



Guide created by:
Oregon State University
Extension Service
Benton County

El Dorado County 4-H

FAVORITE FOODS CONTEST



Saturday, March 16, 2024

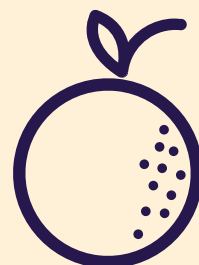
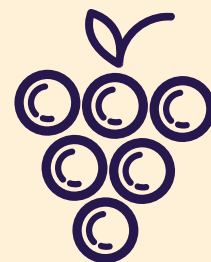
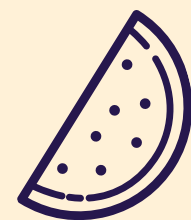
9:00am - 12:00pm

El Dorado County Fairgrounds Marshall Building

Open to all 4-H members age 5-18 as of 12/31/23.

WHAT'S YOUR FAVORITE FOOD?

Mac & Cheese, Chocolate Chip Cookies, Pizza, Tacos?
Prepare your favorite food at home and share it with a judge,
who will interview and taste the dish/snack. There will also be
a optional Measuring Contest. Try your hand at measuring
different types of ingredients. Visit our website for all of the
details: https://ucanr.edu/sites/EDC_4-H_Program/Events/HAD/



2024-H FAVORITE FOODS CONTEST

Who: ANY El Dorado County youth aged 5-18 (*as of 12/31/23*). Youth do not need to be in a 4-H cooking project to participate.

When: SATURDAY, MARCH 16, 2024; 9am-12pm

Where: El Dorado County Fairgrounds Marshall Building (100 Placerville Drive)

Awards: Ribbons and prizes will be awarded. Everyone will receive something.

Register: Call the El Dorado County 4-H Extension Office (530-621-5503), visit https://ucanr.edu/sites/EDC_4-H_Program/Events/HAD/, or scan the QRCode.



Deadline: You must register no later than **MONDAY, MARCH 11.**

Special Notes:

1. Please review the attached score sheet and the contest outline for more information.
2. Each participant will have a 4' x 3' area available for their table setting.
3. **Alcohol is prohibited** and should **NOT** be in any of the food/recipes. This is because participants are underage and cannot legally buy alcohol.
4. Please bring **two copies of your recipe**. One for the judge and one for a recipe book. A 4-H club or member may create a cookbook with your submissions.

4-H Measuring Contest

There will be an optional **MEASURING CONTEST** for anyone who wants to participate! There is no pre-registration for this contest. If you would like to participate, please notify the registration table when you check in.

The purpose of the Measuring Contest is to learn the proper methods to accurately measure a variety of ingredients so your food product will taste good and turn out successful. The "*Measuring Ingredients*" publication is helpful to learn about the essentials of measuring.

http://oregon.4h.oregonstate.edu/sites/default/files/projects/family-consumer/measuring_ingredients_511-014.pdf

Measuring Contest Directions:

1. If you are interested, inform the Favorite Foods registration table that you would like to participate in the Measuring Contest, they'll give you further instructions.
2. Please wash your hands before you begin the measuring contest!
3. Ingredients and measuring equipment will be provided. The ingredients to be measured may include: brown sugar, baking soda, raisins, flour, water, and/or butter.
4. The judge will specify which ingredients and the quantity to be measured.

