



# 4-H Foods Festival

1. **Decide on a favorite food:** Each 4-H'er should cook a different dish. Younger 4-H'ers should cook simple recipes. **Do not** include alcoholic beverages/liquors in favorite food.
2. Complete and bring the **Food & Menu Information Page**. Place it by your food so people know who cooked it and the ingredients you used in case they have **food allergies**. (*NOTE: We are asking you to think about where and how your ingredients were produced.*)
3. Plan how to present your food in an appealing way (e.g., place setting, flowers etc.). You will have only a small area on a table for your place setting and dish. You will be judged on the overall presentation of your food.

Cook and bring a large family size serving of your favorite food and all necessary serving tools. Keep hot foods hot, cold foods cold. Read the "[Pot Luck Safety Fact Sheet](#)" found on the Cooperative Extension website. If bringing a hot plate, warming tray, crock pot, or electric frying pan, remember to also bring a heavy duty extension cord. There may not be a kitchen available so plan accordingly.

Review the Judging Criteria to make sure you are prepared and know how the foods will be evaluated. Be prepared to answer questions about your meal and preparation of the meal.

If you can, bring copies of your recipe to share with others. Leave them at your table for the taking.

**This is a Tasting Event!** We will not be tasting until the judging is complete. Please bring snacks or eat a meal before you come.

**Have Fun!!!**

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## Things to bring day of Favorite Foods

- ✓ Food & Menu Information completed
- ✓ Copies of the recipe to share with tasters
- ✓ All necessary serving tools (spoons, knives, ladles, etc...)
- ✓ Place setting, flowers, etc....
- ✓ Extension cord for hot plate, crock pot etc...
- ✓ Bring a snack or eat dinner before the program
- ✓ Arrive between 5:30 and 6:00 pm to set up food and a place setting.



# Hillsborough County 4-H Foods Festival

## Food and Menu Information Page

**\*\*\*Remember to bring this completed form to the Foods Festival \*\*\***

Name \_\_\_\_\_ Age \_\_\_\_\_ Club \_\_\_\_\_

Food Prepared \_\_\_\_\_



1. How healthy is the dish/food you prepared? (circle one):

Green: GO

Yellow: SLOW

Red: WHOA

(Eat often and much)

(Eat in Moderation)

(a treat to be enjoyed only occasionally)

Why did you circle the color that you did? \_\_\_\_\_

2. Fill in Table. It will help you get ready for the judges', it is important for folks with food allergies:

Ingredients list individually	"My Plate" Food group? Grain, Vegetable, Fruit, Oil/Fat, Milk/Dairy, or Protein: Meat/Beans	Where did it come from? (What is the source of this ingredient? How much do you know about where and how it was grown or produced?)

3. Please CIRCLE any potential allergens in your dish

PEANUTS

WHEAT/ GLUTEN

EGGS

TREE NUTS

SOY

SHELLFISH

MILK

FISH

4. Place your favorite food dish in the MyPlate menu on page two. Your menu can be for breakfast, lunch, dinner, or special occasion. Be ready to explain to a judge how you chose your menu.

Specifically describe how the menu describes a healthy meal that addresses the "My Plate" guidelines. Circle, capitalize or underline your favorite food in the menu. Fill in the "MyPlate" diagram on the next page.



## Hillsborough County Foods Festival Judging Criteria

Each Dish will be evaluated in the Following Four Categories:

- 4-H Exhibitor
  - < Personal Appearance
  - < Understanding of nutrition & preparation of favorite food
  - < Understanding of where/how ingredients were grown or produced
  - < Communication Skills
- The Favorite Food
  - < Taste
  - < Texture
  - < Creativity
  - < Level of Risk Taking
- The Menu
  - < Menu is neat and makes sense
  - < Well balanced menu emphasizing balance of “My Plate” food groups and ingredients
  - < Thoughtfulness of Menu
  - < Creativity
- Presentation of Food..
  - < Attractiveness
  - < Creativity
  - < Appropriateness
  - < Level of Risk Taking

Judges will draw from the following list of questions:

Questions based on the Food and Menu Information Page

- < Is your food a:
  - GREEN/GO Food (eat often and much)
  - YELLOW/SLOW Food (eat in moderation)
  - RED/WHOA Food (a special treat to be enjoyed occasionally)
  - \*\*AND Why do you think so?
- < What basic food groups from “My Plate” are in your dish?
- < What do you know about where your ingredients came from? What do you know about how they were grown or produced? Does this matter?
- < What else would you eat with your food to make it a balanced meal based on “My Plate” guidelines? Why? Does your Menu reflect this? Why or why not?
- < Where did you get your recipe? (Cookbook, parent, friend...)
- < Was this challenging? What risks did you take? What would you do different next time?

