



2012 Favorite Food Festival
"Celebrate 4-H" February 25, 2012
9:00 am – 1:00 pm
4-H Office 635 Main St (Third floor), Laconia, NH

This is the first 4-H County Event of the year!
The new My Plate information and individual plan can be found at:
<http://www.choosemyplate.gov/myplate/index.aspx>

"Tons of Fun" 4-H Club will lead our 4-H'ers in healthy living activities and games. Come and join the fun!

PURPOSE OF THE EVENT

All Food & Nutrition members, as well as other 4-H'ers, are encouraged to attend. The purpose of this event is to have members:

- Demonstrate the ability to plan and prepare a food item in a menu.**
- Create a food item from the menu.**
- Demonstrate knowledge of basic nutrition and food preparation skill and be able to describe the nutritional value of the foods prepared.**
- Develop a display that exhibits their food item appropriately and attractively.**
- Meet other 4-H'ers from throughout the county.**
- Take part in 4-H Healthy Living activities.**

GETTING READY FOR THE EVENT

Leaders and parents should explain to members what will be expected of them at the event and how they will be evaluated. In general, all participants will be evaluated on:

- CLEANLINESS AND APPROPRIATENESS OF DRESS FOR THEIR MENU**

- **PREPARATION OF FOOD** - Members should know the steps followed to prepare their food. Safe food handling and preparation are part of this process. Please review Safe Food Handling Sheet attached. Brand names of all foods should be covered. No mixes are allowed in creating any food item presented for judging.

- **NUTRITIONAL VALUE OF FOOD ITEMS** - What food group is it in? What are the main nutrients in the food? Why should we eat this food? Know about “My Plate.”

- **MENU** - Members need to develop a menu around their food item. The menu should be well balanced and have a good mixture of foods, color, texture, methods of preparation, etc. The menu should be based on My Plate information. Juniors may have adult assistance in creating menu card. Cloverbuds do not need a menu. Seniors will be expected to know the calorie content of their food.

- **RECIPE CARDS** – Print neatly or type on index cards or paper. Computer generated recipes are acceptable. Please include information as stated for each division. Juniors and Cloverbuds may have adult assistance in creating recipe cards.

- **PLACE SETTINGS** – Members should have a basic place setting, which includes placemat, napkins, utensils, plate/bowls, and beverage glass/cup, if menu requires this (No paper please!). Please refer to the place setting diagram attached. The participant only needs to provide dinnerware necessary for eating/serving his/her selected menu. Place setting should be set up facing the participant.

PLACEMAT AND NAPKIN CONTEST (5-18 YEARS OF AGE)

Materials may be fabric, wood, cork, macrame, etc. (NO PAPER). Each participant enters one placemat and napkin to be judged on appearance, construction, usability and cleanliness. Items must be made by the member entering the PLACEMAT CONTEST. CLEANLINESS is a contributing factor in the overall appearance. Placemats used in the contest cannot be used as part of the actual Food Show table setting. Attach your name and club name on the underneath side of the placemat and the napkin. (Masking tape or a mailing label work well)

~ Please Note ~

* * No Peanuts or Nuts allowed at this event * *

Important: At the Food Show, parents and leaders are not allowed to help the 4-H member in any way. 4-H members must set up their own exhibits!

- **Coaching by parents is not allowed. Parents will need to stay away from the tables and sit in the designated area for adults while the participants are setting up and are being judged.**
- **Children set up their own table settings WITHOUT ADULT HELP. Club leaders can be there to coordinate the tables and direct where each participant should be, but not to help youth set up for their event.**
- **No one will eat until after everyone has been judged.**
- **Food safety practices will be followed.**

WHAT TO EXPECT: 4-H youth will set up in their designated spot. *Parents are NOT allowed to help the youth set up, and may not remain with their children while they are being judged. A separate area will be set up for parents and other adults to observe and enjoy the event.*

1. Members will be grouped by age level. Younger children will go first. Judges will come around, taste their food, ask the youth questions about the food guide My Plate (see website address above), how they made their food, etc... Judging comments are written down for each child highlighting what they have done well and what they need to improve. Cloverbuds (5-7 yrs. old) can participate in group nutrition activities or can participate with the 8-11 year olds, but will not be judged.
2. Each child remains in their chair until the judge comes to their place setting, at which time they should stand to present their favorite food and answer questions.
3. Once all the judging is complete, parents and other adults are invited to share the wonderful nutritional foods that have been prepared! ***Be sure your 4-H'er brings extra copies of their recipe, paper plates, and plastic ware to share with others.***

