

Kern County 4-H



Favorite Foods Day

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This event is planned to give you, the 4-H Member, the opportunity to show all the skills and information that you have been learning in your 4-H Foods Project.

Your leader will help guide you as you prepare for the event. If you have any questions, your leader or the 4-H Office can help you.

Favorite Foods Day is not only a menu planning and food preparation contest, it is also a wonderful day to meet other foods members, learn new nutrition information, and enjoy special activities. We will have new, very fun sessions!

We hope that you enjoy yourself.
Happy cooking!!!!

Guidelines, Rules, Suggestions, and Ideas for Success!!!

4-H Favorite Food Day Event

Keep this booklet with your project material and refer to the guidelines when any questions concerning Favorite Foods Day arise. There is a lot of basic information that is valuable to you and perhaps can serve as reference material.

To Participate in Favorite Foods Day:

You must be a 4-H member enrolled on a 4-H Foods Project or food-related project. You must enter the category appropriate to the year you just started in the cooking project.

- Plan the menu for a meal, or day (depending on your year requirements).
- Do not prepare candies or beverage-type foods as the Favorite Food.
- Learn all you can about the favorite food you have chosen to prepare. The favorite food should be appropriate to your abilities and year in the foods project. You will be required to prepare a different food each year, depending on your years in the cooking project. **You may NOT use any alcohol in your dish!**
- Learn as much as you can about the Food Guide Pyramid and Dietary Guidelines for Americans. Check how your menu meets these guidelines.
- Be sure to consider food color and texture when planning you menu. (ex: baked chicken, baked potatoes and cauliflower would not make an appealing meal.)
- Do research (look up in different books or online) to get ideas for place settings and meal or menu planning.
- Practice preparing you favorite food so you can tell others how to do it. Serve it to your family and friends. Get their comments. The 4-H motto is **"Learn by Doing"**. And remember...practice makes perfect!
- Be sure your entry is completely ready when you arrive. The only exception is if your entry food is a combination of hot and cold food. Then you may store the cold portion in the refrigerator and the hot part of the food in the oven until your name is called.

The day of the event...

- Tie back long hair, or wear a hair net.
- **DO NOT** interfere or change another member's arrangements. Parents can **NOT** help members set up their arrangements.
- Once you are called, do not leave the judging area until after you have been judged.
- Be sure your clothes are neat and clean. It is recommended that you wear the 4-H uniform for the event.
- Leave your parent or leader at the registration area. Only committee advisors will be allowed in the participant's area.
- You are responsible for your entry. Proxy members are not allowed.

Registration

1. When you arrive, go to the registration table to receive your number.
2. A matching number will be located on one of the tables
3. Go directly to your table and leave your supplies. Take food to the kitchen. Someone there will assist you. Return to your table and complete your table setting duties.
4. After the member and judge's orientation, ALL members will take their plate or bowl, and line up to get a portion of their food. After they have their food dished up, they will return their plate to their place setting and go to their assigned session and wait to be called.
5. Remove heavy outdoors wraps, such as coats, parkas, etc. while with the judge.
6. DO NOT sit with your food BEFORE the judge reaches you. Someone will come get you from your session, when it is your turn.

7. Be ready to answer any questions the judge may ask. Judges will probably discuss your favorite food, your menu, and how your food and menu fits into the Food Guide Pyramid. They may also ask about your table setting. Most of their questions will **come right out of this book, so study up!** Their questions or comments do not mean that they are not pleased with your work or your answers. Favorite Foods Day is a learning experience and an opportunity to practice interview skills.
8. Games and demonstrations on food and nutrition will be on-going in the activity rooms.
9. After judging has been completed, exhibitors and guests at the event are invited to taste the foods for a luncheon. Following this, there will be a "Nut Bowl" where you will be on a team, and answer questions to earn a medal for your hat. Once this is finished, the awards will be presented!

Awards

- All entries are eligible for green, blue, or gold seals, as determined by judges.
- Gold medals will be awarded to participants with scores ranging from 87-100.
- The Gloria Runyan Health & Nutrition Award will possibly be presented, in each year category, to the member who's Favorite Food and daily menu plans are prepared with special attention to the fat, sugar, and salt content.

