

Stanislaus County Favorite Foods Day

April 8, 2023

Registration Due: March 31, 2023

Sign in and Set up: 8:30 to 9:15am

Judging Begins @ 9:30am

What is Favorite Foods Day?

Favorite Foods Day is an event for Stanislaus County 4-H members to show off their food safety and baking knowledge. You do not have to be enrolled in a foods project in 4-H to participate.

Why participate in Favorite Foods Day:

1. This is a "Learn By Doing" competition.
2. Members will actively participate in the experience of food preparation, etiquette and table decorating.
3. Members will improve their skills in food preparation, safety, planning and display.
4. This event encourages members to be creative and original with their entry.
5. This event develops leadership skills and builds self-confidence.

What you will need to do.

1. Select a theme or special occasion for your table setting.
2. Review the Favorite Foods Day rules and expectations.
3. Plan a healthy menu that is appropriate for your theme. Write or print your menu card.
4. Gather items for your table setting that coordinates with your theme. (table setting items and center piece, for example.)
5. Prepare a dessert, salad or decorated cake at home to bring to the event. Be sure to have 3 copies of the recipe you will be making.
6. Practice your set up and introduction with another member or project leader. Introduce yourself, age, club and years in 4-H program. Explain how your entry was prepared and why you chose that specific food item. When you have finished, ask the judges if there are any questions.
7. You will not be judged against other members. You will be judged according to a set of criteria including appearance, presentation and knowledge. Be prepared to answer questions on preparation, safety and nutrition. Questions will be based on age and project experience.
8. Have Fun!!!

Register online at: *****

On or before March 31, 2023

Favorite Foods Day Rules:

1. Participants do not have to be enrolled in any foods project.
2. Recipe must accompany food entry. The recipe must be suited to the age of the member. Recipes should be more challenging for older members. You must have 3 copies of the recipe, one for each judge and one on the table. Use a 3"x5" or 5"x8" card or 8.5"x11 inch paper.
3. Participants MUST do all of the food preparation and cooking themselves, with age-appropriate supervision as needed.
4. The prepared food item should serve 4 to 8 people.
5. Members are limited to one entry in each class.
6. The finished dessert or salad will be displayed at a place setting for one person.
 - a) The space provided for set up will be 24 inches wide by 18 inches deep.
 - b) Dishes, glasses, flatware and decorations should coordinate with your theme. You may use items you already have at home; you can borrow items or shop good will or other low cost stores to complete your entry. The purpose of this event is not to go out and spend a lot of money. The fun part is to get creative.
 - c) Your entry should be ready when you arrive. No other food preparation other than plating your entry is allowed.
 - d) Participants must set up their entries by themselves. Parents and leaders will not be allowed in the room during set up or judging.
 - e) Primary members are only required to set a place setting for Dessert.
7. This is a showmanship event. The 4-H uniform or theme related outfit is encouraged, but not required. Participants should be dressed neat and clean. Long hair should be pulled back.
8. Participants should be prepared to answer questions from the judges about their menu selection, how their recipe was prepared, and which food groups are represented in their menu. There can and will be other questions.
9. Parents, leaders, non-participating members, and guests will not be allowed in the judging area during judging and tabulating. Participating members will be called to the judging area when it is their scheduled judging time.
10. Following the final judging, parents, leaders, and guests will be allowed to view the table settings.
11. Please bring extra entry items (dessert or salad) to be used in the People's Choice contest that will follow the judging.

Judging will be done using the Danish System, which allows for each participant to be judged on their own merit. All Primary Members will receive participant certificates.

All judging results and awards are final and based on the participant's presentation and display at the time of judging.

Table Setting w/Salad or Dessert Menu

****You may only enter one entry in this class.**

1. The menu selection should be nutritionally well balanced. You can refer to the USDA Recommended Daily allowances at **MyPlate.gov**.
2. Select an item for the menu that is easy to transport and will retain its attractive appearance. Be sure to consider whether your dessert or salad needs refrigeration. If you need to keep your food item cold or cool, you must provide your own ice chest or cooler.
3. The entire menu should be made up of items that you could prepare on your own. The judge may ask you to describe how you would prepare any item on the menu.
4. Your menu should have a theme. Themes should be creative; they can be ethnic, festive, special occasions, holidays, sports, hobbies or television shows just to name a few.

