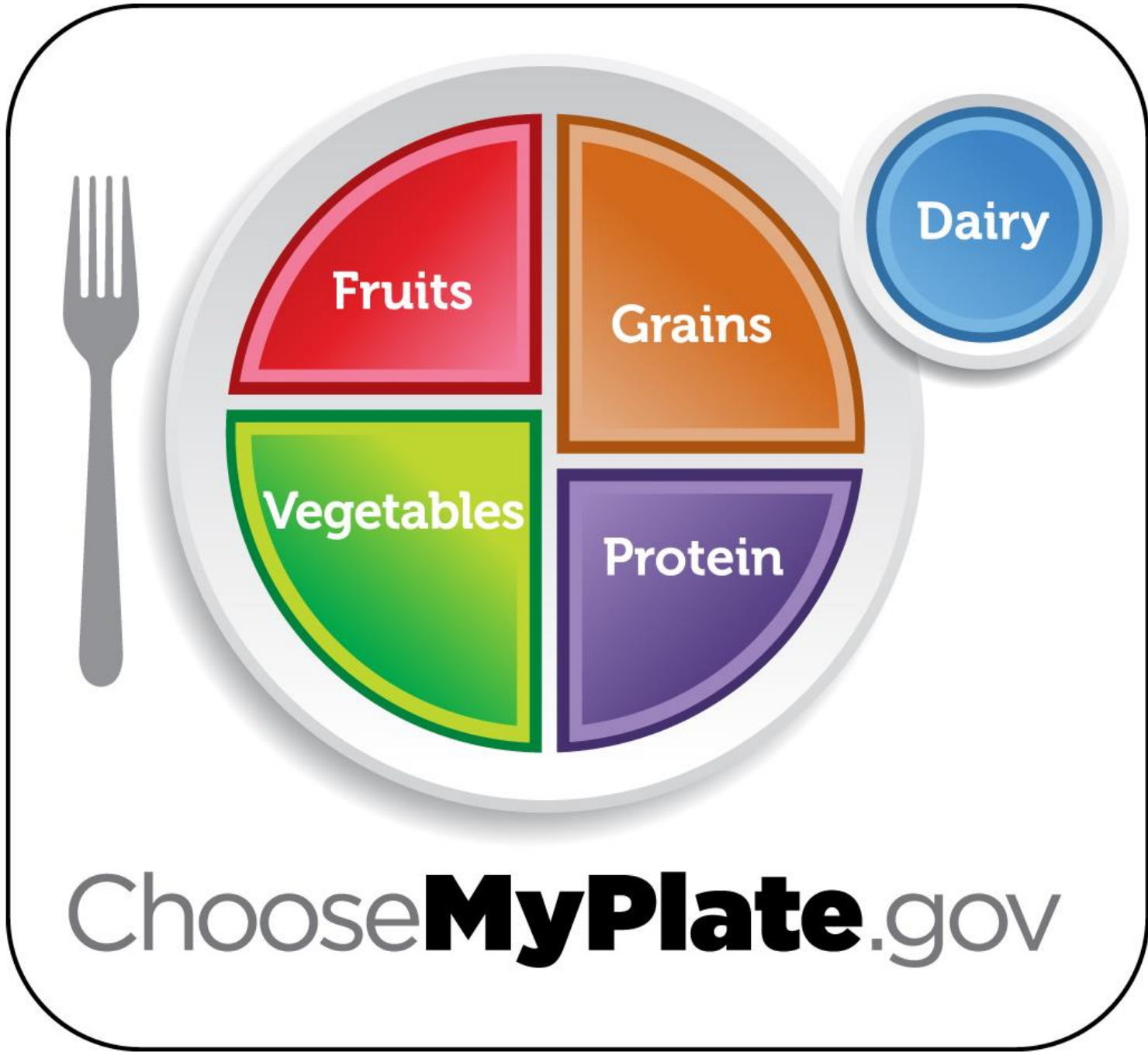
- Dinnerware (plates, cups, saucers, and bowls)
- Glassware
- Flatware (forks, spoons, and knives)
- Napkins
- Centerpiece
- Placemats or tablecloths, optional

How a table should be set is determined in a large part by the serving style. Every family has its own eating style. There is really no right and wrong way to serve a meal, but there are three traditional serving styles: family, formal, and buffet.

