

# Napa County 4-H



## Favorite Foods Day Guidebook

## **Introduction**

Favorite Foods Day is a countywide event held once a year to provide a “Learn by Doing” educational experience for 4-H youth members, whether or not they are enrolled in a 4-H Foods Project. Emphasis for this event is on meal preparation, nutritional knowledge, menu planning, food safety, table setting, and a Favorite Food item. Members should make a product suitable for their age. ALL 4-H members welcome!

## **Favorite Foods Day Schedule**

<b>8:00am</b>	Event Setup (County Ambassadors & Volunteers)
<b>8:30am</b>	Judges Check-In/Orientation
<b>9:00am</b>	Participant Registration & Setup
<b>9:15am</b>	Judging & Interviews (every 10 minutes)
<b>10:30am</b>	Awards Ceremony followed by Entry Viewing & Sampling

**\*\* Please Note:** This schedule is tentative and subject to change.

# **Favorite Foods Day Rules & Guidelines**

1. Categories and Eligibility: All currently enrolled 4-H youth members (all ages, any project) may enter. Participants must be present to setup and display their own entry. In accordance with California State 4-H guidelines, primary members are not allowed to participate in competitive events and therefore will not be scored but will receive participation awards.
2. Divisions: Divisions include Primary (ages 5-8), Junior (ages 9-10), Intermediate (ages 11-13), and Senior (ages 14-19).  
**Please Note: Age as of December 31 of the previous year.**
3. Setup: All setting up of entry or display should be done solely by the contestants (no help from parents, guardians, project leaders, etc.).
4. Awards: Judging will be based upon the Danish System. That is, each entry will be judged against a standard on individual merit. The seals awarded will be blue (Excellent), red (Good), and white (Fair). Primary members are not eligible for awards, but will receive participation prizes. Certificates of participation with seals will be awarded to all entrants.
5. Top Awards: Selection for the top awards will use the American System; all blue seal entries will be eligible for the top awards. Prizes will be awarded per division (Junior, Intermediate, and Senior) for two special awards categories. The special awards categories will include "Best Table Setting Presentation" and "Best Favorite Food Recipe". Gold seals will be awarded to all top award winners. Primary members are not eligible for the Top Awards.
6. 4-H Uniform: The 4-H uniform is not required for participation. However, if you choose not to wear the 4-H uniform, please follow the California 4-H Dress Guidelines for Business Casual events. Long hair should be pulled back and secured as a health precaution.
7. Removal of Exhibits: All exhibits will be available for removal upon completion of the Awards Ceremony. No exhibit may be removed prior to the conclusion of the event without 4-H Office Staff prior approval.

# Divisions and Classes

## **Division 1 – Primary (ages 5-8)**

### **Class**

- |  |                                  |
|--|----------------------------------|
| 1. Nutritional Snack (cooked/not cooked) | 6. Cake Decorating               |
| 2. Appetizer                             | 7. Preserved Food (canned/dried) |
| 3. Salad                                 | 8. Special Diet                  |
| 4. Main Dish                             | 9. International Foods           |
| 5. Dessert                               | 10. Other                        |

## **Division 2 – Junior (ages 9-10)**

### **Class**

- |  |                                  |
|--|----------------------------------|
| 1. Nutritional Snack (cooked/not cooked) | 6. Cake Decorating               |
| 2. Appetizer                             | 7. Preserved Food (canned/dried) |
| 3. Salad                                 | 8. Special Diet                  |
| 4. Main Dish                             | 9. International Foods           |
| 5. Dessert                               | 10. Other                        |

## **Division 3 – Intermediate (ages 11-13)**

### **Class**

- |  |                                  |
|--|----------------------------------|
| 1. Nutritional Snack (cooked/not cooked) | 6. Cake Decorating               |
| 2. Appetizer                             | 7. Preserved Food (canned/dried) |
| 3. Salad                                 | 8. Special Diet                  |
| 4. Main Dish                             | 9. International Foods           |
| 5. Dessert                               | 10. Other                        |

## **Division 4 – Senior (ages 14-19)**

### **Class**

- |  |                                  |
|--|----------------------------------|
| 1. Nutritional Snack (cooked/not cooked) | 6. Cake Decorating               |
| 2. Appetizer                             | 7. Preserved Food (canned/dried) |
| 3. Salad                                 | 8. Special Diet                  |
| 4. Main Dish                             | 9. International Foods           |
| 5. Dessert                               | 10. Other                        |

**\*\* Nutritional Snack:** Must contain two (2) or more of the five food groups. The five USDA, My Plate food groups are: **fruits, vegetables, grains, protein, and dairy.**

**\*\* Special Diet:** Must consist of any one or a combination of low sodium, low/no sugar, low cholesterol, gluten free, paleo, etc.

