

GENERAL RULES & GETTING YOUR ENTRY READY

Fill Out the Menu Card

When you have decided on an item to enter, fill out a recipe card (also available online on the Food Fiesta web page). Recipe with all ingredients (esp. allergen ingredients i.e. milk, eggs, gluten, etc. clearly highlighted) and detailed instructions must be attached to all food items on a card no larger than 5x7. Be sure to include your name & club.

Prepare Your Place Setting and Centerpiece

See page 4 of the CA 4-H Place Setting Guidelines for a basic place setting plan. Crystal, china and silver are not encouraged; instead, use your imagination to create a fun "presentation" appropriate to your menu and theme.

Prepare Your Entry

The night before the event, or the morning of the event, you should prepare your food entry. Participants must bring their own serving utensils, cooler or warmer (crockpot). You should do this without help from your parents, other family or friends. After the evaluations, parents and guests will be invited to sample the entries. Older participants will be expected to prepare a more challenging entry. Participants may not use the same winning recipe used in previous years. Food entry should serve 3-6 people. (Prepare enough food for each of the 3-5 evaluators to enjoy a small serving,) You are encouraged to make extra servings so, attendees can sample your entry after Awards.

Be prepared to present your entry to the evaluators. Have knowledge of your dish, the recipe, the reason you chose to make it and any other significant details you may wish to share. Expect to explain how you prepared your dish, any challenges or learning experiences involved with the process and be able to explain where your dish lands in the food groups, and when it might be served. Entrants should wear their 4-H "Whites" but may add themed accessories, such as aprons, bandannas or other themed items to go with their dish.

Pack Your Entry for Travel

Select a recipe that is easy to transport and will retain its attractive appearance. Food safety is essential to our health, food entries will need to be kept safe. You need to decide how to keep hot foods hot (greater than 140 degrees F) and cold foods cold (less than 40F). Hot dishes should be taken from the oven at home and put into a well-insulated container for the trip to Food Fiesta. Even a cardboard carton thickly lined with newspapers works well. Cold food can be kept cold with Blue Ice packets or ice in an ice chest. Coolers work great at either keeping foods cold or hot but, use a separate cooler for hot foods & one for cold foods. Keeping food safety in mind, pack your food to keep hot foods hot and cold foods cold. Please make sure your food is properly covered- tight lid, aluminum foil or plastic wrap. Please bring potholders and a dish mat/trivet to protect your hands and the table.

Coming To Food Fiesta: Arrive between 9 am and 9:30am.

As soon as you register, you will have a few minutes to set out your things and arrange your entry. Family members, leaders, etc. are not allowed to help. No modifications to

entries will be allowed. After 10:30am, only adjustments of temperature on crock pots will be allowed. The presentation area will be closed to everyone, except event volunteers, entrants and evaluators until after the awards ceremony. Entrants must be able to handle their items on their own, with the aid of event volunteers. "Runners" will be available to help entrants carry items to their spot, but will not help them set up.

FOOD SAFETY

- Clean Hands – Wash hands and fingernails thoroughly before and handling food. Wash your hands each time after handling raw meat. Wear an apron, clean clothes and tie back long hair.
- Fresh Food – Prepare food with fresh ingredients. Do not let raw meat, poultry or seafood juices come into contact with other food.
- Clean Food – Be sure to not infect food with coughing, sneezing, handling, dirty equipment or animals. Protect it during storage, preparation, transport and serving.
- Clean Utensils – Do not cross contaminate utensils/cutting board between raw meats and other food. Use a separate utensil for each step in food preparation and wash thoroughly, especially cutting boards and knives.
- Thermometers – Be sure that all food is cooked to a safe temperature to be sure all harmful bacteria is killed. A meat thermometer can be used for all foods, not just meat.
- Correct Temperature – Cold foods should be kept chilled at 40 degrees or below. Hot food should be kept above 140 degrees. Never leave prepared food standing at room temperature longer than 2 hours.
- Healthy Cooks – People with infected wounds, sore throats, diarrhea or colds should not be preparing or handling food. (And as such, should not participate in Food Fiesta if he/she should fall sick.)
- Safe Transportation – most foods should be kept hot or cold at all times. Make sure hot food is heated for 40 min. before leaving for Food Fiesta. Wrapping in towels or newspaper and placing food in insulated container can keep it hot. Cold food need to be transported in an insulated container, like a cooler, with ice packs. Make sure all items you bring are absolutely clean! If bringing a hot dish, please provide potholders and a table protector (trivet).