FAVORITE FOODS CONTEST OUTLINE

REQUIREMENTS

1. This contest is open to any El Dorado County youth aged 5-18 (*as of 12/31/23*).
2. This is a county only contest.

GENERAL RULES

1. Make your favorite food (**use of alcohol is prohibited**).
2. Bring a menu. All participants are required to incorporate their food item into a menu. If your food item is part of a meal, establish a balanced menu that could accompany your favorite food.
3. Practice makes perfect! Execute your recipe prior to the contest. This will ensure that your favorite food will be ideal. This will also help you feel comfortable when you explain the process to the judge. Try it out on your family and friends.
4. Create a table setting for your menu. The table setting should be for one person and should include all items that would be used on the table for your favorite food.
5. On judging day you will bring:
 - a. Your **favorite food**. Bring enough for your setting/judge and extra to share with others if you choose.
 - b. A **placemat**, dishes, silverware, napkins and a serving dish for your food. (*If you prepare a hot dish, bring something to keep it warm*).
 - c. A **menu** for the meal in which this food is being served.
 - d. A simple attractive **centerpiece** of fruit, flowers, etc., to display.
 - e. The **recipe** of your favorite food. Please provide two copies and print neatly if handwritten. *See sample below.*
6. Participants will be judged through the personal interview method. All participants will be given an appropriate award or recognition item.
7. After judging, participants may share their food with any guests or other participants.
8. Participants will be scored in seven different areas. Please see the “Favorite Foods Contest Score Sheet” for the breakdown of scoring.

MENU

Please use “***My Plate***” as a guide for making a well-balanced meal.

<https://www.choosemyplate.gov/>

Sample Recipe Card

Sloppy Joe

Source: PNW 1

4-6 servings

1 small onion, chopped
1 pound ground beef
1 10³/₄-ounce can condensed tomato soup
2 Tablespoons packed brown sugar
1 teaspoon prepared mustard

1. Chop the onion.
2. Put onion and ground beef into a 10" skillet.
3. Cook and stir over moderate heat until meat is lightly browned. Drain drippings and discard.
4. Add tomato soup, brown sugar, and mustard. Stir, cover, and simmer over low heat for 10 to 15 minutes.
5. Serve hot on hamburger buns.

Refrigerate leftovers immediately in tightly covered container.

4-H FAVORITE FOODS CONTEST SCORE SHEET

NAME _____ LEVEL _____

CLUB/LEADER _____

TYPE OF FOOD OR DISH _____

	POINTS	MEMBER POINTS
Member works independently of leader or parent	5	
Personal appearance and attitude	10	
Proper place setting for menu	10	
Appropriate menu <i>(shows variety of color, hard & soft textures, color coordination, cold & hot foods)</i>	10	
Attractive & appropriate centerpiece	5	
Finished product served <i>(flavor, texture, appearance)</i>	30	
Nutrition information	30	
TOTAL	100	

COMMENTS:



UNIVERSITY OF CALIFORNIA
Agriculture and Natural Resources

4-H Favorite Food Recipe Card

Name: _____

County: _____

Level: ☐ Cloverbud ☐ Junior ☐ Intermediate ☐ Senior

Recipe Title: _____

Source:

☐ Family Recipe

☐ Recipe Book _____

☐ Internet Site _____

☐ Other _____

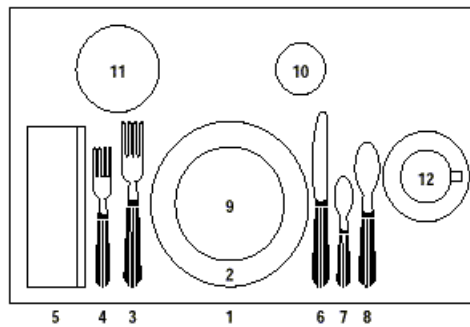
Ingredient Amounts and Directions:

Setting the Table

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” way to set a table, but there are three traditional serving styles:

- family
- formal
- buffet

The following rules for setting a table correspond to the numbers seen in the table setting illustration:



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 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 plate.
6. The knife is placed to the right of the plate with the sharp blade 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 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.

General Guidelines:

- **Don't** go out and buy new things. Use what is available at home or share within your club or family. Things do not have to be expensive, just appropriate to your theme.
- All items should be safe to eat from, with no cracks or chips, and they should be clean with no water spots or fingerprints.
- Be prepared to answer any questions the judge might ask you about your menu, place setting, food, or recipe during the contest.
- Only the utensils necessary for the meal need to be placed on the table.

Menu:

- List the foods in the order they will be served.

