FOOD FIESTA

2017

Information Packet

Food Fiesta is both a food competition and a showmanship event. In many ways it is more of a mock interview than a food judging competition. Youth present their creations before a panel of judges where they are asked to describe the process of how they made their dish and how they dealt with problems that may have arisen. This one on one interaction with adult leaders provides a unique opportunity for youth to practice career-readiness skills like what it's like to perform at an interview. This document should help prepare 4-H members, parents, adult leaders, and judges for Food Fiesta.

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Food Fiesta

INFORMATION PACKET

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ABOUT THE THEME

Milk and Honey: A Celebration of natural ingredients.

The goal of this year's theme is to connect youth and their families with some of the incredible natural and wholesome ingredients available to us. Whether you visit a local farm, farmers market, or specialty store that offers local produce, we hope you find inspiration and fresh ingredients for your 2017 Food Fiesta entry.

Check out these links: http://www.honey.com http://www.thekitchn.com/10-ways-to-use-up-a-gallon-of-milk-202264 http://www.shape.com/healthy-eating/diet-tips/13-types-milk-do-your-body-good

WHO IS ELIGIBLE?

All 4-H members enrolled in Foods/Nutrition, Food Preservation, other foods related projects, Beginning 4-H, and Market Animal, and Edible Agriculture projects are eligible to participate in the favorite foods or theme favorite foods class. Animal project members should have an entry that reflects their project. For Example: Poultry members would have chicken in their recipe. Members enrolled in Cake Decorating are eligible to participate in the Cake Decorating Class. All foods and cake decorating relate projects as well as members enrolled in Flower Arranging and Home Environment projects are eligible to participate in the Table Setting Class.

AGE DIVISIONS

- Primary (5-8) - Primary member may participate but will not be judged.
- Junior (9-10)
- Intermediate (11-13)
- Senior (14 and up)

CLASS DESCRIPTIONS

Favorite Foods or Theme Favorite Foods Entries

(Open to all Foods, Market Animal, Edible Agriculture and Beginning 4-H projects as well as Primary Members) – Prepare a favorite or theme favorite food from any source and bring one complete recipe of the food already cooked or prepared. Preparing something the member has prepared many times at home is a good idea. No food preparation will be allowed at the event. The container the food is served in will not be judged. The member will be judged on favorite food (quality, texture, eye appeal, and flavor), appropriate base or container, level of difficulty for age and experience, food safety knowledge, serving skills, knowledge and skills in talking to the judge, and clean and professional appearance. Theme Favorite Food entry will also be judged on the entry's appropriateness toward the Food Fiesta theme. Members should bring serving utensils and pot holders, if serving a hot dish). It is helpful to have your prepared dish and serving equipment on a sturdy tray or box so it can be easily and safely carried.

Food Preservation

(Open to Members enrolled in Food Preservation Projects) - The directions for Food Preservation are exactly the same as for Favorite Foods, except the member will prepare a dish using a preserved project and will bring one sealed jar of the preserved food. Products normally served along with other foods, such as jams, jellies, relishes and pickles, are to be opened and placed on a second serving dish. Members should then bring an additional sealed jar for judging purposes. Member's recipe card should note the recipe source. Also, the jar or container should be labeled with the 1) Name of the recipe, 2) Date prepared, 3) Type of preservation method used (i.e. waterbath, pressure, etc.), and 4) Processing time.

Decorated Cake or Theme Decorated Cake

(Open to 4-H Members enrolled in Cake Decorating, Beginning 4-H projects, and Primary Members) – Select either an occasion or event theme and decorate a cake. Cakes can be made using a cake mix and adding extra ingredients, if desired, if the participant is a Primary or Junior member. Intermediate or Senior members are expected to make their cakes and frosting from scratch. Any frosting recipe appropriate for cake decorating may be used. Frostings, fondant, and decorations must be made by the 4-H member. In addition to being judged on their cakes, members will need to know how to cut and serve the cake, have knowledge of the decorating tools used and applications, and maintain a clean and neat appearance.

Informal or Formal Table Setting/ Theme Table Setting

(Open to Members in Foods, Cake Decorating, Beginning 4-H, Home Environment and Flower Arranging projects as well as primary members) - Select an occasion or use Food Fiesta Theme. Prepare complete table setting entry, including appropriate balanced menu card, using centerpiece and table settings for two. Members bring their own card table to set up. Entry will be judged on creativity, use of color, table setting etiquette, knowledge in talking to the judges, and a neat well-groomed appearance. Formal or informal table setting can be used. Theme table setting entry will be judged on the appropriateness toward the Food Fiesta Theme.