Menu

Each exhibitor must plan a menu card around his/her Favorite Food. The menu **MUST** be written in the card provided, with the exhibitor's Favorite Food underlined. Please type or neatly print. You will be planning a whole meal, or a whole day's worth of meals, depending on your year in cooking. (Check with your year's requirements to find out.) Example:

"Family Dinner"

Oven Baked chicken with lemon herb sauce

Baked potatoes - Green beans

Fresh Garden salad with fat-free ranch

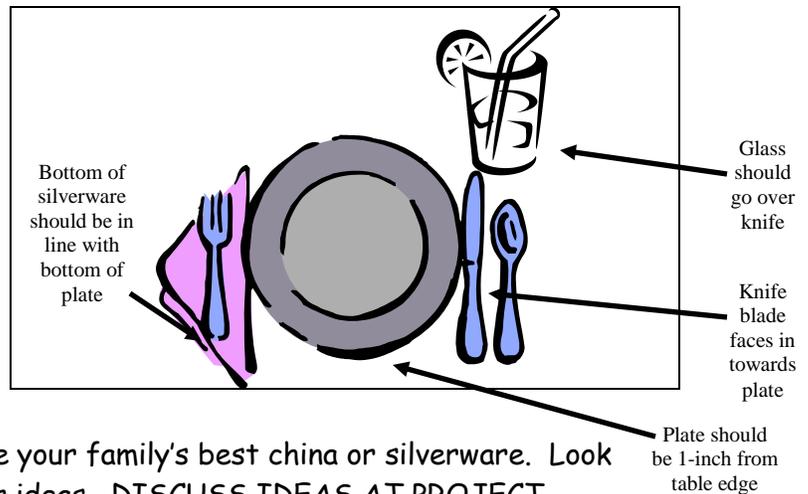
Yeast rolls and reduced calorie margarine

California Fruit Cup

Table Setting Notes

The menu should indicate the type of dinner being served (example: formal dinner, luncheon, etc.). Each member will be assigned an area approximately 20"x24". The table setting should be appropriate for your menu. There is a special category you can enter, where you can win an award for having the best coordinated meal and place setting. (Ex: if your Favorite Food was Chicken Enchiladas, you could have fiesta theme place setting.)

NOTE: A center piece is very attractive to use with a table setting. However, for Favorite Foods Day, where space is limited, your center piece should be small, low and in scale for the one place setting.



1. You do not need to use your family's best china or silverware. Look through magazines for ideas. DISCUSS IDEAS AT PROJECT MEETINGS.
2. Small individual center pieces may be used as part of the table setting (Refer to "Note" above). Practice at home or at a project meeting so that you will be prepared (help WILL NOT be allowed at the event.).
3. Be ready to answer questions on your table appointments and setting, as well as your menu, the Food Guide Pyramid, and your Favorite Food.
4. A theme can be used if you would like. A themed award will be given in each cooking category for those members who have used a matching theme with their food.
5. Bring one (1) place setting and serving of silverware or tools. Make sure they are clean; the judges will be using them to eat with!

Food Safety & Sanitation

The food for Favorite Foods Day must be given careful attention so that it is properly handled. If you prepare a cold dish, keep it cold (below 40 degrees); if a warm or hot dish, keep it hot (above 140 degrees). Refrigeration and holding oven space will be provided for you in the kitchen.

Escherichia coli (E. coli), Staphylococcus, and Salmonella, are the most common types of bacteria which cause Foodborne Illness.

FOOD--Bacteria will grow in almost any food except one that is very high in acid (such as pickles). Moist proteins--meat, fish, eggs, poultry, milk, cream, and cream sauce are VERY vulnerable.

MOISTURE--Bacteria usually does not grow in dried foods, but may if moisture is added.

TEMPERATURE--A lukewarm or room temperature is ideal for bacterial growth. At temperatures above 140°F and below 40°F, food poisoning bacteria does not readily grow.

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



Don't Give Kids a "Sugarache"

Transparencys

Proper Hand Washing

You can't see, taste or smell them...they're sneaky little critters, and they can spread throughout the kitchen and your foods! They're bacteria, and if eaten they can cause foodborne illness. By washing your hands correctly and frequently you can help to get rid of bacteria!

Wash Hands after ...



Using bathroom or changing diapers



Handling Pets



Sneezing, blowing nose & coughing



Touching a cut or open sore

AND before



Handling food!

