

# Trinity County 4-H Favorite Foods Day 2019

## “AMERICAN COOKING”

**November 16, 2019**

Sign-in: 9:00am | Start time: 9:30am

Trinity County Fairgrounds Dining Hall, Hayfork

Hosted by Southern Trinity 4-H



All 4-H members are invited to Favorite Foods Day 2019. This annual event gives members a chance to prepare, show, be judged on, and share their favorite food with friends and family. Participating members are asked to enter their favorite HEALTHY food. You are also invited to bring a creative centerpiece to be judged and enter the cover contest for the recipe booklet. (See full details in the next few pages).

### Entries Due: November 1, 2019

All entries must be received no later than the due date. This includes Favorite Food entries, Recipe, and Book Cover Art submissions. Entries can be mailed to or dropped off at: the 4-H Office in Hayfork or the Young Family Ranch in Weaverville.

This year also includes an Adult Dessert COOK-OFF!

### TIPS FOR SUCCESS

Be dressed neatly in clean clothing and be properly groomed. A 4-H uniform is optional and is not required. If you do wear the 4-H uniform, please wear the entire uniform including 4-H hat, and scarf or tie just as you would at any other showmanship event. White pants are the appropriate color for this event if you are wearing your 4-H uniform.

Participants should be prepared to introduce themselves and their entry, properly serve the judges, and answer a question or two about their prepared food and explain why your recipe is healthy.



# FAVORITE FOODS DAY ENTRY FORM 2019

**Entries Due November 1, 2019**

*Late entries will not be accepted!*

NAME: \_\_\_\_\_

CLUB: \_\_\_\_\_

AGE: \_\_\_\_\_ GRADE: \_\_\_\_\_

NAME OF FAVORITE FOOD \_\_\_\_\_

WHAT IS HEALTHY ABOUT YOUR RECIPE?

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Don't forget to include your recipe and your book cover submission.

## RECIPE COVER CONTEST

The cover contest is open to ALL 4-H members; the winning cover design will be used on the cover of the Favorite Foods Day Recipe Book. Primary members may enter the cover contest but will receive participation ribbons only.

Note: Recipe Booklet Cover entry must be the sole work of the 4-H member – no adult help is allowed.

### RULES:

- The design itself may NOT be larger than 7 1/2" x 10". Please use 8 1/2" X 11" paper.
- Please make sure your entry reaches the 4-H Office no later than Friday, March 8, 2019.
- The event title "Trinity County 4-H Favorite Foods Day 2019" and this year's theme "American Cooking" must appear somewhere on your cover.
- All artwork must be your own design. Please be creative and have fun with this. The design must be in black pen (fine-tipped sharpies are good) and on white paper. Hint: sketch in pencil first, and then draw over with black pen. Light pencil does not copy well, so it cannot be accepted for cover contest winners.
- No computer art or lettering, please use your own hand-drawn, and lettered work.
- Write your name, age and club lightly in pencil on back of design. All entries will be displayed and given recognition at Healthy Favorite Foods Day.

## CREATIVE CENTERPIECE CONTEST

Bring one original centerpiece (24" X 24" or less), designed for use on a dining table. Create your own theme.

This centerpiece must be made from items gathered from **natural sources** and assembled entirely by the 4-H member. No adult help is allowed during set up on Favorite Foods Day please. No purchased and/or artificial ornaments or decorations are allowed (i.e. ribbons, bows, plastics, candles, etc.) Purchased natural fruits, nuts, and vegetables are allowed.

Artificial aids may be used to hold the centerpiece together (i.e. glue, toothpicks, wire, string, Styrofoam), but the aids must not be visible. There are no restrictions on the materials of which containers are made (paper, glass, wicker, plastic, pottery, etc.).

Entries will be judged on overall appearance. Color, design and materials used should harmonize.

Centerpieces will be judged by your peers, with each age division judging members in a separate age division. This will enable you to enter your judging experience in your 4-H Record Book.

## Rules for Favorite Foods Day

Fill out the Entry Form and prepare a complete written recipe for your healthy favorite food on recipe paper. Keep it simple and easy to read. Please make sure both the entry form and recipe reach the 4-H Office no later than **March 8, 2019**. Be sure your recipe is on the recipe paper that is attached. Your recipe will appear in the county recipe booklet. Prepare your favorite food and bring it along with a copy of your recipe, to healthy Favorite Foods Day ready to be served to a panel of judges.

We would like you to select your favorite food that is healthy to eat! You may choose a dessert if you wish, but it should be a healthy version. Please be prepared to explain to the judges why your chosen food is healthy for you. Examples would be: using whole wheat flour instead of white flour, not using white sugar in the recipe, or your recipe having fruit or vegetables in it. Use your imagination to come up with something tasty, interesting and healthy! Please include information regarding whether your recipe has protein, carbohydrates, or fats in it at the bottom of your recipe sheet. (If needed, you may have help from an adult with this last part).

**Only one food entry per member please.**

It is not necessary to bring an entire place setting. Please bring only the needed dishware and serving utensil to properly serve three (3) judges a small portion of your favorite food. Paper plates and plastic "silverware" will be provided by the 4-H Council for the judges. Decoration of your place setting area is not part of the judging and will not be considered one way or another in your score. You are being judged on your food, your knowledge, and your showmanship.