Napkins & Table Covering/Place Mats

Napkins

1. Can be placed on the plate, to the left of the dinner fork or underneath the dinner fork.
 2. Napkins should be spotless and wrinkle free.
 3. Napkins should be placed so that when removed, it will not disturb any of the flatware.
 4. Good websites for napkin folding ideas include:
<http://www.napkinfolding.net/> or <http://www.napkinfoldingguide.com/>.
- **Folding Napkins** – Napkins folded into oblongs are placed next to the forks and placed oblong so it opens like a book, with the open corner being on the bottom right. It is also correct to fold a napkin into a triangle and have the point to the left. Try decorative and creative folds with your napkins.
 - **Rolling Napkins** - You will need a napkin ring, ribbon, or raffia bow to secure this fold.
 - **Step 1:** Fold napkin in quarters. Set on a diagonal with the folded center portion at the top and all open edges at the bottom.
 - **Step 2:** Begin rolling each side toward the center, making 2 long rolls. This will be the back. *Tip: have napkin ring ready.*
 - **Step 3:** When fully rolled up from each side, prepare to insert into the napkin ring.
 - **Step 4:** Insert the roll into a napkin ring and turn over so smooth side is up.

Table Covering

1. This is the background for the food and all tableware to be placed on it.
2. Placemats and/or tablecloths may be used.
3. Choose a covering which is appropriate for the occasion.
4. Match or blend colors and textures with the dinnerware.
5. If you use a placemat, place it even with the edge of the table and put down the correct number for all guests.
6. If you use a tablecloth, it should have an 8" to 10" drop.
7. All table coverings should be spotless and wrinkle free.

Centerpieces

Every well-set table includes a centerpiece, either centered on the table, as the name implies, or balanced at the back of the table or even at one end.

Simplicity is the key to beauty, so do not over do your centerpiece. The centerpiece brings the entire table setting together. Consider the color and the style and make sure the centerpiece is appropriate to the theme.

Candles and flowers are good options, but consider unusual or unique items. There is no end to the list of materials that lend themselves to creative, imaginative centerpieces. Inspiration begins with even the most unlikely materials...a piece of driftwood, a wicker basket, or an everyday serving dish...all lend themselves to delightful centerpieces. Use what you have at home to dress up your table.

1. **Fruit** in season can be simply arranged in an elegant bowl. Dried fruit creates an elegant fall centerpiece.
2. **Cake Decorating** can double as the centerpiece. Any special occasion, wedding, birthday, anniversary, or holiday calls for a cake. You may not be able to create a great masterpiece on your first try, but a few simple cake decorating skills and a little imagination can earn you many compliments.
3. **Candles** used to be traditional tapers. Look for novelty candles to enhance your décor or the occasion. Float candles in a bowl (or in the punch). Short chunky candles on interesting holders add a new look to candlelight dinners. You should be able to see over the centerpiece while sitting down. This includes flame from candles. No candles may be lit at the contest.
4. **Dried or Artificial Flowers** At one time, only fresh flowers were acceptable for flower centerpieces. Now dried and artificial flower arrangements can be equally elegant.
5. **House Plants** can be wonderful candidates for centerpieces. A handsome container will enhance any plant, whether fern, flower, or herb.
6. **Fresh Flowers** are traditional as centerpieces. Remember that flower arrangements should be low enough so as not to block your communication with others at the table.
7. **Artifacts, Toys, Collections, Books...** use your imagination to make your table a FUN place to be!

The most important thing to remember for centerpieces is to keep them low and somewhat simple if people are sitting around the table. Make sure aromas or other things are not offensive to your guests. Watch for bugs or other foreign matter when using natural objects like live plants. Do not use loose glitter, sand, beads, etc., which could get into the food.



Measuring Ingredients

For all measurements:

- Use the correct standardized equipment for the ingredient
- Make the fewest measurements possible - use more than one utensil only when necessary to get the amount needed
- Learn and use basic equivalent measures:

3 teaspoons = 1 Tablespoon

16 Tablespoons = 1 cup = 8 fluid ounces

Measuring liquids

1. Choose standardized *liquid measuring cups* that:

Are clear enough to see through

Have a pouring spout

Have clear amount markings with space above the marking

(For small amounts use standardized measuring spoons.)