Favorite or Theme Food with Table Setting

(Open to Members in Foods, Cake Decorating, Beginning 4-H, Home Environment and Flower Arranging projects ages 11 and above as of December 31, 2017**) -** Prepare a Favorite Foods or Theme Favorite Foods and prepare a complete table setting entry, including appropriate balanced menu card, using centerpiece and table settings for two. Bring your own card table. Entry will be judged on creativity, use of color, table setting etiquette, knowledge in talking to the judges, and a neat well-groomed appearance. Formal or informal table setting can be used. Theme table setting entry will be judged on the appropriateness toward the Food Fiesta Theme.

RULES AND GUIDELINES

General Guidelines

- Members must be enrolled in the project area that they enter in.
- Members will need to submit recipe with registration and should bring a recipe card or copy of the recipe for the judges. Email recipe to 4hfoodfiesta@gmail.com
- 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).
- The participant must carry their own prepared food or items for table setting into the venue.
- On the day of Food Fiesta participants will bring their prepared dish to the Food Fiesta site. They will be assigned an appointment time via e-mail about one week before the Food Fiesta event. Each participant will meet individually with two judges who will ask them about how the participant prepared their dish, what ingredients were used, the type of food made (such as was it a main dish, dessert, side dish, etc.), and other general questions about their entry.

Food Safety and Handling

- Members should follow the Food Safety guidelines below 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, pot holders and towels should be clean.
- An appropriate travel/carrying container should be used.
- Members should not touch their mouth or face during their interview presentation.

Appearance

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

PREPARATION TIPS & FOOD FIESTA DAY OF EVENT GUIDELINES:

- Practice your presentation at least the night before.
- Pack everything up the night before and have it all ready to go.
- Follow Food Safety guidelines to prevent food poisoning. Perishable or food needing refrigerating should stay in the refrigerator until you are ready to leave your home to go to Food Fiesta.
- Please mark your items for identification so you easily can keep track of your items.
- Plan to arrive at least 15 minutes before your appointment time so you can watch the people before you, so you will know what to do, and so you will be calm.

Before you leave home, ensure you:

- Prepare and bring your Favorite Food, Theme Food, Decorated Cake or Theme Decorated Cake, recipe card, and any serving items you will need, such as serving spoons, tongs, ladles, knives to cut your food, etc.
- Pack a box containing all the things you need so you can keep all of your things together and for ease in carrying your items into the Food Fiesta building. A sturdy serving tray or shallow basket with a low edge large enough to carry all of your items also works well. (You will keep the supplies box neatly under the table during your interview presentation.)
- Bring a 3”x5” recipe card or printed recipe sheet with your recipe neatly printed or typed on it.
- Bring potholders and table protector, if you have a hot dish.
- Make sure your utensils, towels, potholders, etc. are absolutely clean.
- Bring and use appropriate serving utensil (spoon, knife, ladle, cake or pie server, etc.) for your dish.

- Utilize an appropriate (food safe) travel/carrying container.
- Check your uniform or interview attire and make sure it is clean and neat.
- Ensure your hair is clean and tidy (if you have long hair pull it back and secure it neatly with a rubber band, hair tie, or barrette).
- Remove all nail polish. If you wear nail polish you will lose points.
- Wash your hands to ensure they are clean before starting the Interview Presentation.
- Optional: you can pack two attractive paper plates, forks or spoons and napkins to serve your item to the judges. Make sure the plates are big enough to accommodate serving size.

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 in food products.
2. Bacteria grows and multiplies with:
    - FOOD – Bacteria will grow in almost any food except ones that are very acid (pickles). Moist proteins are particularly vulnerable (meats, fish, eggs, poultry, milk, cream, cream sauce, salad dressings, mayonnaise).
    - MOISTURE - Bacteria won't 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. KEEP COLD FOODS COLD - below 40 degrees.

    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 range or oven. Then, just before leaving home, reheat the food thoroughly.
3. To carry hot or cold foods, use well insulated containers. Cardboard cartons thickly lined with newspapers work well.

THE PRESENTATION INTERVIEW

The event is officiated by five teams of two judges. Members should arrive early to check in, get settled and wait in the waiting area to be called. Judges will be sitting a table and call the member up from the waiting area when they are ready for them. Members will then approach the table; and put their food item in front of the judges along with the utensils you will need to serve. Members will have their recipe card handy to give to the judges. At this time members should introduce themselves. Members should share their:

- name
- age
- name of club
- years in the project
- number of times they have been to Food Fiesta

Once introductions are complete members should share with the judges what they made, the ingredients and how they made it. Note: members should know their recipe, ingredients, measurements and cooking procedures, times and temperatures from memory.