Cake Decorating Class

****You may only enter one decorated cake.**

1. Decorating can only be done on a real cake. No Styrofoam or dummy cake.
2. You can use buttercream, fondant, or any combination of frostings.
3. Cake boards or plates may not exceed 15"x15".
4. Your Decorated Cake entry will need to include; a placemat or other table covering, recipe card, utensils to cut and serve the cake, as well as a theme and whatever you choose to use to make your presentation stand out. Your entry will be set up on a 24"x18" space.
5. There will also be an interview portion of the Decorated Cake class which will include questions on your cake recipe, cake decorating knowledge and other questions at the judge's discretion.

Food Art

****You may only enter one class in this division.**

1. All entries in this division must be made up of edible food items. No toothpicks, tableware, straws, or other items to hold food together or divide food items.
2. Choose one of the themes and create an individual plate, or a table center piece using food only.
3. Your entry will be set up on a 24"x18" space. You will need a placemat or other table covering and a theme card.
4. There will be an interview portion of the Food Art class which will include questions on your choice of food items, how you prepared your entry. Your knowledge of Food safety while preparing will be part of the questioning.

Basic Menu Pattern Example:

Appetizer
Salad
Main Course
Starchy Vegetable Other Vegetable
Bread
Dessert
Beverage

This pattern can be followed for all meals. However, you may leave certain parts out that do not fit your theme. For example, you would not necessarily be served salad for breakfast. Alcoholic beverages are not appropriate on a 4-H Menu.

Writing Your Menu:

The dishes on your menu should be listed in the order in which they will be served. Menus should be neatly handwritten or printed in an attractive and creative way. Capitalize all words except articles and prepositions like "and", "of" and "with." You can decorate your menu and it must be part of your table setting. You can reflect your theme with your menu. Titles before the menu are optional. Designate your favorite food in parenthesis (the food item being plated) on your menu.

Sample Menu for a Spring Wedding Theme:

Fresh Fruit Slices
Cesar Salad
Baked Chicken with Herbs
Steamed Broccoli
French Bread with Butter
(Bread Pudding)
Lemonade

Preparing the Dessert Recipe Card:

1. The card should be printed clear, accurate and simple.
2. List all of the ingredients in the order of use.
3. Give exact measurements in the easiest form. For example, $\frac{1}{4}$ cup, not 4 tablespoons.
4. Try not to abbreviate.
5. Use weight for fluid measurements like canned foods. For example, 12 ounces of pineapple, not one can of pineapple.
6. Use clear, short, descriptive sentences.
7. Give exact words that describe, like foamy, glossy and thick.
8. Give specific pan size.
9. Give an example of how to test if dessert is ready. For example, "insert a toothpick into center of cake, if done, the toothpick should come out clean."
10. Include baking temperature and cooking/baking time.
11. Include serving size.

Sample Recipe Cards:

Lemon Raspberry Pound Cake

Serves 10

Ingredients

2 ¼ cups cake flour, sifted	1 large egg
1 teaspoon baking powder	2 large egg whites
½ teaspoon baking soda	1 teaspoon vanilla extract
½ tablespoon salt	1 teaspoon lemon zest, finely grate
5 tablespoons unsalted butter, softened	1 cup fat-free vanilla yogurt
1 cup sugar	

Directions:

- Preheat oven to 350°F.
- Coat a 6-cup tube pan or Bundt pan with cooking spray.
- Sift together flour, baking powder, baking soda and table salt; set aside.
- In a large mixing bowl, beat butter until creamy; gradually beat in sugar for about 2 to 3 minutes until mixture is light in color. Gradually beat in egg, egg whites, extract and lemon zest.
- Beat in flour mixture and yogurt, alternating each, beginning and ending with flour mixture. Fold in raspberries.
- Pour batter into prepared pan and bake until a wooden toothpick inserted near the center comes out clean; about 30-40 minutes.
- Cool in pan, on rack, for 10 minutes.
- Slide a thin knife around the edges of cake to loosen, invert pan onto rack and cool Completely.
- Slice and serve.