HOW TO PARTICIPATE:

Members 8 – 11 years old or members any age participating in the 4-H Food Festival for the 1st time: Prepare ***one healthy*** recipe of your choice. It can be part of a healthy breakfast, lunch, dinner or snack. Decide what other foods you need to go with your favorite dish to make it a balanced meal or snack. **Prepare a complete place setting only.** It should include a placemat, napkin, utensils, necessary dishes and serving utensils. Junior members must have a bud vase or simple arrangement. See attached diagram and scoresheet. Please mail or email a computer generated copy of your recipe with your registration information. Cloverbuds and Juniors may have adult assistance in creating their recipe and menu.

Members 12 and Older: Prepare a demonstration to give to a small group of people around the topic of healthy food, fitness, or safe food handling. For example, you can show someone how you make your favorite recipe. Refer to fact sheet "Tips for Effective Demonstrations." ***Be sure to cover the manufacturer's label as 4-H does not endorse any particular product.*** One poster showing the supplies needed and one showing step-by-step directions is encouraged. Posters should be neat, easy to read, and colorful without misspelled words. See enclosed score sheet. Teams of 3 demonstrators are permitted. Teams that include a senior member (12 & older)

will compete in the senior division. All team members must be at least 12 years old to be eligible for State Activities Day consideration. Please mail or email a computer generated copy of your recipe with your registration information.

ALL MEMBERS need rubber gloves, long hair tied back, and an apron for food safety. Bring all items you will need with you to the event, such as paper plates, cups, utensils, napkins and placemat. Each member is allowed 3 feet of table space. Bring an extension cord if you are using appliances, and **be sure to bring your Recipe Card and Menu Card with you!**

JUDGING INFORMATION:

Junior Members (8 – 11) – Members will need to know about the food guide “My Plate” and understand the nutritive value of the foods prepared and know the number of servings needed each day. See attached.

Senior Members (12 – 18) – Members will need to know the food guide “My Plate” and understand the nutritive value of the whole menu. Members should know about the calories in the food prepared.

Judges may ask participants one or more of these questions:

JUNIOR QUESTIONS - Be prepared for the following:

1. What is the source of your favorite food recipe?
2. What are the recognized food groups? What is considered a serving from each group? What do you need daily?
3. What else would you eat with your food to make it a balanced meal? Why?
4. Describe the preparation of your food.
5. What was the overall cost of your dish? How many servings does the recipe make?
6. What key nutrients are in your food? Why is each important to good health?
7. How does the place setting match the menu being served?
8. What special food safety issues does this meal involve? i.e. foods to be kept hot/eggs or milk dishes to be kept cold.
9. Know My Plate information. (www.choosemyplate.gov)

INTERMEDIATE QUESTIONS - Be prepared to answer all junior questions plus the following:

1. How does your food fit the theme?
2. How is this food item a good choice for a healthy lifestyle?
3. What equipment was needed to prepare this meal?
4. How would you store the leftovers of this dish?

SENIOR QUESTIONS - Be prepared to answer all of the Junior and Intermediate questions, plus the questions listed below:

1. What would you change the next time you prepare this item?
2. How many calories are in your foods?
3. What ideas do you have for varying your recipe?
4. What other foods could be prepared with your food to make it suitable for another occasion?
5. What is the cost of the meal per person?

CLOVERBUD REVIEW (ages 5-7)

Due to their developmental age and stage, Cloverbuds are not judged. Cloverbuds will receive participation ribbons and a participation certificate.

An adult observing their activity will ask the following questions:

1. What did you like or enjoy about making this food?
2. What didn't you like or enjoy while making this food?
3. Do you have any interest in doing something else with foods?

POSTER CONTEST!!

In addition to the food preparation you can also enter a poster on nutrition, fitness or safe food handling. You can select the "Other" theme category if that is the best fit for your poster. Posters created by youth 12 and older will be competing to go on to State Activities Day in June. Winning posters should remain in the 4-H office until after State Activities Day. ALL posters should be entered into the 4-H Fair!