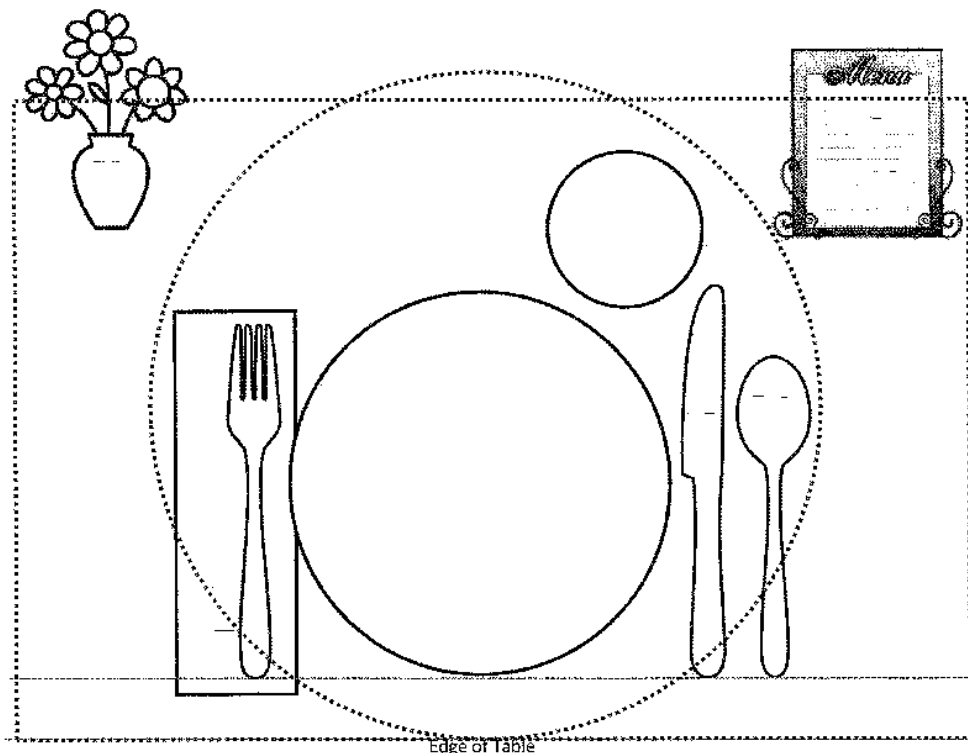
**\*\*\*** It is recommended that you select a food item to exhibit that is easy to transport and will retain its temperature and attractive appearance, see the **“Fight Bac!”** guidelines for more information.

*Resources Included: “Eat the MyPlate Way” and “Fight Bac!”*

# Favorite Foods Day Contest Requirements

## 4-H member participants will:

- ✓ Design a complete, coordinated **menu** that follows the USDA My Plate guidelines.
- ✓ Prepare **one (1) “Favorite Food” item** from the menu according to the Division and Classes. Only one selected menu item is exhibited, NOT the entire menu. For example: if the menu consists of Cesar salad, Steak, Garlic Mashed Potatoes, and Apple Pie and the “Favorite Food” item is the Apple Pie, then only that item is exhibited on the table setting.
- ✓ Include a **recipe card** for the “Favorite Food” item exhibited.
- ✓ Create a themed **table setting** to display the “Favorite Food” item that includes a placemat, napkin, plate(s), fork, knife, spoon, cup/glass, and optional decoration. Decoration examples may include candles, vase, props, etc.
- ✓ Participate in an **oral interview** conducted by a judging panel where they will be asked about the menu, nutritional value of the foods, choice of place settings, general questions about preparation techniques used, and food safety concerns.