Tomatoes with Fresh Mozzarella and Basil

Serves 6

1 large bunch fresh basil leaves
4 large ripe tomatoes sliced into ¼ inch slices
½ pound fresh mozzarella cheese, cut into ¼ inch slices
1 tablespoon extra-virgin olive oil
salt and pepper to taste

- Wash and trim basil.
- Spread basil leaves on an oval platter.
- Arrange alternating slices of tomatoes and mozzarella over the basil.
- Drizzle with olive oil.
- Season with salt and pepper.

Preparing the Table Space for Dessert or Salad:

You will be preparing an individual table setting. Your provided space will be 24" wide by 18" deep. Primary members need only place a setting for Dessert with a beverage.

The Table Cover:

The table covering is the background for your food and the table items placed on it. It protects the table and makes for less noise.

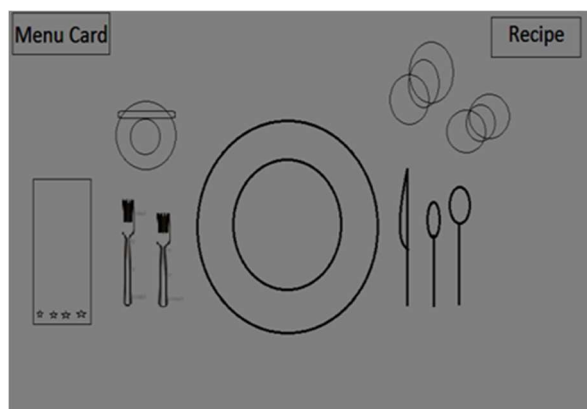
1. Participant should prepare only one table setting with a table cover.
2. Participant must use on the 24"x18" space provided.
3. Tablecloths, placemats or fabric may be used for table cover. It should be clean and wrinkle free. Be creative.
4. Choose table cover and arrangements that are appropriate for the theme of your menu. You may match or blend colors and textures in the dishes or use something quite different for contrast. A spring theme might use a green flowered pattern cloth with a straw placemat and matching or contrasting dinnerware.

Place Setting:

1. Put the plate in the center of the table cover, 1 inch from the edge of the table.
2. Place the knives and spoons on the right side of the plate, the forks on the left. Both should be 1 inch away from the plate and 1 inch away from the edge of the table. For the knife, turn the cutting edge towards the plate. If there will be more than one piece of silverware used, the one that will be used first is placed outside the other.
3. The napkins are usually folded into an oblong shape and placed next to the fork. The fold should be left open so that the napkin opens like a book. You can also place the napkin in a glass or use a napkin ring.
4. The beverage glass is placed 1 inch above the tip of the knife.
5. If coffee or tea is served, the cup is placed on the saucer and set to the right of the spoon, 1 inch away from the edge of the table.
6. Salad and dessert bowls may be placed left of the forks and napkins or at the tip of the fork.
7. The menu card should be placed at the upper edge, above your place setting.
8. Recipe card should be placed in a visible location with your setting.
9. Small table decorations are optional. If used, the height is limited to 15 inches in height and proportioned to the place setting. Decorations should not touch the food unless they are edible like edible flowers.
10. Do not include serving dishes, like cake dish or pie pans on the table. After plating your dessert or salad, place the remaining dessert or salad on the "People's Choice" table. Items that need refrigeration may be stored in an ice chest until time of judging. You must provide your own ice chest.

Place Setting Guidelines:

Junior, Intermediate and Senior Divisions



From left to right:

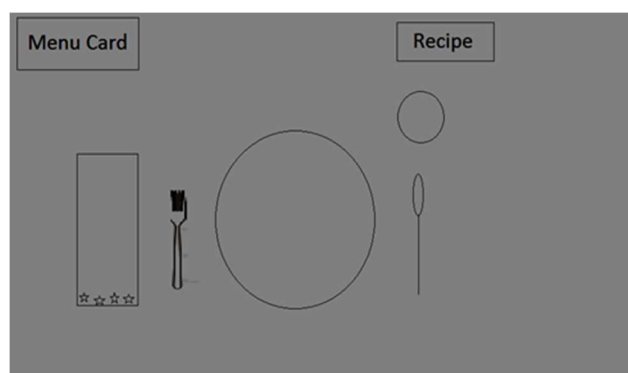
Napkin to the left of the fork, dinner fork, dessert fork with bread plate and butter knife above. The dessert plate (with a single serving of dessert displayed) or your salad plate or bowl (with your salad serving) on top of the dinner plate. To the right of the dinner plate, dinner knife, iced tea spoon, soup spoon, with water glass and second beverage glass above. Menu and recipe cards are to be displayed.