Additional, possible questions:

- < What country or cultural heritage is your food from?
- < Did you shop for your ingredients? What did you learn about selecting foods and comparative shopping? What techniques, skills, or equipment did you use in making your favorite food?
- < What techniques and equipment did you use to make your dish? Did you try anything new?
- < If you did it again, what would you change or modify?
- < Tell me about the presentation of your food. What were your thoughts behind it? Were you trying for a certain effect or impression?
- < If you were going to challenge yourself, what would be a food you would try to prepare for next year?
- < What other foods would you serve with your Favorite Food to make it suitable for another occasion?
- < What food safety principles need to be practiced when preparing or serving your favorite food?

FOOD FESTIVAL JUDGING SHEET

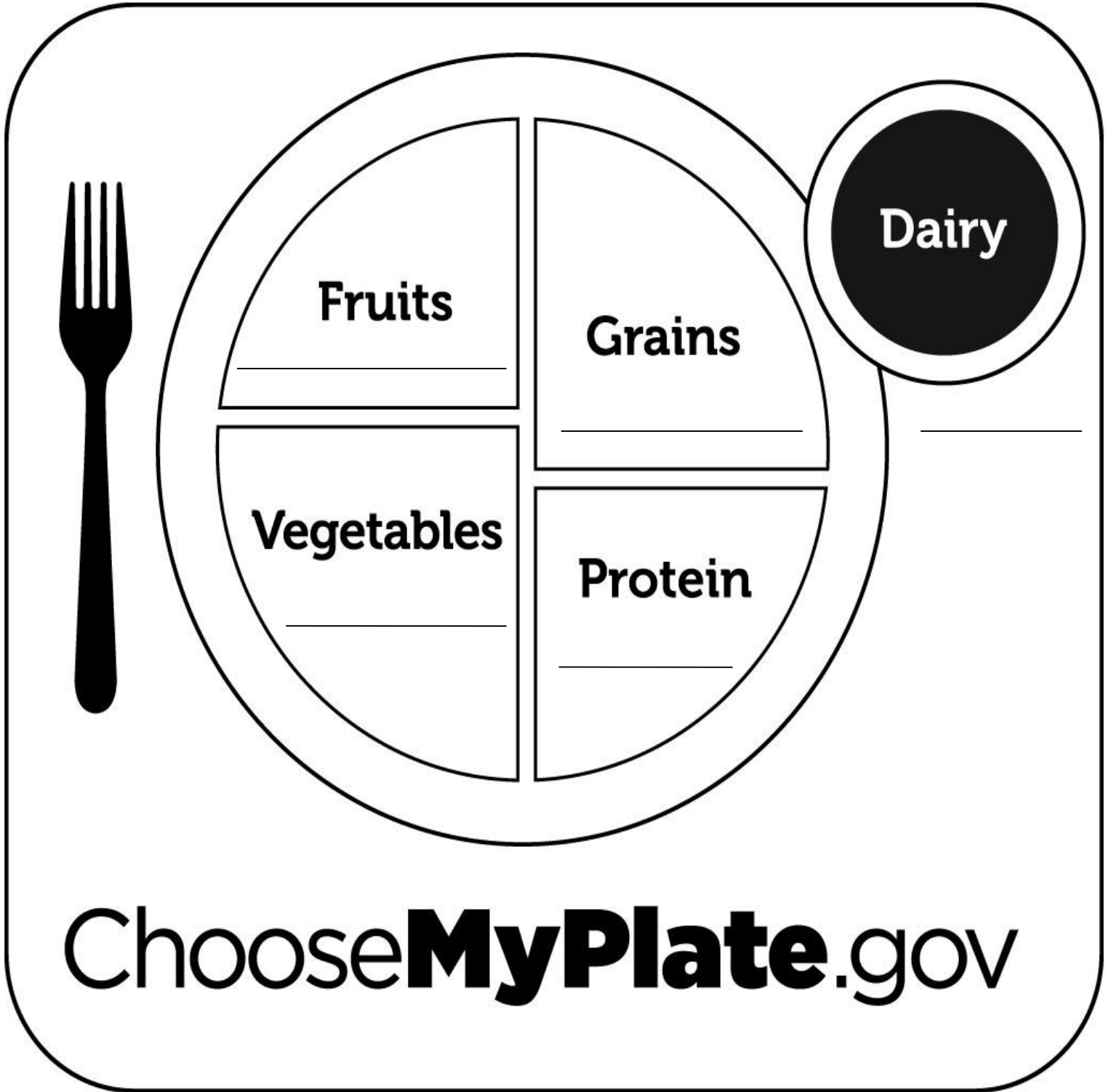
Name \_\_\_\_\_ Age: \_\_\_\_\_ Club: \_\_\_\_\_