# Favorite Foods Day Judging Criteria

## Scoring Rubric (Primary Members)

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

Name of Club \_\_\_\_\_

**Category:**      Nutritional Snack      Appetizer      Salad      Main Dish      Dessert  
                     Cake Decorating      Preserved Food      Special Diet      International Foods      Other

	CHECK OFF	COMMENTS
<b>MENU &amp; RECIPE</b>		
Menu follows the USDA My Plate guidelines	_____	
Includes recipe for Favorite Food	_____	

TABLE SETTING		
Uses an attractive color scheme, is well coordinated, and relates to a theme or occasion	_____	
Includes appropriate utensils and dishes for the food	_____	

FAVORITE FOODS		
Food is displayed in a pleasing manner (appearance)	_____	
Favorite Food tastes good	_____	

INTERVIEW & FOOD SAFETY KNOWLEDGE		
Demonstrates proper knowledge of the handwashing process	_____	
Interview shows appropriate knowledge of the entry and preparation process	_____	

PERSONAL APPEARANCE		
Hands, nails, and hair are clean and neat	_____	
Clothes and shoes are clean and neat	_____	

<b>GREEN SEAL (Primary Members Only)</b>	_____
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### **Interview Questions (Primary Members)**

**1. Why is this your Favorite Food?**

**2. Can you tell us the proper way to wash your hands when preparing food?**

The proper way to wash hands to kill germs is:

Wet hands

Apply soap

Briskly rub hands for 20 seconds

Rinse

Dry hands on clean towel

**3. Is there anything else you would like to share about your recipe, how you prepared your Favorite Food, or something new you learned?**

## Scoring Rubric (Junior, Intermediate, & Senior Members)

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

Name of Club \_\_\_\_\_ Division Jr Int Sr

**Category:**    Nutritional Snack        Appetizer        Salad        Main Dish        Dessert  
                   Cake Decorating        Preserved Food        Special Diet        International Foods        Other

MAXIMUM POINTS	POINTS EARNED	COMMENTS
<b>MENU &amp; RECIPE</b>		
5	Shows a balance of color, texture, and flavor	_____
5	Menu follows the USDA My Plate guidelines	_____
5	Recipe includes a clear description of preparation; complexity of techniques/steps appropriate for age	_____
<b>NUTRITION</b>		
10	Able to describe one MyPlate food group and identify its importance in our daily diets	_____
10	Can name an important nutrient in their favorite food	_____
5	Knows why our body needs that nutrient	_____
<b>TABLE SETTING</b>		
5	Uses an attractive color scheme, is well coordinated, and relates to a theme or occasion	_____
5	Includes appropriate utensils and dishes for the food	_____
<b>FAVORITE FOODS</b>		
10	Food is displayed in a pleasing manner (appearance)	_____
10	Flavors are well blended and taste good	_____
<b>INTERVIEW &amp; FOOD SAFETY KNOWLEDGE</b>		
10	Demonstrates food safety knowledge appropriate for age	_____
10	Interview shows appropriate knowledge of the entry and preparation process	_____
<b>PERSONAL APPEARANCE</b>		
5	Hands, nails, and hair are clean and neat	_____
5	Clothes and shoes are clean and neat	_____
<b>100</b>	<b>TOTAL POINTS</b>	_____

BLUE SEAL = 100 – 85 Points

RED SEAL = 84 – 65 Points

WHITE SEAL = 64 and below



### **Interview Questions (Junior, Intermediate, & Senior Members)**

**1. There are five (5) MyPlate food groups: fruits, vegetables, grains, protein, and dairy. Describe one of the food groups and tell me its importance in our daily diets.**

Find information on each food group at: [www.myplate.gov](http://www.myplate.gov).

**2. What is an important nutrient in your Favorite Food? Why does our body need that nutrient?**

The six essential nutrients are vitamins, minerals, protein, fats, carbohydrates, and water.