How to Set a Table



1. The flatware, dinner plate, and napkin should be one inch from the edge of the table. If place mats are used, they should be $\frac{1}{2}$ inch from the edge of the table or a table cloth may be used.
2. The dinner 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 placed to the left of the fork, with the fold on the left. *It can also go under a fork, or on top of the dinner plate.*
6. The knife is placed to the right of the plate with the cutting edge facing in towards 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 drinking glass is placed about $\frac{1}{2}$ inch above the tip of the knife. *If more than one glass is used, place the second one to the right of the first glass.*
11. If a separate salad plate is used, place it above the forks or to the left of the bread and butter plate. *If included the bread and butter plate is placed just above the forks with the butter knife parallel to the edge of the table or at right angles to it.*
12. The cup and saucer or mug is placed to the right of the spoons about 3 inches in from the edge of the table or placed to the right of the knife.
13. If you need to add a dessert plate, it goes directly behind the dinner plate.



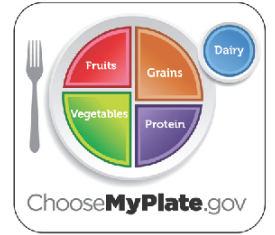
Choose **MyPlate**.gov

10 tips

Nutrition
Education Series

choose MyPlate

10 tips to a great plate



Making food choices for a healthy lifestyle can be as simple as using these 10 Tips.

Use the ideas in this list to *balance your calories*, to choose foods to *eat more often*, and to cut back on foods to *eat less often*.

1 balance calories

Find out how many calories YOU need for a day as a first step in managing your weight. Go to www.ChooseMyPlate.gov to find your calorie level. Being physically active also helps you balance calories.

2 enjoy your food, but eat less

Take the time to fully enjoy your food as you eat it. Eating too fast or when your attention is elsewhere may lead to eating too many calories. Pay attention to hunger and fullness cues before, during, and after meals. Use them to recognize when to eat and when you've had enough.



3 avoid oversized portions

Use a smaller plate, bowl, and glass. Portion out foods before you eat. When eating out, choose a smaller size option, share a dish, or take home part of your meal.

4 foods to eat more often

Eat more vegetables, fruits, whole grains, and fat-free or 1% milk and dairy products. These foods have the nutrients you need for health—including potassium, calcium, vitamin D, and fiber. Make them the basis for meals and snacks.



5 make half your plate fruits and vegetables

Choose red, orange, and dark-green vegetables like tomatoes, sweet potatoes, and broccoli, along with other vegetables for your meals. Add fruit to meals as part of main or side dishes or as dessert.

6 switch to fat-free or low-fat (1%) milk

They have the same amount of calcium and other essential nutrients as whole milk, but fewer calories and less saturated fat.



7 make half your grains whole grains

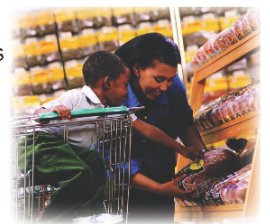
To eat more whole grains, substitute a whole-grain product for a refined product—such as eating whole-wheat bread instead of white bread or brown rice instead of white rice.

8 foods to eat less often

Cut back on foods high in solid fats, added sugars, and salt. They include cakes, cookies, ice cream, candies, sweetened drinks, pizza, and fatty meats like ribs, sausages, bacon, and hot dogs. Use these foods as occasional treats, not everyday foods.

9 compare sodium in foods

Use the Nutrition Facts label to choose lower sodium versions of foods like soup, bread, and frozen meals. Select canned foods labeled "low sodium," "reduced sodium," or "no salt added."



10 drink water instead of sugary drinks

Cut calories by drinking water or unsweetened beverages. Soda, energy drinks, and sports drinks are a major source of added sugar, and calories, in American diets.

Food Safety for Favorite Foods Day

It is important for all 4-H members to follow these rules when preparing exhibits for Favorite Foods Day:

KEEP HANDS CLEAN: Wash hands and fingernails thoroughly with soap and water before preparing food and during preparation. Members should also wear an apron and/or clean clothes when preparing and serving food.



