

# FOOD FIESTA-VIRTUAL

2021

Food Fiesta is both a food competition and a showmanship event. There will be two parts to this year's event. Members will create and submit a how-to video on their dish and/or they can participate in live virtual cupcake wars. This document should help prepare 4-H members, parents, adult leaders, and evaluators for Food Fiesta.



## CANDY LAND

Everyone loves Candy! A confectioner's job is someone who makes sweets or candy? You are encouraged to bring out your inner confectioner and try your hand at making some homemade.

## Who is eligible?

All 4-H members are welcome, especially those enrolled in Foods/Nutrition, Cake Decorating, Breads and Food Preservation projects.

Primary members (ages 5-8) are welcome to participate but will only be provided with positive reinforcement to return to future Food Fiesta events.

## Age Divisions

- Primary (5-8)
- Junior (9-10)
- Intermediate (11-13)
- Senior (14 and up)

## Class Descriptions

### 1. Favorite Foods

Prepare a favorite food recipe from any source. The recipe must be submitted with online registration.

### 2. Cooking with Candy

Anything created in this category must either be a homemade candy confection OR something made with candy inside. If you are making a dish with candy inside this must be listed in your recipe.

### 3. Cupcake Wars

This is a timed event where members will be evaluated based on decorating specific themed cupcakes.

## Rules and Guidelines

### General Guidelines

- Members must submit the recipe with online registration.
- The prepared item must be made entirely by the 4-H member. In general no help should be given (except for safety issues, such as oven handling or cutting with knives for primary members (age 5-8 years old)).

## How-to Video instructions

There should be 3 parts to your videos; the intro, the cooking demonstration and the serving of the dish. Your videos may be as simple or as creative as you like. We encourage the time frame to be between 5-10 minutes in length. Each video must include the following.

The intro must include:

- Your name
- What club you are registered with
- How many years in 4-H
- The name of the dish you are creating

The cooking demonstration must include:

- The recipe and measured ingredients
- You may give us step by step instructions OR time lapse your video with the preparations

The Serving portion must include:

- The serving of your dish with appropriate serving utensils

## Cupcake Wars instructions

A time limit of 20 minutes will be given for the decorating time. Primary/junior applicants must decorate 2 of their choice, Intermediates must pick 3 of their choice, Seniors must decorate all 4.

Cupcake wars will be a live virtual event. You may set up a tripod for your camera or smartphone, or you can have another person recording. The video needs to show the member as they are working, then show close ups of the cupcakes after the time has expired.

All decorations must be edible, no plastic sticks or store bought figures allowed.

The four themes are:

1. 4-H
2. Christmas
3. Favorite Board Game
4. Dogs

## Food Safety and Handling

- Members should follow the Food Safety guidelines in this packet to prevent bacteria and food poisoning.
- Potholders and table protectors should be used when handling a hot dish.
- Appropriate serving utensils (such as a spoon and/or knife) should be used.
- All utensils, potholders and towels should be clean.
- Members should not touch their mouth or face during their videos and interview process.

## Appearance

- Members should wear a clean 4-H uniform or any other appropriate interview attire clothing
- Hair should be pulled back and away from the face
- Nail Polish should be removed, and hands/nails should be clean

## Food Safety

Staphylococcus and Salmonella are the two most common types of bacteria which cause food poisoning.

### How Food Poisoning Develops

1. Bacteria enter food. Staphylococcus and Salmonella lurk everywhere in the nose, throat, skin, utensils, clothes and occasionally food products.
2. Bacteria grows and multiplies with:
  - FOOD – Bacteria will grow in almost any food except ones that are very acidic (pickles). Moist proteins are particularly vulnerable (meats, fish, eggs, poultry, milk, cream, cream sauce, salad dressings, mayonnaise).
  - MOISTURE – Bacteria will not grow in dried foods but may grow if moisture is added.
  - TEMPERATURE – Lukewarm or room temperatures are ideal for bacterial growth. Food poisoning bacteria does not grow readily at temperatures above 140 degrees and below 40 degrees.

- TIME – In less than 2 hours, food may be unsafe if the right conditions prevail.

### How you can prevent Food Poisoning

Your only protection against this unseen enemy is proper food handling:

1. Avoid contamination. Use strictly fresh ingredients, clean equipment and clean hands. Avoid sneezing or coughing into food and keep pets, sick persons, insects, and dust out of the food preparation area.
2. KEEP HOT FOODS HOT – above 140 degrees.
3. KEEP COLD FOODS COLD – below 40 degrees.

**For more information in Food Safety, please refer to this UC Site.**

<https://ucfoodsafety.ucdavis.edu/consumers/food-safety-home>

## THE PRESENTATION INTERVIEW

The event is officiated by teams of two evaluators. At this time members should introduce themselves. Members should share their:

- Name
- Age
- Name of club
- Number of times they have participated in Food Fiesta

Note: members should know their recipe, ingredients, measurements and cooking procedures, times, and temperatures from memory.

Following this the evaluators will ask questions that relate directly to the entry or the project. The responses to the initial questions will give evaluators leads for follow-up questions. Included in this packet are some sample questions evaluators may ask. The evaluators will select the questions that will give them the kind of information necessary to best evaluate the entry.

- What food groups are represented by your food entry?
- What type of food is it (for example: dessert, main dish, side dish)?

- Why did you choose this recipe?
- Have you made it before?
- Do you plan to make it again?
- What temperature is it safe to store your food item at?
- What kind of meal would you serve this with? When?
- Did you have trouble making it?
- What was the hardest part about making it?
- Is your dish representative of a certain time or place?
- Describe any unusual tools to make the entry.

## **JUDGING**

Food Fiesta is a competition, however it is not a competition where participants are judged one against each other, instead participants are individually evaluated against a standard. This means that everyone could receive a blue ribbon if everyone did an outstanding job and received high points from the evaluators. Feedback is given to the participants about how they can do better next time. While judging remember emotions are high and members may be nervous.

As a Food Fiesta evaluator, we ask that you work to:

- Be a good listener.
- Use words members will understand.
- Focus on a friendly tone of voice and smile.
- Ask open-ended questions. Try to avoid questions that can be answered with just a yes or no. Ask...How?Why?When? Where?
- Keep the members age and experience in mind while evaluating the standards for them.
- Help 4-H'ers recognize their accomplishments (both their efforts and successes).
- Provide positive feedback.

- Help the members develop standards for self-evaluation in the future and guide them to consider what they might learn next.
- Score according to the quality and description of the food rather than comparing one product or participant with another.
- Be objective. You may be called upon to evaluate a food you dislike, or a food prepared differently from your favorite way.
- To help the member improve, always explain why an entry has been given a certain rating.

## **AWARDS**

The following point breakdown will be used to award medals and ribbons at Food Fiesta. Members will be eligible to receive a medal or a ribbon, but not for the same entry.

- Gold Medal: 96-100
- Blue ribbon: 90-95 points
- Red ribbon: 80-89 points
- White ribbon: 79 points or lower