Following this the judges will ask questions that relate directly to the entry or the project. The responses to the initial questions will give judges leads for follow-up questions. Included in this packet are some sample questions judges may ask. Judges 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.? (Refer to the food pyramid you know best.)
- What type of food is it (for example: dessert, entrée, 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? (i.e.: after a small/big meal, at dinner/lunch)
- Did you have trouble making it?
- What was the hardest part about making it?
- Is your dish representative of a certain place, country, or region of the United States? If so, which one?
- Describe any unusual process to make the entry.
- Describe any unusual tools to make the entry.

Members will next demonstrating their serving skills by serving the judges a portion of their entry. Members should be able to comfortably serve the judges their prepared food. Members should avoid using their fingers to push the food. It is appropriate for members to use a fork or knife if needed to help slide the serving size portion off of the serving utensil onto the judges' plates. Additionally, throughout the Presentation Interview members should remember to avoid touching their mouth, face or hair.

Once the interview is complete members will return to the waiting area while the judges confer. Once the judges have a chance to confer, members will be asked to return to the table and judges will provide the 4-H member with feedback. The Presentation Interview will take approximately 15 minutes.

JUDGING

Food Fiesta is a competition, however it is not a competition where participants are judged one against another, instead participants are individually judged against a standard. This means that everyone could receive a blue ribbon if everyone did an outstanding job and received high points from the judges. It is likely that first time participants will not be perfect, so a red or white ribbon is a very good thing. 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 judge 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 yes or no. Ask . . . How? Why? When? Where?
- Keep the member's age and experience (years in the project) in mind while evaluating the standards for that exhibit.
- Help 4-H'ers recognize their accomplishments (both in their efforts and in the 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. Fair judging rules out personal preference. 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.

Common Terms Used for Judging Food Products

- **Appearance** of food determines the acceptance or rejection of the food before it is tasted. First impressions are important! The color, the crust or outer covering, the apparent dryness or moistness of the product, the shape or volume, or the size of the piece affects the general appearance of the food. When a garnish is used, it should enhance the appearance of the food.
- **Texture** is the way food feels to the touch and the mouth. The fineness or coarseness of the grain or fiber of a food influences the texture. Grain refers to the cell structure. How big is the cell, how thick are the walls of the cell, how evenly are the cells distributed throughout the mass? Answers to these questions help to describe texture. Fiber is thread-like structure of the cells of the food. For example, you can readily see the fibers in such foods as meat, asparagus, and celery.
- **Crumb** is a very small piece of bread, cake, cookie, or other food. By examining the crumb of a food carefully, you can describe the "feel" of a food.

- **Consistency** of a food is important to texture and to appearance. Consistency is the degree of firmness, density, or viscosity (the flow) of the food.
- **Tenderness** of food can be measured by the force needed to break, bite, or chew it. Foods that can crumble easily may be too dry or too tender.
- **Flavor** of a food is a combination of its taste and aroma. There are four basic taste sensations: sour or acidic, salty, bitter, or sweet. Certain odors are associated with certain tastes. For example, the odor of milk may tell us that it is sweet or sour without ever tasting it. Another flavor classification might be spicy, flowery, fruity, resinous, foul or burnt.
- **Temperature** of a food is in general, at the temperature at which the food is normally served.

Descriptive Terms Used in Judging Food Products

- **Appearance:** aspect, or contour. Words that may help you describe the appearance include: broken * lustrous * cloudy * muddy * clear * opaque * crumbly * plump * curdled * rough * dull * scum * frothy * sediment * shiny.
- **Odor:** volatile substances affecting the sense of smell. Words that may help you describe the odor include: acid * fragrant * strong * burnt * delicate
- **Color:** normal for substance, pleasing to eye. Words that may help you describe the color include: bright * creamy * discolored * dull * faded * gray * greenish * golden * brown * normal * off-color * shriveled * shrunken * smooth * sparkling * stringy * translucent * greasy * acrid * weak * pale * rich * snowy * white * yellow.
- **Consistency:** degree of firmness. Words that may help you describe the consistency include: density * viscosity * fluidity * plasticity * resistant to movement * brittle * gummy * soft * crisp * liquid * soggy * crumbly * rubbery * hard * curdled * runny * thin * firm * syrupy * frothy * solid * full-bodied * stiff.
- **Flavor:** quality which affects the relish, zest, or savor, and is a combination of the taste, odor, and texture experience. Words that may help you describe the flavor include: astringent * flat * stale * bland * mellow * starch * blended * pungent * stimulating * brisk * raw * strong * burned * rich * tasteless * delicate * scorched.
- **Grain:** structural quality of the food product, such as crystals in candies and ice creams, size of pores in cake and bread, and thickness of cell walls in breads or cakes.
- **Moistness:** degree of moisture. In fruit and meats, this is referred to as juiciness. Words that may help you describe the degree of moisture in the product include: amorphous * fine * granular * coarse * foamy * heavy * crystalline * grainy * porous.
- **Lightness:** well leavened, not dense, having low specific gravity. Words that may help you describe the lightness of the food product include: fluffy * light in weight for size * porous * dry * watery * moist.
- **Shape:** proportionate dimensions. Words that may help you describe the shape include: broken * irregular * even * oval * flat * round.
- **Size:** Words that may help you describe the size include: irregular * small * medium * large * uniform.