- Vitamins: helps make your metabolism, growth, and development, or immune system (among many other functions) work properly.
- Minerals: helps build bones and teeth.
- Protein: used for growth, repair, and maintenance of body tissue (muscle and more!).
- Fats: how our bodies store extra calories for later use.
- Carbohydrates: the main source of energy in our body.
- Water: helps to regulate our temperature and carry nutrients around the body / in and out of cells.

**3. Tell us about your entry and the preparation process.**

Specific follow-up questions may include:

What are the steps you followed to prepare your entry?

What was the most difficult step in the preparation of your entry?

What did you learn in preparing for Favorite Foods Day?

How did you decide on what to do/make for your entry?

What, if anything, would you do different or change next time?

### **Food Safety Knowledge Questions (Junior, Intermediate, & Senior Members)**

**4. What are the four "Basics" for handling food safely?**

Clean – Wash hands and surfaces often.

Separate – Don't cross-contaminate.

Cook – Cook to proper temperatures.

Chill – Refrigerate promptly.

**5. What is cross-contamination and how can you prevent it?**

Cross-contamination is how bacteria can be spread. You can prevent cross-contamination by:

- Separate raw meat, poultry, seafood, and eggs from other foods.
- Use one cutting board for fresh produce and a separate one for raw meat, poultry, and seafood.
- Never place cooked food on a plate that previously held raw meat, poultry, seafood, or eggs.

# California 4-H Dress Guidelines

11/2017




University of California  
Agriculture and Natural Resources



Proper dress and grooming for an occasion is a matter of exercising good judgment. Dressing well for all 4-H occasions is a skill that individuals should gain knowledge of and value its significance. Adults, members and 4-H staff should encourage this important lesson.

## General Guidelines

4-H encourages youth and adults to express their individuality within the parameters of the below general guidelines. All clothing shall be neat, clean, acceptable in repair and appearance, and should be worn as appropriate for 4-H events and activities. Articles of clothing that display profanity, products or slogans that promote tobacco, alcohol, drugs and sex are prohibited. All participants at 4-H programs should wear clothing (including swimsuits when needed) that is not revealing. Clothing and bathing suits should cover all reproductive anatomy, including breasts, genitals, and buttocks. Any participant whose clothing reveals reproductive anatomy will be asked to change into clothing that is not revealing. Items of clothing that expose bare midriffs, cleavage (front or back), undergarments or that are transparent (see-through) are prohibited. Clothing and footwear should be worn that is appropriate for the activity performed and the terrain the activity is performed in. Additional clothing considerations/restrictions may apply for safety reasons (see 4-H Safety Manual and/or the adult in charge of the event or activity). These general guidelines apply to 4-H members, adult volunteers, program participants and those in attendance at 4-H YDP events, meetings and activities.

	Casual (Meetings, travel days, evening entertainment, camp, etc.)	Business Casual (County and sectional contests, conference assemblies, workshops, roundtable discussions, etc.)	Business (Visits to state capitol, interviews, etc.)
Examples:	<p>Jeans, khakis, shorts, skirts, t-shirts, tennis shoes, flip flops, sandals.</p> 	<p>Slacks or dress pants, button down shirts, polo shirts, blouse, dress/career shoes, boots.</p> 	<p>Suits with dress slacks or skirts, dress slacks with a shirt and tie, blouse, button down shirt, jacket or sweater, dress/career shoes, boots.</p> 

It is the policy of the University of California (UC) and the UC Division of Agriculture & Natural Resources not to engage in discrimination against or harassment of any person in any of its programs or activities (Complete nondiscrimination policy statement can be found at <http://ucanr.edu/sites/anrstaff/files/176836.doc>). Inquiries regarding ANR's nondiscrimination policies may be directed to UCANR, Affirmative Action Compliance & Title IX Officer, University of California, Agriculture and Natural Resources, 2801 Second Street, Davis, CA 95618, (530) 750-1397.

Head • Heart • Hands • Health





United States Department of Agriculture

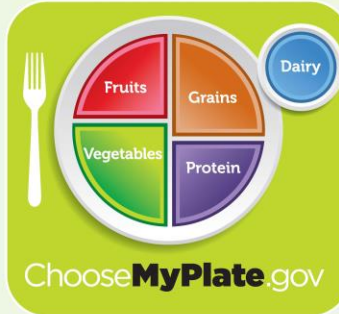
# EAT THE MYPLATE WAY

Enjoy your food but eat less.