Proper Hand washing Techniques:

- Get your hands wet warm water, apply soap.
- Rub your hands together for 20 seconds. Make sure to get between your fingers, around your finger nails and even your wrists and forearms.
- Use a paper towel, or single use towel to dry your hands.
- Turn off the water.
- Throw away the towel!

*****An easy way to count to 20 seconds is to sing "Twinkle, Twinkle Little Star" or "Happy Birthday" a couple times while you're scrubbing!*****

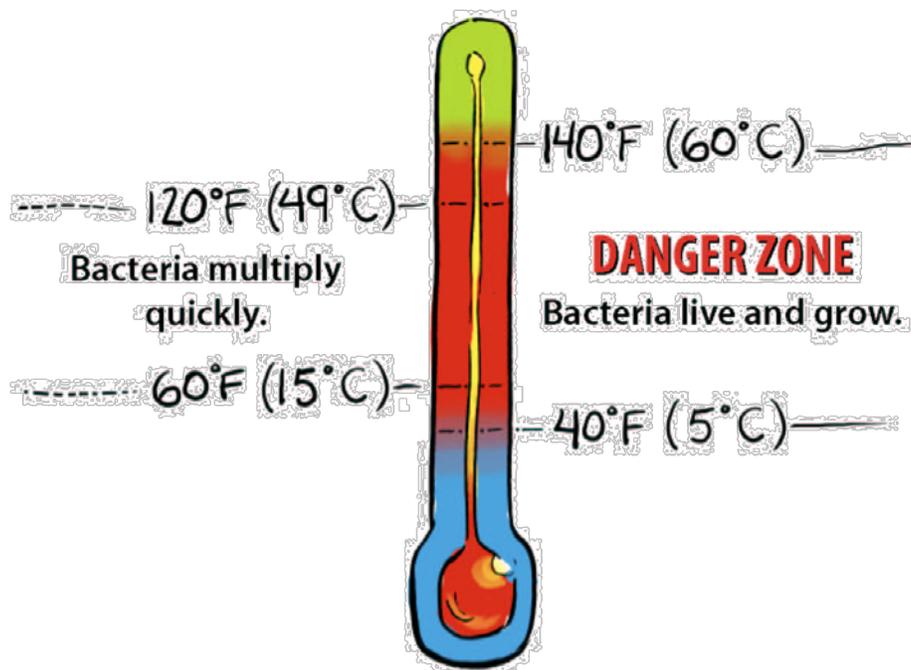


How You Can Prevent Foodborne Illness

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

1. Avoid cross contamination. Use strictly fresh ingredients, sanitize equipment, clean and sanitize hands, and avoid sneezing or coughing into food; keep pets, sick people, insects and dust out of the food preparation area.
2. KEEP HOT FOODS HOT--above 140°F. KEEP COLD FOODS COLD--below 40°F
3. Take special precautions with foods when they are refrigerated and reheated. If a hot food is prepared the day before, refrigerate immediately when removed from the stove. Just before you leave home, preheat the food thoroughly. Take hot or cold foods to the kitchen as soon as you arrive at the event.
4. To carry hot or cold foods. Use well insulated containers--cardboard cartons thickly lined with newspaper works well.

Bacteria like warm temperatures.



**BE SURE ALL OF YOUR EQUIPMENT AND ITEMS
ARE MARKED FOR IDENTIFICATION PURPOSES.**

Check Sheet

MEMBERS--Before you leave home, check the list below:

- ✓ Food Guide Pyramid and Menu card (neatly filled out) to place by your plate in the place setting.
- ✓ Your Favorite Food
- ✓ Your place setting--dishes, silverware, placemat, etc.
- ✓ Pot holder, if your dish is hot.
- ✓ Appropriate serving utensil (spoon or knife) for your Favorite Food dish.
- ✓ Tidy hair, hands, fingernails.....a well-groomed you!
- ✓ A box containing all the things you need. Mark your items for identification (Keep your box under the table at your assigned area).