<p>All posters will be pre-judged and must be in the 4-H office by Friday, February 17th!</p>

Rules

- Posters must be made on standard poster board measuring 14" x 22". They may be horizontal or vertical. Posters on non-standard size board will not be accepted.
- Posters may be produced by any medium including: watercolor, ink, crayon, acrylic, charcoal, and/or oils. Word processed lettering and computer generated graphics are acceptable.
- Posters may be three-dimensional, however must be no more than 1/4" high (must be able to lay flat in a pile).
- Poster should be able to be read from 10' to 15' away.
- Poster should convey one clear message (not a collage)
- Other than the 4-H Clover, posters may not incorporate copyrighted materials like "Garfield" or "Snoopy" cartoon characters or trademarked materials such as depictions of items with names like "Campbell's Soup"
- If the 4-H Clover is used, it may not be distorted and no images may be superimposed over it.
- The statement "18 USC 707" must legibly appear at the right of the base of the clover.
- Any use of the official 4-H Clover (any clover with "H's" on the leaves) must be used in accordance with the rules governing the emblem. Official 4-H graphics and regulations may be found at: http://www.national4hheadquarters.gov/emblem/4h_emblems.htm

Members can enter posters in the following categories:

- **Make the 4-H Connection**
- **4-H The Power of YOUTH**
- **Open Category**
- **4-H Healthy Living**
- **Persuasion to Action (limited to Senior members, age 14 and older)**

Posters from previous years **cannot be re-submitted** - Each entry should be identified by name, age, address, county, and a brief explanation of which theme the poster represents. Use form at the bottom of this page. For more information go to:
<http://extension.unh.edu/Pubs/4HPubs/PostTFS.pdf>

- **Open Category**
- **4-H Healthy Living (new category)**
- **Persuasion to Action (limited to seniors, age 14 or older)**

OTHER IMPORTANT NOTES:

**Please note – we do not have a stove/oven at the new office.
Youth may use the microwave or bring in their own electric fry pan to do actual cooking at the event.



**Please review the *Food Safety Checklist* for 4-H Demonstrations and Action Exhibits!

We were not able to attach this document electronically at this time, please call the office and we will be glad to mail you out a hard copy of this very important information!

**Place Setting Diagram – We were unable to find this electronically at this time, but please call the office and we will be glad to mail you out a hard copy of the place setting diagram!

Any questions please give us a call at the office 527-5475
Looking forward to seeing you all then!

A handwritten signature in black ink that reads "Carolee Longley".