Avoid oversized portions.

Make half your plate fruits and vegetables.

Make at least half your grains whole.



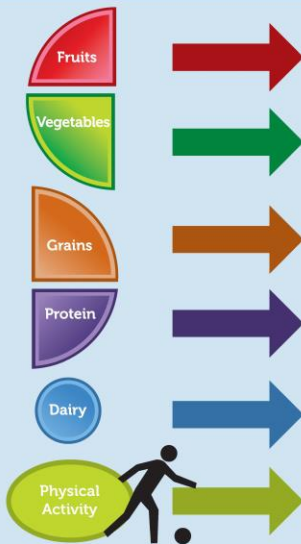
Compare sodium, sugars, and saturated fats in foods and choose the foods with lower numbers.

Drink water instead of sugary drinks.

Switch to fat-free or low-fat (1%) milk.

Be active your way.

## HOW TO FILL MY PLATE



Apples • Bananas • Grapefruit • Lemons • Oranges • Strawberries  
Cantaloupe • 100% Apple Juice • 100% Grape Juice

Dark Green Leafy Lettuce • Broccoli • Potatoes • Corn  
Butternut Squash • Red Pepper • Garbanzo Beans • Zucchini

Brown Rice • Rolled Oats • Popcorn • Whole-Wheat Flour  
Whole-Wheat Spaghetti • Bulgur • Whole Rye • Quinoa

Lean Cuts of Beef, Pork, Chicken • Eggs • Black Beans • Lentils  
Soy Beans • Almonds • Walnuts • Haddock • Salmon • Shrimp • Tuna

Fat-Free or Low-Fat (1%) Milk, Yogurt, Cheese  
Calcium-Fortified Soy Milk

Walking • Jogging • Biking • Hiking • Tennis • Basketball  
Soccer • Swimming

## GET STARTED!



Use ChooseMyPlate.gov for health tips and resources.



Select your daily food plan on ChooseMyPlate.gov. Use it as a guide to building a healthy plate.



Determine how many calories you should consume per day using SuperTracker.usda.gov

## Be a BAC Fighter

Make the meals and snacks from your kitchen as safe as possible. **CLEAN:** wash hands and surfaces often; **SEPARATE:** don't cross-contaminate; **COOK:** to safe temperatures, and **CHILL:** refrigerate promptly. Be a BAC Fighter and reduce your risk of food borne illness!



Visit "Ask Karen" at [FoodSafety.gov](http://FoodSafety.gov) to ask a food safety question

Call the USDA Meat & Poultry Hotline:  
1-888-MPHotline (1-888-674-6854)

FDA Food Information Line  
1-888-SAFEFOOD (1-888-723-3366)

See [www.fightbac.org](http://www.fightbac.org) for free downloadable brochures, fact sheets, stickers, and other great stuff! Materials for educators can be ordered through the on-line BAC store!

The mission of the non-profit Partnership for Food Safety Education is to end illness and death from food borne infection.

Please go to [www.fightbac.org](http://www.fightbac.org) for more information on how you can get involved and to sign up to receive food safety e-cards!

Sign up to be a BACFighter at [www.fightbac.org](http://www.fightbac.org)

## Apply the heat... and Fight BAC!®

Cooking food to the safe temperature kills harmful bacteria. So **Fight BAC!®** by thoroughly cooking your food as follows:

SAFE MINIMAL INTERNAL TEMPERATURES	
<i>As measured with a food thermometer</i>	
Beef, pork, veal and lamb (roast, steaks and chops)	145°F with a 3-minute "rest time" after removal from the heat source.
Ground Meats	160°F
Poultry (whole, parts or ground)	165°F
Eggs and egg dishes	160°F Cook eggs until both the yolk and the white are firm. Scrambled eggs should not be runny.
Leftovers and casseroles	165°F
Fin Fish	145°F
Guidelines for Seafood	
Shrimp, Lobster, Crabs	Flesh pearly and opaque
Clams, Oysters and Mussels	Shells open during cooking
Scallops	Milky white, opaque and firm

2011 PFSE



FIGHT **FOODBORNE BACTERIA**

Four Simple  
Steps to  
**Food Safety**

[www.fightbac.org](http://www.fightbac.org)



**BAC** (foodborne bacteria) could make you and those you care about sick. In fact, even though you can't see BAC—or smell him, or feel him—he and millions more like him may have already invaded the food you eat. But you have the power to *Fight BAC!*<sup>®</sup>.