SPECIFIC RULES FOR EACH CATEGORY

- * You may enter one item in each of the Categories (Up to 3 entries):
- * Participants do NOT have to be enrolled in a Food Related Project to enter.
- * Participant must do all food preparation, cooking, and table setting by themselves with age appropriate supervision as needed for primaries only.
- * Participants must be able to present their entry to the evaluators, and discuss the recipe, ingredients and the process used to make their dish, or for place settings, why they chose what they did and how they put it all together.
- * Be sure recipe is neatly written or typed and easy to read.
- * Be sure to have all necessary serving utensils.
- * The participant must take leftover food & containers/utensils home after Food Fiesta ends.
- *Tasting will be at your own risk. University of California Cooperative Extension will not take any responsibility for risks taken in tasting.

-Homestyle Main Dishes

Must be made from scratch. No processed, pre-made or frozen prepackaged appetizers allowed. Sauces and/or dips must also be home-made. May be hot or cold.

No MSG, additives, preservatives and/or artificial flavors or colorings.

Write the recipe card no larger than 5" X 7", list ingredients, detailed directions and nutritional content (Ex: What key nutrients are provided by your recipe?).

-Cold Starters & Sides

Options: Mixed-Greens salad (Traditional), Pasta Salad, Vegetable Salad (like 3 Bean Salad, Broccoli Salad, etc.), Macaroni Salad, Potato Salad, Seafood/Chicken/Tuna Salad, Fruit & Veggie Trays, other appetizers or starters served cold or at room temperature.

Dressings must be made from scratch as well.

Bread, Breadsticks or crackers are optional (can be store-bought).

No MSG, additives, preservatives and/or artificial flavors or colorings.

No pre-cooked/store-bought proteins allowed.

-Hot Starters & Sides

Options: Ranch Beans, Baked Beans, Hot Dips, Meat Balls, Soups, etc.)

Bread, Breadsticks or crackers are optional (can be store-bought).

No MSG, additives, preservatives and/or artificial flavors or colorings.

No pre-cooked/store-bought proteins allowed.

-Down Home Desserts

Options: Cake, Cupcakes (4 on a plate), Pies, Cookies/Bars/Brownies (6 on a plate), Parfaits (4 clear cups on a plate, Cobblers/Crumbles, etc.)

Participants may enter any kind of sweet dessert.

Each entry must be made from scratch. No boxed mixes or pre-made crusts allowed.

No MSG, additives, preservatives and/or artificial flavors or colorings

-Sauce'n It Up

Options: BBQ Sauce, Sweet Chili Sauce, Jams, Jellies, Marmalades, Caramel Sauce, etc.

Bread, Breadsticks or crackers are optional (can be store-bought).

No MSG, additives, preservatives and/or artificial flavors or colorings.

No pre-cooked/store-bought proteins allowed.

-Upcycle Foods (Some Bought, Some Not)

Use any mix, boxed/canned food and make it your own! You can be as creative as you like without all cooking skills!

Options: Dump Cakes, Rice Casseroles, Dumplings with Biscuit dough, Monkey Bread, be creative!

No MSG, additives, preservatives and/or artificial flavors or coloring.

No pre-cooked/store-bought proteins allowed.

-PLACE SETTING GUIDELINES

A 2 foot by 2 foot space will be provided for each individual place setting. The use of material for a table cloth is optional. Fabric should be no larger than 2'x2'.

For place setting entries, create a Menu with complete recipe (neatly filled out), to stand on your place setting. Is the menu creative with a variety of foods? Be specific on types of food. Example: type of salad, bread, etc.

Coordinate your place setting considering unity in color/texture/design and, bonus points will be awarded for place settings around the theme. Do the tableware and utensils match the courses? Total Effect - is it neat and pleasant? Does everything fit well together?

A basic place setting should include the following items:

- Dinnerware (plates, cups, saucers, and bowls)
- Glassware (glasses of all shapes and sizes)
- Flatware (forks, spoons, and knives)
- Napkins
- Placemats
- Place cards
- * Centerpiece (optional)/candles, if used, may not be lit.