You will have the opportunity to show the judges your skill at setting up a complete place setting in a separate area with dishware and utensils provided. How well you follow the "Setting the Table" guidelines and picture will be part of your overall score. Practice at home before you come.

Note: To ensure food safety, all food dishes should be prepared with strictly fresh ingredients. If a hot dish is prepared the day before the event and is held overnight, it should be refrigerated immediately after cooking. You may reheat previously prepared foods or do some of the actual preparation of your food in the dining hall kitchen if needed.

## FAVORITE FOODS DAY JUDGING POLICIES

Judges will consider four criteria in their placing:

1. The exhibitor's appearance, performance, and ability to answer questions about their food (showmanship).
2. Completeness of written recipe, and its health value.
3. Food entry's quality, flavor and visual appeal.
4. Exhibitor's ability to properly set a place setting using dishes and utensils provided.

- Centerpieces will be judged in a separate area of dining hall.
- Judges will not be permitted to handle the centerpieces.
- During Favorite Foods Day judging, the 4-H member may sit or stand at his/her place setting awaiting the judging process.
- No parents will be permitted to be in the immediate area while the judging of Favorite Foods or Centerpieces is in progress, unless they are serving as Judges.
- Score sheets used in judging Favorite Food entries and Centerpieces are based on the Danish System and will be tallied as follows:

Gold Medal 91 - 100 Points | Silver Medal 81-90 Points  
Red Ribbon 71-80 Points | White Ribbon 70 Points and below

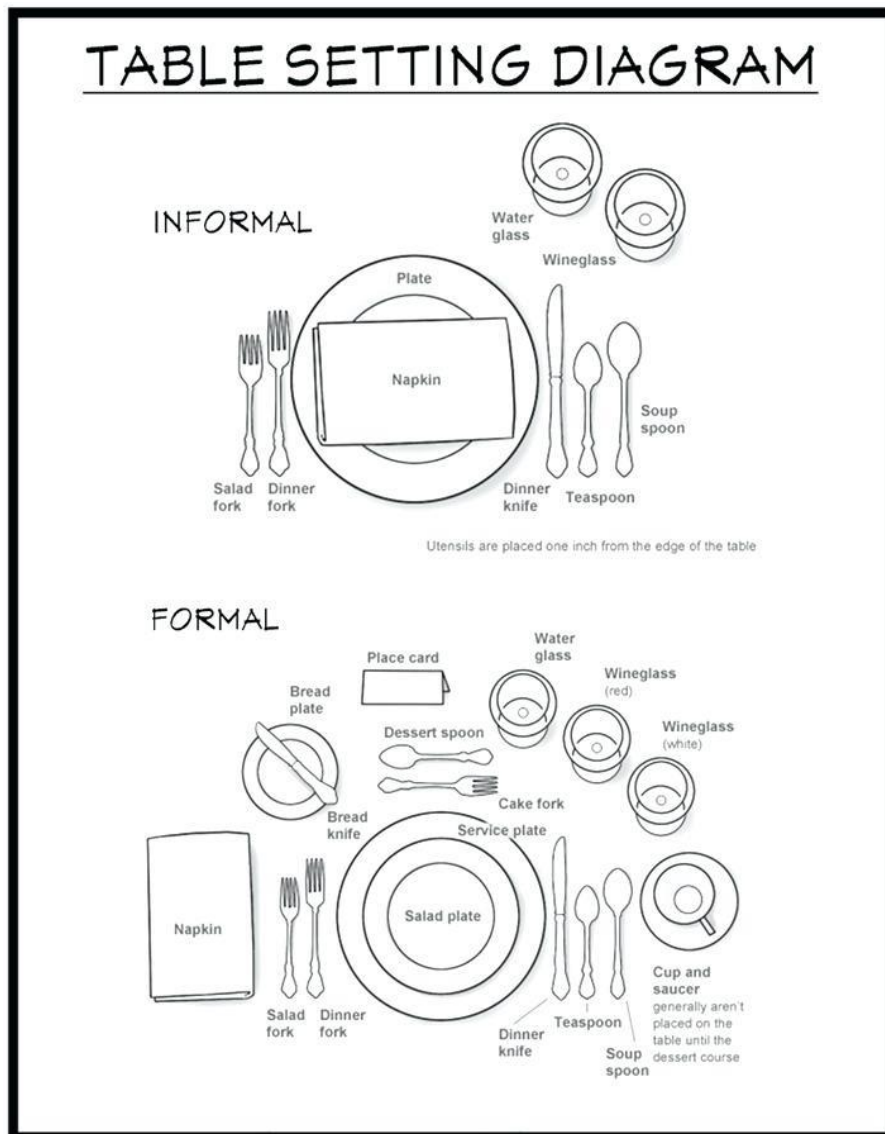
All Primary member participants – Grades 5-8 – will receive green participation ribbons.

## SETTING THE TABLE

- Put place mat even, and about ½ inch from the edge of the table
- Main plate and silverware should be placed about one inch from edge of the table
- Forks to the left of the plate, knife and spoons to the right of the plate
- Napkin placed to the left of the forks
- Glass at tip of knife – second glass to right of this – both parallel to the edge of the table
- Cup and saucer to the right of the spoons
- Salad/bread plate above the napkin and forks

Question: In what order is the silverware used?

Answer: Start with the outer fork or spoon first, then use the inner ones.



**Member:** \_\_\_\_\_ **4-H Club:** \_\_\_\_\_

**RECIPE:** \_\_\_\_\_