Dietary Guidelines for Americans:

A set of recommendations is made by a committee of nutrition experts for the U.S. population. There is also a Food Guide Pyramid, with the recommended amounts of each type of food that our body needs to stay healthy! They are revised every five years based on the most recent research. Here are the Dietary Guidelines:

1. EAT A VARIETY OF FOODS: Because foods vary in the quantity and type of nutrients in them, eating a variety of foods lessens our chances of being deficient in a nutrient. Variety not only means different kinds of food (ex: rice, oranges) but different varieties within a type (ex: red apples, green apples). We need about 50 different nutrients to stay healthy. The greater the variety of foods you choose, the more likely you will include all the nutrients.
2. BALANCE THE FOOD YOU EAT WITH PHYSICAL ACTIVITY TO MAINTAIN OR IMPROVE YOUR WEIGHT: Being too thin or too fat (especially if the fat is mostly at the belly) raises the risk of developing health problems. Being too fat is common in the U.S., even among children. It is a result of eating more calories than our bodies can use, and it is usually a problem of under-exercising rather than over-eating. Diabetes related to being overweight is very common in this country. To maintain a healthy weight, include the following into your lifestyle: --Increase physical activity. --Eat less fat and fatty foods. --Eat less sugar and sweets. --Eat slowly. --Prepare smaller portions. --Limit second helpings.
3. CHOOSE A DIET WITH PLENTY OF VEGETABLES, FRUITS, AND GRAIN PRODUCTS: These foods are rich in vitamins, minerals, and fiber and are generally low in fat. Carbohydrates are a good and major source of energy. Complex carbohydrates include foods such as beans, peas, nuts, seeds, fruits, vegetables, whole grain breads, and cereals. Increase your consumption of these carbohydrates. Think of your dinner plate as a pie and make sure the 75% of the pie is made up of grain products, fruits, and vegetables.
4. CHOOSE A DIET LOW IN FAT, SATURATED FAT, AND CHOLESTEROL: Excessive amounts may raise the risk of heart disease, certain cancers, and obesity. Older children, teens, and adults, can reduce the amount of fat in the diet with the following modifications in your menu planning: --Choose lean meats, fish, poultry, dry beans, and peas as your protein sources. --Limit

- your butter, margarine, cream, and oils as much as possible. --Trim excess fat off meats. --Broil, bake, microwave, boil, rather than fry. --Read food labels carefully to determine the amount of fat.
5. USE SUGARS ONLY IN MODERATION: Sugar is a concentrated source of calories that otherwise does not contribute to nutrient intake. When too many calories come from sugar, there is not enough room in the diet for the nutrient rich foods. To reduce sugar intake: --Use fewer sugars in cooking. --Use fewer foods containing high sugars such as candy, soda, cakes, pies, and ice cream. --Eat more fresh fruits.
 6. USE SALT AND SODIUM ONLY IN MODERATION: Most of us eat much more salt than is needed. Excessive amounts can lead to high blood pressure in some people. To reduce your sodium intake: --Use little or no table salt. -- Cook with little or no salt. --Use herbs and spices as an alternative to flavoring with salt. --Eat less salty foods like potato chips and crackers.

Ideas for healthier cooking:

1. Combine dried beans, peas, and lentils, vegetables, pasta, or rice, with leftover meat, chicken or fish for the best mixture for satisfying your body's protein needs.
2. Prepare your own breading. Use oil spray and "oven fry bake".
3. Use fruit juices (especially those high in Vitamin C such as orange, grapefruit, and tomato) instead of fruit drinks.
4. Make your sauces using evaporated nonfat milk, liquid from canned vegetable or stock, flour for thickening, and herbs and spices for seasoning. Limit canned cream soups which are high in sodium (salt) and fat. Or use low fat soups.
5. Use more tomato base, sauces.
6. Use plain vegetables and add your own sauce, dips and seasonings.
7. Use skim milk products whenever possible. Nonfat yogurt and cottage cheese can be used for sauces and dips. Use ice milk, nonfat frozen yogurts instead of ice cream. Add your own fruit to plain nonfat yogurt.

8. Use beans for filling, high protein appetizers, salads or in soups.
9. Use corn tortillas instead of flour tortillas which are high in fat, or use nonfat flour tortillas. Warm and soften in the microwave instead of frying.
10. Prepare your own home-made baked goods. Most recipes can be modified in sugar and fat by reducing 1/3 without altering the final product. Some recipes can be fat/sweet modified even more.
11. Use regular cereal instead of pre-sweetened. Add your own fruit.
12. Make your own granola cereal. Add little or no fat and sugar.
13. Coconut and palm oil (tropical oils) are higher in saturated fat (the good fat!) than are lard and butter.
14. Make your own salad dressing or use reduced calorie and lowered fat bottled dressing. Yogurt and cottage cheese can be added to many dressings. (Refrigeration will be required.)
15. Drain browned ground meat in a colander for a few minutes before continuing with recipes.