KEEP THE FOOD CLEAN: Food can be infected by coughs, sneezes, handling, dirty equipment, animals and wastes. It should be protected during storage, preparation, transport and serving.

KEEP UTENSILS CLEAN: In food preparation, do not cross contaminate. Use a separate utensil for each step in food preparation. After each use, wash the utensil in hot, soapy water and rinse. Utensils include cutting boards and any other items in contact with the food.

USE A THERMOMETER: Using a meat thermometer takes the guesswork out of cooking. A meat thermometer can be used for all foods not just meats. It measures the internal temperature of your cooked meat and poultry, or any casseroles; to assure that a safe temperature has been reached that kills harmful bacteria.

KEEP FOODS AT THE RIGHT TEMPERATURE: Cold temperatures (40 degrees or below) stop germs from growing and enough heat kills them. Cold foods should be kept chilled. Hot foods should be kept hot (above 140 degrees). Never leave prepared food standing at room temperature longer than 2 hours.

MEMBERS PREPARING FOOD SHOULD BE HEALTHY: Diseases may be passed to other people in food. People with infected wounds, sore throats, diarrhea and nose infections should not prepare or handle foods.






TRANSPORT FOODS SAFELY: All foods that meet Category 2 or 3 (listed on back) must be kept HOT (140 degrees or above) or COLD (40 degrees or below) at all times. If left at room temperature for longer than 2 hours, the food must be re-heated to an internal temperature of 165 degrees or disposed of.

Use insulated containers to transport cold foods; add ice packs. Wrap hot foods in towels and/or newspaper or place in an insulated container and keep there until judging begins. If your food has not been at the correct temperature alert the judges.

ARE YOU SERVING A POTENTIALLY HAZARDOUS FOOD?



Category 1 Foods that are almost always safe.	Category 2 Foods that are sometimes problematic.	Category 3 Foods that are potentially hazardous.
<p>Dry and high sugar foods are almost always safe. You can safely offer breads and rolls; cakes without cream filling; fresh fruit and vegetables; cookies and crackers; candies; and dried foods such as jerky, raisins, and granola.</p> 	<p>Cooked fruits and vegetables and processed meats belong in this category. Be cautious with cooked vegetables; fruit salads, green salads; lunch meats and hot dogs; and cheeses.</p> 	<p>All foods of animal origin and cooked starch foods are potentially hazardous. Exercise extreme caution with meats; potatoes and potato-containing foods; cooked rice; custards, puddings and these types of pies; gravies; bread stuffing; beans; mixed salads containing meat, starchy foods, and/or whipped cream; and milk and egg containing desserts.</p> 
Make it Safe		
<ul style="list-style-type: none"> • Prepare food in a clean workspace using clean utensils. • Cook foods to proper temperature. 	<ul style="list-style-type: none"> • When preparing foods, use separate cutting boards and utensils for fruits and veggies and meats. • Cook foods to the proper internal temperature. 	<ul style="list-style-type: none"> • When preparing foods, use separate cutting boards and utensils for fruits and veggies and meats. • Cook foods to the proper internal temperature.
Keep it Safe		
<ul style="list-style-type: none"> • Keep dry foods separate from wet foods. • Wrap foods securely to avoid cross contamination during transportation. 	<ul style="list-style-type: none"> • Maintain proper temperature of food during transportation. • Keep cold foods cold and hot foods hot. • Do not leave food out for more than 2 hours. 	<ul style="list-style-type: none"> • Maintain proper temperature of food during transportation. • Keep cold foods cold and hot foods hot. • Do not leave food out for more than 2 hours.

Directions to Paskenta Hall

PASKENTA HALL, Paskenta, California
Approximately 19 miles west of Corning

Take Corning Road out of Corning, CA. Go west approximately 19 miles. Paskenta Hall will be on the right-hand side of the road. (Corning Road will turn into Paskenta Road about 13 miles from Corning)



See You There!