2. Keep the cup on a *flat surface*

3. Keep your *eye* on the same *level* as the line on the cup



4. Fill the cup until the *bottom of the curve* of the liquid surface is on the line of the measurement needed



5. Use a rubber scraper to help remove all of the ingredient from the measuring cup



Measuring dry or solid ingredients:

1. Use a standardized *dry measuring cup* in the exact amount needed
(For small amounts use standardized measuring spoons.)



2. Fill the cup to overflowing

- **Most dry ingredients**

- *scoop* up the ingredient *or* *pour* into the cup



- **Flour**

- *sift* once *or* *stir* in the container to fluff the flour



- *spoon* gently into the cup until overflowing
do not press down, shake or tap the cup

- **Shortening, butter, margarine**

- *press* small amounts in layers into the cup to avoid air pockets



3. Level with the top edge of the cup

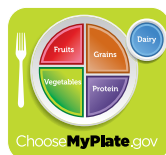
- **Most ingredients** - *scrape* a straight edge across the top to remove extra ingredient



- **Brown sugar** - *press lightly* to be sure all spaces are filled. Press enough to just hold the shape of the cup when removed



**10
tips**
Nutrition
Education Series



**MyPlate
MyWins**

Based on the
**Dietary
Guidelines
for Americans**

Build a healthy meal

Each meal is a building block in your healthy eating style. Make sure to include all the food groups throughout the day. Make fruits, vegetables, grains, dairy, and protein foods part of your daily meals and snacks. Also, limit added sugars, saturated fat, and sodium. Use the [MyPlate Daily Checklist](#) and the tips below to meet your needs throughout the day.

1 Make half your plate veggies and fruits

Vegetables and fruits are full of nutrients that support good health. Choose fruits and red, orange, and dark-green vegetables such as tomatoes, sweet potatoes, and broccoli.



2 Include whole grains

Aim to make at least half your grains whole grains. Look for the words “100% whole grain” or “100% whole wheat” on the food label. Whole grains provide more nutrients, like fiber, than refined grains.



3 Don't forget the dairy

Complete your meal with a cup of fat-free or low-fat milk. You will get the same amount of calcium and other essential nutrients as whole milk but fewer calories. Don't drink milk? Try a soy beverage (soymilk) as your drink or include low-fat yogurt in your meal or snack.



4 Add lean protein

Choose protein foods such as lean beef, pork, chicken, or turkey, and eggs, nuts, beans, or tofu. Twice a week, make seafood the protein on your plate.



5 Avoid extra fat

Using heavy gravies or sauces will add fat and calories to otherwise healthy choices. Try steamed broccoli with a sprinkling of low-fat parmesan cheese or a squeeze of lemon.

6 Get creative in the kitchen

Whether you are making a sandwich, a stir-fry, or a casserole, find ways to make them healthier. Try using less meat and cheese, which can be higher in saturated fat and sodium, and adding in more veggies that add new flavors and textures to your meals.

7 Take control of your food

Eat at home more often so you know exactly what you are eating. If you eat out, check and compare the nutrition information. Choose options that are lower in calories, saturated fat, and sodium.



8 Try new foods

Keep it interesting by picking out new foods you've never tried before, like mango, lentils, quinoa, kale, or sardines. You may find a new favorite! Trade fun and tasty recipes with friends or find them online.

9 Satisfy your sweet tooth in a healthy way

Indulge in a naturally sweet dessert dish—fruit! Serve a fresh fruit salad or a fruit parfait made with yogurt. For a hot dessert, bake apples and top with cinnamon.

10 Everything you eat and drink matters

The right mix of foods in your meals and snacks can help you be healthier now and into the future. Turn small changes in how you eat into your MyPlate, MyWins.