The key to improved nutrition is moderation. Do little things, not drastic changes. Most of us can live with a little modification to our daily diet. The long term benefits are great. Most Americans consume over a hundred thousand meals and snacks in a lifetime. A little change applied consistently goes a long way.



Using the Food Guide Pyramid

The Food Guide Pyramid helps you put the dietary guidelines into action. This menu is a planning tool, which is based on the Dietary Guidelines for Americans, outlines the five food groups and the recommended daily serving amount for each group. The number of servings that are right for you depends on how many calories you need each day. The following information provided is for kids, and is based on a 1,800 calorie diet. Now you can customize the Food Guide Pyramid to you! To find your perfect caloric intake and servings visit www.mypyramid.gov. Here are some things you can do to be a healthier you!

Goal: Trim the Fat!

Grains/Breads

Limit high-fat bakery products such as donuts, Danish, muffins, and croissants.

Increase the use of low or nonfat breads such as French bread and bagels.

Limit the amount of high-fat spreads offered with breads.

Serve fewer desserts with chocolate, nuts, and coconut.

Vegetables/Fruits

Serve reduced fat or nonfat salad dressings.

Offer oil and vinegar separately.

Limit added fat or sauces.

Milk

Specify 1% rather than 2% low fat milk.

Have skim milk on hand for recipes.

Use canned skim milk in place of cream for sauces.

Keep milk cold to enhance flavor.

Meats/Proteins

Plan more baked, roasted, oven-broiled, steamed, or stewed items.

Offer fish, poultry or vegetable protein source two or three times per week.

Use more peas, lentils, or dry beans in place of meat.

Use low fat lunch meats.

Goal: Boost the Fiber!

Grains/Breads

Serve bread products made with at least 25 % whole-grain flour by weight.
Offer a variety of whole-grain products such as bulgur, corn tortillas, corn bread, oatmeal, brown rice, and barley.

Vegetables/Fruits

Serve vegetables raw with low fat dips.
Serve salad bar type meal for everyone to make their own.
Cut raw fruit in wedges for easier eating.

Meats/Proteins

Serve cooked dried beans, split peas, lentils, and other legumes as a substitute for meat. Try mixed dishes that include beans, such as Chili Nachos with beans or taco meat mixed with beans.
Introduce bean dishes from other cultures, such as Cuban Red Beans and Rice, Greek Lentil Soup, Brazilian Black Beans, Italian Minestrone.

Goal: Go Easy on Sugar!

Grains/Breads

Limit sweet bakery products such as coffee cakes.
Limit sugar served as a condiment with cereal to one package (one teaspoon).
Reduce the frequency of presweetened cereals.
Reduce the number of times jams, jellies, and syrups are served at breakfast.