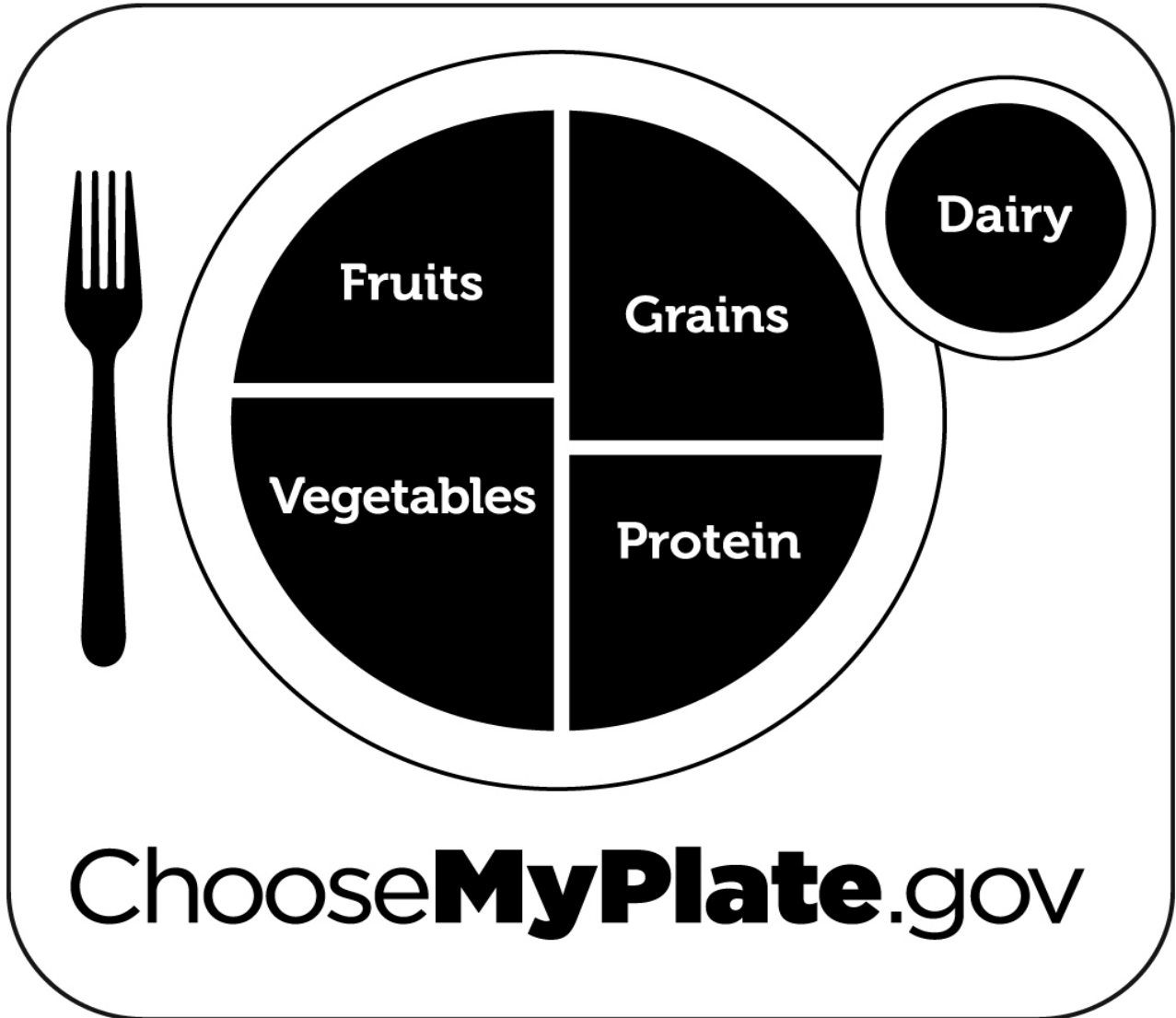
Carolee Longley
Belknap County 4-H Youth Development Program Associate



Revised 2/12

Look for special activities from the 4-H Healthy Living Challenge, supported in part by the Walmart Foundation for Healthy Living Youth Grant and "National 4-H Council.

ChooseMyPlate.gov



PLACEMAT AND NAPKIN CONTEST SCORE CARD

Name		Club	
Age as of January 1 st	Please check one: <input type="checkbox"/> Cloverbud (ages 5-7) <input type="checkbox"/> Junior (ages 8-11) <input type="checkbox"/> Intermediate (ages 12-13) <input type="checkbox"/> Senior (ages 14-18)		
Category	Description	Score	
Appearance (30 Pts.)	Design is functional		
	Uses principals of design in construction		
	Attractive for the table		
	Lays flat		
Usability (20 Pts.)	Easy to care for		
	Appropriate size for most dinner ware		
	Size fits a place setting		
	Compatible materials used		
Cleanliness (10 Pts.)	No spots or stains		
	Pressed, if applicable		
Construction (40 pts.)	Neatly constructed		
	No pins, threads or extra glue showing		
	Corners smooth		
	Stitching even/Construction uniform and neat		
Total Possible (100pts.)	Total Score		

Rev. 12/6/11

SCORING: Blue Ribbon = 90 – 100 Points
 Red Ribbon = 80 – 89 Points
 White Ribbon = 79 Points and below

Revised 2/12

**Junior
Food Show Score Sheet (100 pts.)**

Exhibitor's Name _____ Age as of January 1 _____
 Club _____ Years in Foods Project _____ Years in Food Show _____
 Food Prepared _____

Category		Possible Points	Score
The Exhibitor	Neat	2 pts.	
	Clean hands	2 pts.	
	Hair tied back or covered, as appropriate	2 pts.	
	Speaks clearly	3 pts.	
	Speaks to be heard	3 pts.	
Exh.'s Knowledge	Understands preparation of food	15 pts.	
	Understands My Plate	7 pts.	
	Knows size of servings for food groups/types	8 pts.	
Food	Flavor	10 pts.	
	Appearance	10 pts.	
	Texture	5 pts.	
	Recipe & Source	5 pts.	
Menu	Well balanced according to MyPlate	10 pts.	
	Good color contrast	4 pts.	
	Presentable menu card(s)	5 pts.	
	Relates to theme	2 pts.	
Place Setting	Uses dinnerware in the correct position	3 pts.	
	Attractive	2 pts.	
	Uses dishes appropriate for the menu	2 pts.	
Total		100 pts.	