The following rules for setting a table correspond to the numbers seen on the CA 4-H Place Setting Guidelines which can be found on the Food Fiesta website.

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. It can 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 to the right of the teaspoon.
10. The drinking glass is placed at the tip of the knife.
11. If a salad plate is used, place it just above the tip of the fork.
12. The cup or mug is placed to the top right of the spoons.

OTHER IMPORTANT INFORMATION

The decisions of the Evaluators are final. The Danish System of evaluating will be used, whereby each entrant is evaluated according to a standard (individual merit based on a rubric), and everyone has the opportunity to win an award. Evaluators are trained before the event.

DANISH SYSTEM
BLUE 90-100

RED 80-89
WHITE 79 or under

*Primaries will receive a participation ribbon. Extra points will be given for using the theme of "Old West BBQ" in your menu, dish or table setting.

A member will be disqualified if assisted by an adult in any way. The support of your friends and family is encouraged on Food Fiesta Day, but the evaluating area will be closed to visitors while evaluating is taking place.

There are 4 age divisions. Open to all current 4-H members. Enter the age division that corresponds to your age as of Dec. 31, 2017; Primary Ages 5-8 years old (Non-competitive)

Junior Ages 9-10 years old

Intermediate Ages 11-13 years old

Senior Ages 14-19 years old

TABLE SETTING SCORE SHEET

Member Information:

Points Score` Comments

Appropriate Menu & Theme 10 points

Presentation of Table Setting 30 points

Table cloth/place mat limited to 24" x 24" 10 points

Entry attractively presented: 25 points

Correctness of Place Setting 25 points

TOTAL SCORE 100

* Bonus 5 points if table setting and menu are related to Food Fiesta Theme

FOOD DIVISION SCORE SHEET

Name of Food Entry Prepared:

FOOD ENTRY Division:

Points for: Score Comments

Appearance/Neatness 20 points

Flavor/Taste/Texture 30 points

Recipe Card Attached & Clear 10 points

Complexity of Dish 10 points

Presentation of Dish 30 Points

TOTAL SCORE: 100 points

* Bonus 5 points if table setting is related to Food Fiesta Theme

Appearance/Neatness: Shape, smoothness, crust, color, size and shape of piece.
(It should look tempting and plating is neat.)

Flavor/Taste: Blended, natural flavor, delicate & pleasing. Is is seasoned

Properly? Too salty or too sweet? Is it overcooked, undercooked or "perfect"?

Texture: Proper doneness, velvety, creamy, smooth, crispy, flaky, moist, crunchy?

Tough or tender? Falling apart or too juicy?

Complexity – Is recipe challenging, yet fitting to the ability of player?

Presentation - Was the presenter able to talk knowledgeably about their dish, the ingredients, and how they made the item? Did the presenter look neat, in the correct uniform, allowing for themed accessories? Is it clear that the presenter had knowledge of their dish? Is it clear that the presenter created this dish on their own? Does the presenter have an explanation of why they chose to make this dish?

OTHER HELPFUL TIPS

- Menu: nutritionally well-planned with variety of foods? Texture and flavor contrasts? High in nutritional value? Neat, correctly written? Suitable for age (preparation)?
- Tips on presenting: state your name, age, club and number of years in 4-H or Food Fiesta. Use full sentences and always give a complete answer. Be sure to not touch your mouth, face or hair when presenting. Dress neatly, hair tied back and nails trimmed. Practice speaking.
- Knowledge: know your recipe, ingredients, measurements and cooking procedures. Be familiar with the healthy food categories, nutritional content of your food and food safety.
- Serving: practice serving your food at home. When serving the evaluator, never use your fingers to push the food – instead use a knife or fork. You may set out one serving for the evaluators, but if you need more food than what looks nice on the table, you may keep extra portions in a hot pack or cold pack under the table, then pull it out to serve to the evaluators.
- Be sure to practice preparing your dish at least once at home before preparing it for Food Fiesta.
- Practice setting up your place setting
- Pack everything up the night before and have it ready to go. Keep perishable food in the refrigerator until you are ready to leave for Food Fiesta.
- Make sure everything is labeled with your name, including recipe card, for easy identification.
- Bring your food item, recipe card, and any serving items you will need (serving spoons, tongs, ladles, pie server, pot holders and trivet, etc.) or place setting in a sturdy box for ease in getting set up at Food Fiesta.