

Jones County 4-H Favorite Foods Show Hand Book



Getting Started

The Favorite Foods Show is a treasured 4-H tradition that combines the art of planning an event with learning about nutritional value and setting a table. We hope that this step by step handbook, checklist and tips and tricks will be a guide to your success at this year's Favorite Food Show!

STEP 1: What's your Favorite Food?

Pick a dish that's your favorite! Think of things that you enjoy making or eating. This will make a perfect start for your favorite foods show exhibit! This dish can represent any course of a meal. It can be an appetizer, main course or even a dessert! You will need a recipe, so if it's something that you've always just made on your own be sure to write out the ingredients, their measurements and precise instructions on a recipe card.

STEP 2: Pick a Theme!

You know what you love to make and eat. Now, let's create an event around it! Would you serve this for a birthday party, a back to school bash, a superbowl tailgate? Any theme will do! When you are choosing your theme start to think about whether this will be a formal occasion or something more casual. This will determine how you put together your place setting. If you are doing a poolside back to school bash, colorful plastic silverware and paper plates may be fitting. If it's for grandma's 75th birthday, fine china and silverware may be more appropriate. Be sure to set your table suitable for the event.

STEP 3: Plan your menu...

Once you've chosen a dish and theme, it's time to create your menu! This should represent a full meal. Include these basic elements: Appetizer/Salad, Main Dish, Side, Dessert. You can have as many courses as you'd like. This will also depend on the type of event you are holding.

Things to consider:

- Nutritional Content– Will your plate be colorful? Will it represent the food groups according to the My Plate model? (Check out <http://www.choosemyplate.gov/> for more details on nutritional values!) Do the items complement each other?
- Location/Atmosphere– If your event is outdoors, think about how each of your items will hold up outside. Will it be easy enough to eat off of a paper plate? If it

consists of finger foods, will you need any silverware? If it is formal and indoors, what additional silverware will you need?

Be sure to design a paper copy of your menu. This will need to be displayed with your table. Make sure your menu design matches your theme. The menu should be displayed so that it is neat and legible. You may choose to display it in a picture frame, or opt for making a paper table tent to showcase your menu.

STEP 4: Set your table.

You've selected your Favorite Food, theme and your menu. Let's set your table! Once again, consider whether your event is casual or formal. Make sure that if you're serving an appetizer, main dish or dessert, each item on your menu has its appropriate plate, bowl, glass and flatware. For tips on place settings, you may consult the Emily Post table setting guides. Emily Post wrote the book *Etiquette* in 1922 and it's still an excellent resource for all things dining and etiquette. Below is the link to three types of table settings:

<http://www.emilypost.com/table-manners-sub-menu>

You may have a book at home or refer to your local library for additional resources. In addition to the specific silverware, dishes, and your favorite food dish you'll need for your individual table setting, you will also need to provide the following items for your display:

- Table cloth
- Centerpiece (optional)
- Table setting for one
- Displayed menu
- Displayed recipe card (bring extras to share!)
- Utensils necessary to serve your food

STEP 5: Competition

Prepare your favorite food at home and arrive at the Jones County Civic Center early enough to give yourself time to set up your table. Doors will open at 4:30pm and competition will begin at 5:30pm. Please see attached score card to see what you will be expected to share/know for the judges. We hope you'll join us! If you have any questions don't hesitate to call Mrs. Samantha at 252-521-6114.

DON'T FORGET: This is meant to be fun and educational event for *everybody!* We hope you will learn about making your favorite food item, as well as planning a healthy and nutritional meal!

The Scorecard:

The judges will have a score card that has 4 sections. They will evaluate each piece as: Excellent, Good, or Needs Improvement.

1. The Favorite Food (dish you prepared)
 - Appearance
 - Flavor
 - Quality
 - Recipe is presented
2. Menu (What the favorite food is served with)
 - Suitable for the occasion
 - Suitable for favorite food (compliments it/nutritionally and tastefully)
 - Balance in color
 - Balance in texture
3. Table Setting (For 1)
 - Appropriate for food to be served
 - Attractive, color scheme, dishes, food, tablecloth
 - Appropriate centerpiece
4. The Exhibitor (That's you!)
 - understands preparation of the favorite food
 - knows the value of the foods according to My Plate model
 - Personal appearance-: dressed appropriately for serving the meal/snack, neat and well groomed.

You will receive a ribbon placing for your age and food division and there will also be a 1st, 2nd and 3rd place determined overall!

Tips and Tricks:

- Have your menu displayed so it can be easily read and seen
- Coordinate all the pieces: Your menu, place setting and food choice should all match.
- Choose an item you know how to cook so you can describe the process to the judge: Know the ingredients and how they went together, how you baked it, and what nutritional value it provides to the meal (is it a protein, a grain, fruit or vegetable?)
- Keep hot food hot and cold food cold! There is no food preparing space at the Civic Center.
- Smile!