Vegetables/Fruits

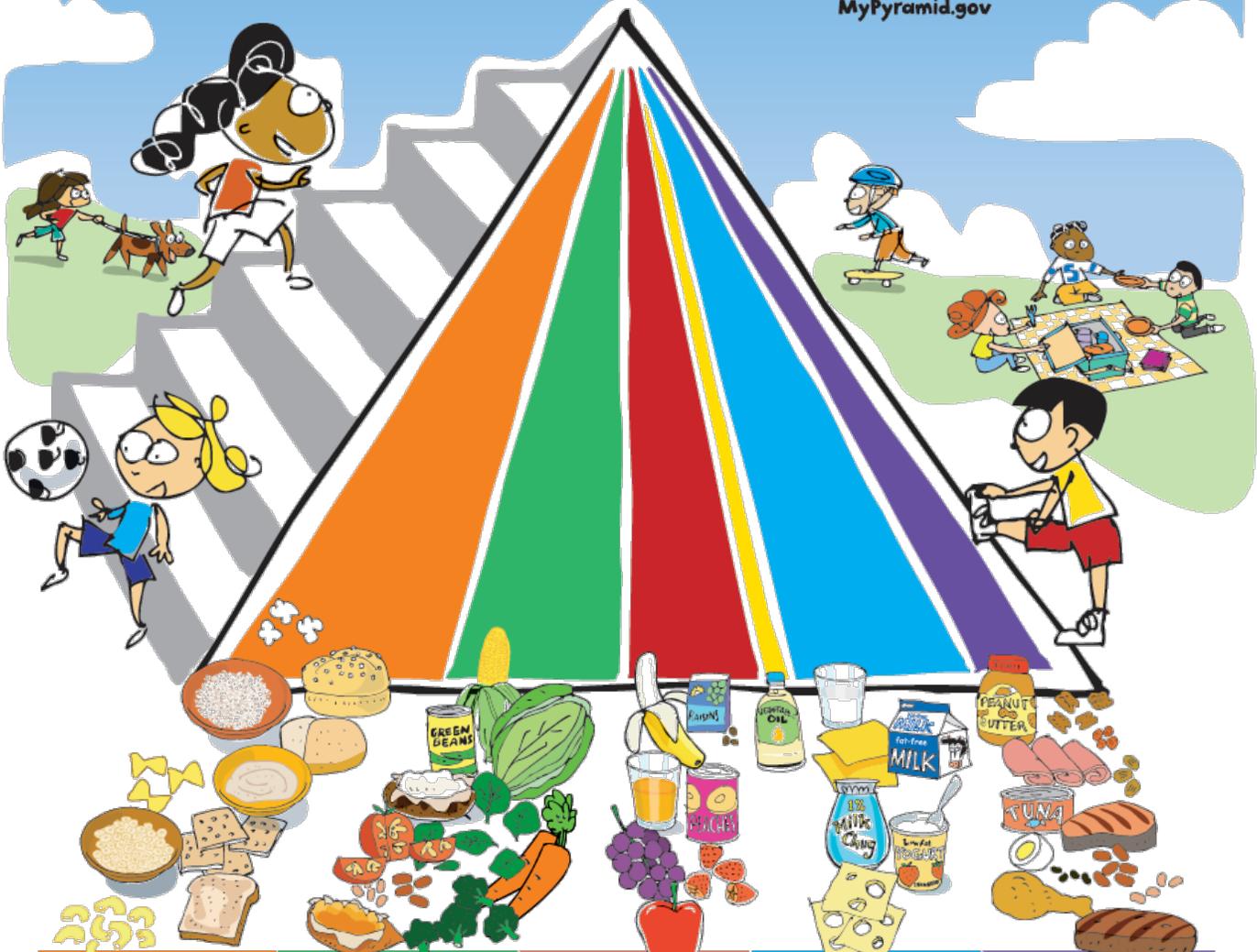
Offer unsweetened fruit sauces (ex. apple, berry) as topping for pancakes or waffles.
Replace fruits canned in heavy syrup with fresh fruit or those canned in natural juices.
Replace pies or cobblers with oatmeal-topped crisps made with unsweetened fruit.

MyPyramid

For Kids

Eat Right. Exercise. Have Fun.

MyPyramid.gov



Grains
Make half your grains whole

Start smart with breakfast. Look for whole-grain cereals.

Just because bread is brown doesn't mean it's whole-grain. Search the ingredients list to make sure the first word is "whole" (like "whole wheat").

Vegetables
Vary your veggies

Color your plate with all kinds of great-tasting veggies.

What's green and orange and tastes good? Veggies! Go dark green with broccoli and spinach, or try orange ones like carrots and sweet potatoes.

Fruits
Focus on fruits

Fruits are nature's treats – sweet and delicious.

Go easy on juice and make sure it's 100%.

Milk
Get your calcium-rich foods

Move to the milk group to get your calcium. Calcium builds strong bones.

Look at the carton or container to make sure your milk, yogurt, or cheese is lowfat or fat-free.

Meat & Beans
Go lean with protein

Eat lean or lowfat meat, chicken, turkey, and fish. Ask for it baked, broiled, or grilled – not fried.

It's nutty, but true. Nuts, seeds, peas, and beans are all great sources of protein, too.

For an 1,800-calorie diet, you need the amounts below from each food group. To find the amounts that are right for you, go to MyPyramid.gov.

Eat 6 oz. every day;
at least half should be whole

Eat 2 1/2 cups every day

Eat 1 1/2 cups every day

Get 3 cups every day;
for kids ages 2 to 8, it's 2 cups

Eat 5 oz. every day

Oils Oils are not a food group, but you need some for good health. Get your oils from fish, nuts, and liquid oils such as corn oil, soybean oil, and canola oil.

Find your balance between food and fun

- Move more. Aim for at least 60 minutes everyday, or most days.
- Walk, dance, bike, rollerblade – it all counts. How great is that!