**Dishes and flatware should be adjusted according to your menu. For example, if you are not serving soup, then eliminate the soup spoon and add a salad fork.

Remember the order of the place setting works from the outside in.

**All of your place setting should reference your menu. For example, if you have fruit cocktail, the dishes used for that should be placed in your setting. If you have a coffee cup, you must have tear or hot coffee on your menu.

Dessert Setting for Primary Members



From left to right: Napkin with fold open to the fork, dessert fork, dessert plate with sin a serving of dessert displayed. Dessert spoon, beverage glass above spoon. Menu and recipe cards should be displayed.

Food Safety for Favorite Foods Day

It is very important for ALL 4-H members to follow these rules when preparing exhibits for Favorite Foods Day.

Keep Hand Clean: Wash hands and fingernails thoroughly with soap and water before and during food preparation. Members should always wear clean apron/clothes when preparing and serving food.

Keep Food Clean: Food can be infected by coughs and sneezes, handling, dirty equipment, animals, and waste. It should be protected during storage, preparation, transporting 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 or surfaces in contact with the food.

Keep Foods at the Right Temperature: Cold temperatures (40°F or below) stop germs from growing and enough heat kills them. Cold foods should be kept chilled. Try nesting dishes in bowls of ice or using small serving trays and replacing them often. Hot foods should be kept hot (140°F or above). Try chafing dishes, slow cookers or warming trays. Never leave prepared food standing at room temperature longer than 1 to 2 hours.

Members Preparing Food Should Be Healthy: Diseases may be passed to others in food. People with infected wounds, sore throats and upper respiratory infections should not prepare food or handle the food to be prepared.

Transport Food Safely: (See categories below) All foods that meet Category 2 or 3 must be kept HOT (140°F or above) or COLD (40°F or below) at all times. If left at room temperature for longer than 2 hours (1 hour if temp. is above 90°F), the food must be re-heated to an internal temperature of 165°F or disposed of.

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

Category 1: Foods that are almost always safe

Dry or high sugar foods. You can safely offer breads and rolls, cakes without cream filling, fresh fruit, cookies and crackers, candies and dried food such as raisins and granola. Prepare food in a clean workspace with clean utensils. Cook foods at proper temperature. Keep dry foods separate from wet foods. Wrap foods for transportation.

Category 2: Foods that are sometimes problematic

Cooked fruit and vegetables. Be cautious with cooked vegetables, fruit salads, green salads, and cheese. Never use the same utensils for preparing meat to prepare these foods. Maintain proper temperature of food during transportation.

Category 3: Foods that are potentially hazardous

All foods of animal origin and cooked starchy foods. Exercise extreme caution with meats, potatoes, cooked rice, custards, puddings and whipped cream. This includes pies and gravies containing these foods. Also, desserts containing milk and eggs. These foods require separate utensils when prepping and cooking. Cook to proper temperature. Maintain temperature of food during transportation.

What is Foodborne Illness?

Foodborne illness often presents itself as flu-like symptoms (such as nausea, vomiting, diarrhea or fever); therefore, many people may not recognize that bacteria or other pathogens in food caused the illness.

Thousands of types of bacteria are naturally present in our environment. Not all bacteria cause disease in humans. For example, some bacteria are used beneficially in making cheese and yogurt.

Bacteria that cause disease are called pathogens. When certain pathogens enter the foods supply, they can cause foodborne illness. Millions of cases of foodborne illness occur each year. Most cases of foodborne illness can be prevented. Proper cooking or processing of food destroys bacteria.