- **Taste:** sensations produced by substances listed. Words that may help you describe the shape include: bitter * salty * sour * sweet.
- **Tenderness:** ease with which can be cut, broken, pulled apart, or chewed. Words that may help you describe the tenderness include tender* tough.
- **Texture:** feel of substance between fingers or mouth. The differences are caused by grain, content, moisture, tenderness, etc. Words that may help you describe the texture include: brittle * chewy * fibrous * firm * grainy * granular * limp * lumpy * mealy * mushy * oily * pasty * rubbery * slimy * smooth * soggy * sugary * stringy.

JUDGING CRITERIA

The judging criteria will be provided to judges of the day of Food Fiesta along with judging sheets for each class.

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 both for the same entry.

Medals will be awarded to participants who receive points in the following ranges:

- **Gold Medal:** 99-100 Points
- **Silver Medal:** 96-98 Points

Ribbons will be according to the following point breakdown:

- **Blue Ribbon:** 90-95 Points
- **Red Ribbon:** 80-89 Points
- **White Ribbon:** 79 Points or Less

TABLE SETTING

The following guide is a basic set of rules for setting the table. It can be used in a formal as well as an informal setting. An attractive table adds to the enjoyment of a meal. Food Fiesta contestants in this class must display two "place settings." You MUST bring a card table for the display. The basic rule is to bring only what is appropriate for your menu. eg: if your menu has hot chocolate in it then provide a hot chocolate cup or mug, otherwise do not display it. The menu card should have a balanced meal and the food should be listed in the order that it is served.

A place setting may include the following items:

- Dinnerware (plates, cups, saucers, and bowls)
- Glassware (glasses of all shapes and sizes)
- Flatware (forks, spoons, and knives)
- Napkins
- Placemats (if appropriate)

The following are Food Fiesta rules for setting a table:

- Allow 20-24 inches for each place setting.
- If a placemat is used it should be half an inch from the edge of the table.
- The silverware is placed to the right or left in the order in which they will be used; the fork to the left, the knife and spoons to the right. An easy way to remember is that the piece of silverware farthest from the plate is used first.
- The silverware handles, plate, and napkin should be one inch from the edge of the table.
- The plate is always in the center of the place setting.
- The dinner fork is placed at the left of the plate.
- If a salad fork is used, it is placed to the left of the dinner fork.
- The napkin is placed to the left of the fork, with the fold on the left. It can also go under a fork, or on top of the plate.
- The knife is placed to the right of the plate with the sharp blade facing in towards the plate.
- The teaspoon is placed to the right of the knife.
- If a soup spoon is needed, it is placed to the right of the teaspoon.
- The soup bowl may be placed to the right of the teaspoon or on the center plate.

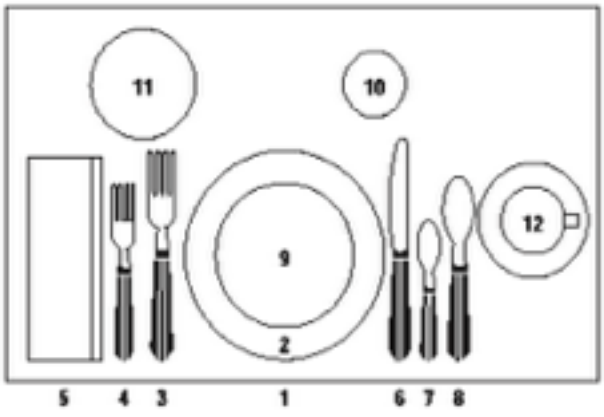
- The drinking glass is placed half an inch above the tip of the knife and if more than one glass is being used, place the second one to the right of the first glass, both parallel to the edge of the table.
- The bread and butter plate is placed just above the tip of the forks.
- The butter knife is placed on the bread and butter plate parallel to the edge of the table (blade to the left with cutting edge towards the dinner plate)
- If a separate salad plate is used, place it to the left of the bread and butter plate above the napkin. If a bread and butter plate is not used then place the salad plate above the forks.
- The cup or mug is placed to the top right of the spoons.