TABLE SETTING SCORE CARD

Exhibitor # _____

DIVISION: (CIRCLE ONE)

JUNIOR

INTERMEDIATE

SENIOR

Theme of Table Setting: _____

Top Scoring Table Setting in each age division will receive a Certificate

Sample

		Score	Comments
Table Service (50%)	Is the complete cover correctly set? Is the tablecloth or place mat appropriate? Clean and pressed? 8 pts.		
	Are dishes and silverware appropriate? 5 pts.		
	Is the centerpiece appropriate (color, height, occasion, visible from all sides?) 5 pts.		
	Total effect – coordination of originality and creativity. 8 pts.		
Menu (20%)	Menu: A minimum 4x6 printed or typed menu on the medium of choice (may be propped up). Correct spelling, use of capital letters, and foods in correct order as served. 5 pts.		
	Food choices: Do food preparation, type and variety of foods to be served complement each other? Are foods suitable for the occasion and theme? Nutritional value? 5 pts.		
Participant (30%)	Is the 4-H member well groomed? Neatly and appropriately dressed? 5 pts.		
	Interview: How 4-H member presents him or herself (eye contact, clarity, volume). Does the 4-H member demonstrate an understanding of table setting techniques and the menu, food preparation, and food safety? 5 pts.		
	4-H members conduct and sportsmanship 5 pts.		

TOTAL SCORE

FAVORITE FOOD SCORE CARD

Exhibitor # _____

DIVISION: (CIRCLE ONE)

JUNIOR

INTERMEDIATE

SENIOR

Favorite Dish: _____

Top Scoring Individual, each age division _____ Hat Pin & Blue Ribbon
 15 - 11 _____ Blue Ribbon
 10 - 6 _____ Red Ribbon
 5 & under _____ White Ribbon

SCORING:
 3 Outstanding
 2 Average
 1 Acceptable

	Level 1 (1 point)	Level 2 (2 points)	Level 3 (3 points)	Points
Showmanship	Attire needs improvement; servers should be clean and neat while serving food to avoid contamination.	Appropriate attire, neat, clean and well groomed, poised and confident.	Themed attire for menu and place setting, very clean and neat, poised and confident.	
Menu	Not enough balance and depth in menu, not challenging enough for age.	Well developed menu in all areas, provides balance of food groups.	Nutritionally well balanced, texture contrast, flavor contrast, suitable for age.	
Favorite Food	Limited texture and taste.	Good food and texture, good blend of flavor. Good choice of spices and herbs.	Outstanding quality food, good texture, flavor blend and eye appeal to consumer. Well developed recipe.	
Table Setting	Limited theme creativity or neatness, lacking correct utensils for menu.	Theme or occasion, neat arrangement, appropriate decoration (not taking away from food or table space)	Creative theme, neat arrangement, proper placement of utensils, coordinated in color texture and design.	
Questions	More practice needed to answer questions	Questions answered or handled when unable to provide answers.	Skillful answers to questions and relates them to the presentation purpose.	
Total Points _____				

Comments: _____

SPECIAL CATEGORY SCORE CARD

Exhibitor # _____

LAMB RICE/GRAINS OLIVE PRUNE POULTRY
 BEEF PORK WALNUT / ALMOND FRUITS/VEGETABLES

Name of Dish: _____

12 - 8 _____ Blue Ribbon
 7 - 3 _____ Red Ribbon
 2 & under _____ White Ribbon

SCORING:
 3 Outstanding
 2 Average
 1 Acceptable

Sample

	Level 1 (1 point)	Level 2 (2 points)	Level 3 (3 points)	Points
Quality	Poor degree of quality in recipe	Good degree of quality in recipe	High degree of excellence, original recipe	
Texture	Definitely over or under cooked, texture to dry or wet.	Over or under cooked, lacking appropriate texture of moist or crunchy	Cooked just right, (not over or under cooked). Moist or crunchy as appropriate	
Flavor	Could use some flavor adjustments. Check the use of spices or herbs for adjusting your flavor.	Good flavor combination for recipe, used spices or herbs to enhance flavor of chosen food commodity.	Excellent flavor combination, appropriate seasoning, spices and herbs balanced for best flavor.	
Eye Appeal	Limited visual appeal, lacking color of appropriateness for food.	Well displayed, provides edible appeal and color	Visually appealing, color, even in size and or well shaped.	
Total Points _____				

Comments: _____