Fats and sugars – know your limits

- Get your fat facts and sugar smarts from the Nutrition Facts label.
- Limit solid fats as well as foods that contain them.
- Choose food and beverages low in added sugars and other caloric sweeteners.



Use this worksheet to help better your understanding of the recommended servings! It will also help you when you make your Menu Card!

Name: _____

**MyPyramid
FOR KIDS**

Food Math

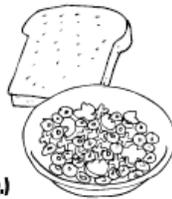
Jason is 9 years old. He's physically active sometimes. Each day, he needs to eat:

Grains	Vegetables	Fruit	Milk	Meat and Beans
6 ounces	2½ cups	1½ cups	3 cups	5 ounces

Help Jason decide what to eat today. Plan breakfast, lunch, dinner, and a snack. Be sure he gets all the food he needs from each group. (Food items may be selected more than once.)

Grains 6 ounces

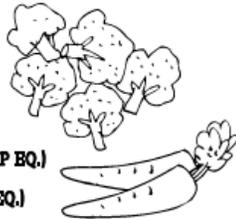
- ___ 1 slice whole-wheat toast* (1 OZ EQ.)
- ___ 5 whole-wheat crackers* (1 OZ EQ.)
- ___ 1 slice white bread (1 OZ EQ.)
- ___ 1 slice whole-wheat bread* (1 OZ EQ.)
- ___ 1 cup whole-grain ready-to-eat breakfast cereal* (1 OZ EQ.)
- ___ ½ cup cooked brown rice* (1 OZ EQ.)
- ___ 1 cup cooked pasta (2 OZ EQ.)
- ___ 1 hamburger bun (2 OZ EQ.)
- ___ 3 cups lowfat popcorn* (1 OZ EQ.)



Items marked with a * are whole-grain

Vegetables 2½ cups

- ___ 6 baby carrots* (½ CUP EQ.)
- ___ 1 large ear of corn (1 CUP EQ.)
- ___ 1 medium baked potato (1 CUP EQ.)
- ___ 1 cup cooked greens* (1 CUP EQ.)
- ___ 1 large baked sweet potato* (1 CUP EQ.)
- ___ 3 spears broccoli* (1 CUP EQ.)
- ___ ½ cup tomato juice (½ CUP EQ.)
- ___ 1 cup chopped lettuce (½ CUP EQ.)



Items marked with a * are dark green or orange vegetables

Fruits 1½ cups

- ___ 1 small apple or ½ large apple (1 CUP EQ.)
- ___ 1 large orange (1 CUP EQ.)
- ___ 1 snack-sized container of peaches (½ CUP EQ.)
- ___ 1 large plum (½ CUP EQ.)
- ___ 1 small box raisins (½ CUP EQ.)
- ___ 1 cup 100% orange juice (1 CUP EQ.)
- ___ 1 medium wedge cantaloupe (½ CUP EQ.)
- ___ 1 small wedge watermelon (1 CUP EQ.)



Milk 3 cups

- ___ ½ cup lowfat or fat-free cottage cheese (¼ CUP EQ.)
- ___ 1 cup fat-free milk (1 CUP EQ.)
- ___ 1 snack-sized lowfat or fat-free yogurt (½ CUP EQ.)
- ___ 1 half-pint container 1% or 2% milk (1 CUP EQ.)
- ___ 2 ounces of lowfat or fat-free American cheese (1 CUP EQ.)
- ___ 1½ ounces of lowfat or fat-free cheddar cheese (1 CUP EQ.)
- ___ 1½ cups light ice cream (1 CUP EQ.)



Meat and Beans 5 ounces

- ___ 1 ounce of nuts (2 OZ EQ.)
- ___ 1 cup split pea soup (2 OZ EQ.)
- ___ 1 small chicken breast half (3 OZ EQ.)
- ___ 1 small lean hamburger (3 OZ EQ.)
- ___ 1 hard-boiled egg (1 OZ EQ.)
- ___ 1 tablespoon peanut butter (1 OZ EQ.)
- ___ ¼ cup of pinto beans (1 OZ EQ.)
- ___ 1 slice of turkey (1 OZ EQ.)



Key: (1 OZ EQ.) means (equals 1 ounce equivalent)