Foodborne illness can strike anyone. Some people are at a higher risk for developing foodborne illness, including pregnant women, young children, older adults and people with weakened immune systems. For these people the following four simple steps are critically important:



**CLEAN: Wash hands and surfaces often**

Bacteria can be spread throughout the kitchen and get onto hands, cutting boards, utensils, counter tops and food. To *Fight*

*BAC!*<sup>®</sup>, always:

- Wash your hands with warm water and soap for at least 20 seconds before and after handling food and after using the bathroom, changing diapers and handling pets.
- Wash your cutting boards, dishes, utensils and counter tops with hot soapy water after preparing each food item and before you go on to the next food.
- Consider using paper towels to clean up kitchen surfaces. If you use cloth towels wash them often in the hot cycle of your washing machine.
- Rinse fresh fruits and vegetables under running tap water, including those with skins and rinds that are not eaten.
- Rub firm-skin fruits and vegetables under running tap water or scrub with a clean vegetable brush while rinsing with running tap water.



**SEPARATE: Don't cross-contaminate**

Cross-contamination is how bacteria can be spread. When handling raw meat, poultry, seafood and eggs, keep these foods and their juices away from ready-to-eat foods. Always start with a clean scene—wash hands with warm water and soap, and wash cutting boards, dishes, countertops and utensils with hot water and soap.

- Separate raw meat, poultry, seafood and eggs from other foods in your grocery shopping cart, grocery bags and in your refrigerator.
- Use one cutting board for fresh produce and a separate one for raw meat, poultry and seafood.
- Never place cooked food on a plate that previously held raw meat, poultry, seafood or eggs.



**COOK: Cook to safe temperatures**

Food is safely cooked when it reaches a high enough internal temperature to kill the harmful bacteria that cause illness. Refer to the chart on the back of this brochure for the proper internal temperatures.

- Use a food thermometer to measure the internal temperature of cooked foods. Make sure that meat, poultry, egg dishes, casseroles and other foods are cooked to the internal temperature shown in the chart on the back of this brochure.
- Cook ground meat or ground poultry until it reaches a safe internal temperature. Color is not a reliable indicator of doneness.
- Cook eggs until the yolk and white are firm. Only use recipes in which eggs are cooked or heated thoroughly.
- When cooking in a microwave oven, cover food, stir and rotate for even cooking. Food is done when it reaches

the safe internal temperature as measured with a food thermometer.

- Bring sauces, soups and gravy to a boil when reheating.



**CHILL: Refrigerate promptly**

Refrigerate foods quickly because cold temperatures slow the growth of harmful bacteria. Do not over-stuff the refrigerator.

Cold air must circulate to help keep food safe. Keeping a constant refrigerator temperature of 40°F or below is one of the most effective ways to reduce the risk of foodborne illness. Use an appliance thermometer to be sure the temperature is consistently 40°F or below. The freezer temperature should be 0°F or below.

- Refrigerate or freeze meat, poultry, eggs and other perishables as soon as you get them home from the store.
- Never let raw meat, poultry, eggs, cooked food or cut fresh fruits or vegetables sit at room temperature more than two hours before putting them in the refrigerator or freezer (one hour when the temperature is above 90°F).
- Never defrost food at room temperature. Food must be kept at a safe temperature during thawing. There are three safe ways to defrost food: in the refrigerator, in cold water, and in the microwave. Food thawed in cold water or in the microwave should be cooked immediately.
- Always marinate food in the refrigerator.
- Divide large amounts of leftovers into shallow containers for quicker cooling in the refrigerator.
- Use or discard refrigerated food on a regular basis. Check USDA cold storage information at [www.fightbac.org](http://www.fightbac.org) for optimum storage times.