Revised 12/6/11

SCORING: A = 90-100 Points (Blue Ribbon)
 B = 80-89 Points (Red Ribbon)
 C = Below 79 Points (White Ribbon)

Revised 2/12

Senior and Intermediate Food Show Score Sheet (140 pts.)

Exhibitor's Name _____ Age as of January 1 _____

Club _____ Years in Foods Project _____ Years in Food Show _____

Foods Prepared _____

Category		Possible Points	Score
The Exhibitor	Neat	2 pts.	
	Clean hands	2 pts.	
	Hair tied back or covered, as appropriate	2 pts.	
	Speaks clearly	3 pts.	
	Speaks to be heard	3 pts.	
Exh.'s Knowledge	Understands preparation of food	15 pts.	
	Knows the MyPlate formula	5 pts.	
	Knows the recommended serving size for menu items	5 pts.	
	Knows the food groups represented by the recipe	5 pts.	
First Food Item	Flavor	10 pts.	
	Appearance	8 pts.	
	Texture	7 pts.	
	Recipe & Source	5 pts.	
Second Food Item	Flavor	10 pts.	
	Appearance	8 pts.	
	Texture	7 pts.	
	Recipe & Source	5 pts.	
Menu	Well balanced according to MyPlate	10 pts.	
	Good color contrast	7 pts.	
	Presentable menu card(s)	10 pts.	
	Relates to theme	3 pts.	
Place Setting	Uses dinnerware in the correct position	3 pts.	
	Attractive	2 pts.	
	Uses dishes appropriate for the menu	3 pts.	
Total		140 pts.	

SCORING: A = 126-140 Points (Blue Ribbon)
 B = 112-125 Points (Red Ribbon)
 C = Below 111 Points (White Ribbon)

2012 4-H Poster Exhibit

Members **MUST** be 12 years old or older by 1/1/12 to be eligible for State Activities Day

4-Her Name: _____ Age 1/1/2012: _____

Mailing Address: _____ County: _____

City: _____ State: _____ Zip: _____ Club Name: _____

Number of years in contest previously (DO NOT COUNT THIS YEAR) : _____ years

- Make the 4-H Connection 4-H Healthy Living Persuasion to Action (limited to seniors, age 14 or older)
- 4-H The Power of YOUth Open category

Brief Interpretive Statement of Art Work: _____

Check List of Criteria Met:

- _____ Poster is standard 14" x 22"
- _____ No Copyright or Trademarked materials _____ 4-H Clover used according to regulations
- _____ Poster was created after May 31, 2011 _____ Poster contains one clear message (not a collage)
- _____ If poster is 3-D, it is no more than ¼ " high and can lay flat in a pile



Signature of 4-H Member: _____

ATTACH THIS TO BACK OF POSTER

REGISTRATION FORM FOR FOODS FESTIVAL 2012

Return to: Belknap County Extension 4-H, 635 Main St. 3rd Floor, Laconia, NH 03246 or fax: 527-5477
By Friday, February 17th

CLUB NAME: _____

NAME: _____ AGE AS OF 1/1/2012 _____

MAILING ADDRESS _____

_____ ZIP _____ TEL. NO. _____

- I will be participating in: Food Exhibit _____ Food Demonstration _____
- The title of my food exhibit/demonstration: (ie Sensational Smoothie, How to Make an Blueberry Pie)

- I will _____ will not _____ Need an electrical outlet.
- Are you bringing a nutrition poster for the contest? Yes _____ No _____
- Does your child require an accommodation for a disability to participate in this program? _____
If YES, please explain: _____

Please include a copy of your recipe with this registration form!

UNH Cooperative Extension programs and policies are consistent with Federal and State laws and regulations on non-discrimination regarding race, color, national origin, sex, sexual orientation, religion, age, handicap or veteran's status. University of New Hampshire, US Department of Agriculture and NH Counties cooperating.