Age and physical condition place some persons at higher risk than others no matter what type of bacteria invades our food. Very young children, pregnant women, the elderly and people with compromised immune systems are at greatest risk from any pathogen. Some persons may become ill after ingesting only a few harmful bacteria; others may remain symptom free after ingesting thousands.

How bacteria Get in Food:

Bacteria may be present on products when you purchase them. Plastic-wrapped boneless chicken breasts and ground meat, for example, were once part of live chickens or cattle. Raw meat, poultry, seafood and eggs are not sterile. Neither is fresh produce such as lettuce, tomatoes, sprouts and melons.

Foods, including safely cooked, ready-to-eat foods, can become cross-contaminated with bacteria transferred from raw products, meat juices or other contaminated products or from food handlers with poor personal hygiene.

The "Danger Zone"

Bacteria multiply rapidly between 40°F and 140°F. To keep food out of this "Danger Zone," **keep cold food cold and hot food hot.**

- Store food in the refrigerator (40°F or below) or freezer (0°F or below).
- Cook food to a safe minimum internal temperature.
 - Beef, veal and lamb steaks, roasts and chops may be cooked to 145°F
 - All cuts of pork should be cooked to 160°F
 - Ground beef, veal and lamb should be cooked to 160°F
 - All poultry should reach a safe minimum internal temperature of 165°F
- Maintain hot cooked food at 140°F or above
- When reheating cooked food, reheat to 165°F.
- Perishable food should not be left out longer than 1 hour when the temperature is above 90°F

****Always start with cleaned and rinsed foods, hands, surfaces and utensils. Properly cook and prepare food according to directions to keep yourself and others healthy.**

Judging:

The judges will evaluate your table setting display, dessert or salad, recipe, menu, and placement of all utensils. Then the judges will ask you questions about your theme, dessert or salad, selection of menu items, basic nutrition and how to properly and safely handle and prepare food. Judges may ask questions like which of your menu items belongs in a particular food group, what is cross-contamination and what are ways to prevent salmonella.

What the judges will look for:

Menu:

1. Is the menu nutritionally well planned? A variety of meats and vegetable; a variety of preparation, not all vegetables in sauces.
2. Texture contrasts: a variety of crunchy and soft types of food.
3. Color contrasts: color variety make for interests and nutrition.
4. flavor contrast: not all spicy or all bland foods; balance of salty, sweet, tangy and savory food.
5. Food Preparation suitable for age: a menu that you can prepare with only appropriate supervision.
6. Complexity of Preparation: does the recipe fit the ability of the participant? Not too easy but reasonable challenging.

Recipe:

Recipe card is correctly written; ingredients first, then instructions, accurate measurements and methods. Serving size and cooking instructions given.

Recipe Preparation:

1. Level of difficulty
2. Presentation of selected food (dessert or salad)
3. Use of serving utensils
4. Creativity
5. Taste and Texture
6. Them and Originality

Cake and Cupcake Decorating:

1. Difficulty of technique
2. Use of tips
3. Borders, work, neatness
4. Color, choice and use of
5. Creativity (original idea or clever adaptation of another idea)
6. General appearance
7. Taste of cake

Food Art:

1. Creativity, follows theme, original ideas
2. General appearance, neatness of display
3. Food items complement each other
4. Food items are fresh

Table Setting:

1. Neatness
2. Proper placement of utensils, and all other items in setting.
3. Attractive total effect: do all the utensils and arrangements look attractive when placing together.
4. Appropriate decorations: no arrangements that will fall into food or take away from the food. The food should be the main attraction. Decoration should be suitable for the space provided.
5. Theme is conveyed in entire presentation.

Your Attitude and Appearance:

Judges want to see your skills, passion and confidence. Be sure your appearance, including attire, face and nails, is neat and clean. Remember to have hair out of your face and if it is long, pull it back. The judges will ask questions about your entry. Stand up straight, make eye contact, smile, speak loud and clear. Always give your best answers with confidence. Remember you are the expert *""·-

Introduction:

Introduce yourself by giving your name, age, club name and the theme to the judges. Then tell the judges all about your favorite dessert or salad entry. If making a decorated cake or cupcakes, explain your decorating talents.