<b>1 Exhibitor</b>					
a. Personal appearance, neat, well-groomed, dressed					
b. Practices, attractive/sanitary mannerisms					
c. Area kept neat and clean; display confined to space allowed					
<b>2 Menu</b>					
a. Appropriate for event					
b. Balanced texture, flavor, color					
c. Understands meal planning					
<b>3 Dish</b>					
a. Appearance of dish and appeal of the dish on the plate.					
b. Flavor					
c. Quality (includes texture)					
d. Judge's sample served correctly using disposable tableware.					
<b>4 Display and place setting</b>					
a. Attractive/creative use of color, materials, etc.					
b. Appropriate to menu and theme					
c. Suitable arrangement of dishes, silver, linen and so forth					
d. Centerpiece - appropriate size, suitable materials, etc.					
e. Complete - all components present — menu poster, copy of recipe, etc.					
<b>5 Nutrition knowledge</b>					
a. General nutrition knowledge					
b. Nutrition knowledge as relates to item prepared.					
<b>6 Food Safety</b>					
a. Food served in a sanitary manner considering theme.					
b. Food served at correct temperature					
<b>7 Teams only</b>					
a. Teamwork in preparation					
b. Equally responsive to questions					
Totals:					

E = Excellent (8-10) G = Good (5-7) F = Fair (2-4) NI = Needs Improvement (0 - 1)

JUDGES: Please note - NI ratings require a comment.

Please fill each category in the “MyPlate” diagram.  
Use your favorite food entry and other menu items  
to make your entry part of a complete meal.



Choose **MyPlate**.gov

Dessert



# U R What U Eat

Food supplies the nutrients needed to fuel your body so you can perform your best. Go, Slow, Whoa is a simple way to recognize foods that are the smartest choices.

- **"Go"** Foods: Eat almost anytime (Most often) — they are lowest in fat, added sugar, and calories
- **"Slow"** Foods: Eat sometimes (Less often) — they are higher in fat, added sugar, and/or calories
- **"Whoa"** Foods: Eat once in a while (Least often) — they are very high in fat and/or added sugar, and are much higher in calories




Food Groups	GO	SLOW	WHOA
<b>Fruits</b> Whole fruits (fresh, frozen, canned, dried) are smart choices. You need <b>2 cups</b> of fruit a day. 1 cup is about the size of a baseball.			
<b>Vegetables</b> Adding fat (butter, oils, and sauces) to vegetables turns them from Go foods to Slow or Whoa foods. You need <b>2 1/2 cups</b> of vegetables a day. Dark green and orange vegetables are smart choices.			
<b>Grains</b> Try to make at least half of your servings whole grain choices and low in sugar. An ounce of a grain product is 1 slice of bread, 1 cup of dry cereal, or 1/2 cup of cooked rice or pasta. You need <b>6 ounces</b> a day.			
<b>Milk</b> Milk products are high in vitamins and minerals. Fat-free and low-fat milk and milk products are smart choices. About <b>3 cups</b> are needed each day; 1 cup of milk, 1 cup of yogurt or 1 1/2 ounces of natural cheese count as 1 cup.			
<b>Meats &amp; Beans</b> Eating <b>5 1/2 oz.</b> a day will give you the protein, vitamins and minerals you need. Limit meats with added fat. Smart choices include beans (1/4 cup cooked), nuts (1/2 oz.) and lean meats (1 oz.) baked or broiled.			

The amounts of foods recommended per food group are based on a 2,000-calorie diet, the approximate number of calories for most active boys and girls ages 9-13. U.S. Department of Agriculture, Center for Nutrition Policy and Promotion.









# Sweets and Snacks

The foods below are snack-type foods. The "Slow" and "Whoa" foods are higher in fat, added sugar, and/or calories and need to be limited so you do not eat more calories than your body needs. Remember, if you eat sweets and snacks, eat small amounts.

GO	SLOW	WHOA
 <p>For "Go" snacks, select foods from the "Go" column in the food groups section.</p>		

# Combining Food Groups

Foods we eat are usually a mixture of ingredients from the different food groups. A food can turn from a "Go" into a "Whoa" based on the ingredients used. The examples below contain ingredients from the milk products, grains, vegetables and meat groups – some "Go," some "Slow," and some "Whoa." Foods served in restaurants often use "Whoa" ingredients.

Combined Foods	GO	SLOW	WHOA
<b>Pizza</b>	 English muffin pizza with low-fat cheese (using ½ English muffin)	 Regular or classic veggie pizza: 1 slice from a medium pizza	 Deep dish pepperoni pizza: 1 slice from a medium pizza
<b>Pasta</b>	 Pasta with tomato sauce and vegetables – 1 cup	 Macaroni and cheese – 1 cup	 Pasta with sausage – 1 cup

# Move More

To keep at a healthy weight, energy in (foods you eat) must balance with energy out (how much you move). Try to get 60 minutes of physical activity every day. Move more, take the stairs, play ball, bike, swim, walk, and find active games you enjoy. Have fun!

For more information, visit the *We Can!*™ Web site at <http://wecan.nhlbi.nih.gov>. *We Can!* is a national education program promoting healthy weight for children from the National Institutes of Health.

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