Tips for your place setting:

- Dinnerware, flatware and linens should be chosen as appropriate for the occasion and that compliment each other. Matching or blended colors or textures in the dishes or contrast something different make a table setting look attractive.
- The table setting should include a table setting for two.
- Display the menu on the table. Settings should correspond with the menu.
- Glassware, cups/saucers and flatware should be set for all courses.
- Center pieces should be no taller than 12 inches.

The following rules for setting a table correspond to the numbers seen in the table setting illustration below.

1. The flatware, plate, and napkin should be one inch from the edge of the table.
2. The plate is always in the center of the place setting.
3. The dinner fork is placed at the left of the plate.
4. If a salad fork is used, it is placed to the left of the dinner fork.
5. The napkin is placed to the left of the fork, with the fold on the left (unless a decorative/creative fold is used). The napkin may also go under a fork or on top of the plate.
6. The knife is placed to the right of the plate with the sharp blade facing in towards the plate.
7. The teaspoon is placed to the right of the knife.
8. If a soup spoon is needed, it is placed to the right of the teaspoon.
9. The soup bowl may be placed on the dinner plate.
10. The drinking glass is placed at the tip of the knife.
11. If salad, bread and/or dessert plate(s) — or bowl(s) — is used, place at the top of the fork(s).
12. The cup or mug is placed to the top right of the spoons.



Note: Only the utensils needed are placed on the table.

FOOD PRESERVATION SAFETY AND GUIDELINES

Entries must use USDA Guidelines: http://nchfp.uga.edu/publications/publications_usda.html

OR

University of California Home Food Preservation Guidelines: http://ucfoodsafety.ucdavis.edu/UC_Publications/UC_Home_Preservation_and_Storage_Publications/

Products that have been water bathed or pressure canned must be in a clear, Mason-type threaded home-canning jar sealed with a new vacuum lid consisting of 2 pieces (metal screw ring band and metal lid). All other types of jars will be disqualified. (This does apply to non-heat processed fermented foods like sauerkraut)

The recipe used must be a current "tested recipe". Current "tested recipes" are those that have been scientifically tested by a laboratory and found safe for home preserving. As technology and our understanding of science progresses, the food preservation safety guidelines continue to evolve as well. This is why it is important to use a recipe that is currently published from a reputable source. Sources of tested recipes can be found at:

- http://www.freshpreserving.com
- http://www.kraftbrands.com/SureJell
- http://nchfp.uga.edu/

Also, various state Cooperative Extension Services produce online facts sheets and guides with scientifically tested recipes. Links to these publications are available at: http://nchfp.uga.edu/links/links_home.html

NOTE: Just because a recipe is published in a book, a magazine, or on the web does NOT mean it has been tested. Using and following a "tested recipes" is the only way to ensure your preserved product is safe.

Any alteration or deviation from the tested recipe must fall within the USDA or University of California Food preservation guidelines, or be listed as an alternative option within the tested recipe itself. Examples of acceptable alterations would be swapping hot peppers for mild peppers in the same quantity, or adding a small amount of dried herbs. If you have a question about an acceptable alteration, please email the UCCE Master Food Preservers of Orange County at http://ucanr.edu/sites/MFPOC/.

Along with your entry, please include a copy of the recipe noting its source. Also, label the jar or container with the following information:

1. Name of the recipe
2. Date prepared
3. Type of preservation method used (i.e. waterbath, pressure, etc.)
4. Processing time

REFERENCES

San Joaquin County Food Fiesta Guide for Members and Leaders -http://ucanr.edu/sites/SJC_4H/files/178795.pdf

University of Nebraska 4-H Table Setting Contest - Procedures and Guidelines -

http://lancaster.unl.edu/4h/fair/documents/tableset.pdf

Disclaimer:

The Table Setting rules for Orange County 4-H Food Fiesta and Imaginology are the same. If you wish to enter your table setting into the Orange County Fair the rules will be slightly different and in that case you should check :

http://www.ocfair.com/competitions/docs/2016/guides/15-tables.pdf