

Washington County 4-H



FOOD Preparation Contest Fair Exhibitor Information

Family & Consumer Science

Food Contests

Superintendent: [Sena Leon, 503-625-1677, Email: sena@jsleon.net](mailto:sena@jsleon.net)

[Junior Superintendent: Helen Leon](#)

SCHEDULING: The Food Preparation, Mini Meal, & Food for Fun contests will occur on **Saturday April 22, 2017 9 AM - 4 PM.** **On the fair entry form please list three (3) times, in order of preference for your contest times.** If no times are listed on your entry form you will be scheduled a time during the day. **All Food Contest Entry Forms are due to the by Friday, March 17th.** The entry forms may be dropped off at the Extension Office or mailed in to the OSU Extension Service – 4-H, 1815 NW 169th Place, Suite 1000, Beaverton, OR 97006. **You will be emailed the final Food Contest judging schedule after Saturday, April 8, 2017.** All other contests will occur on **Static Exhibit Judging Day, Saturday July 22.**

Food Preparation

“Foods of the Pacific Northwest”

Participants must be enrolled in the Foods and Nutrition project. Each participant will prepare one food product. Judging criteria are outlined on the newly revised 4-H Food and Nutrition Contest Score sheet (40-457), available at:

http://oregon.4h.oregonstate.edu/sites/default/files/special-events/statefair/ContestMaterials/Family-cons-sci/511-07_4-h_food_and_nutrition_score_sheet_2014_revised.pdf

Your same food preparation contest exhibit can be adapted to use as a Demonstration Presentation during the 2017 Washington County Fair Please See page 7 of the 2017 HEARTH Fair Book.

The following items apply to each division:

1. Participants will have one hour (start to finish) for set-up, preparation, and cleanup. Participants must provide all ingredients and equipment except range and refrigerator.
2. Participants should prepare one recipe, one batch, etc., of the food product using at least two ingredients representative of the Pacific Northwest. Participants should select a food product that can be prepared within the time limit. **For food safety finished dishes prepared at home may not be brought and served at fair. Only yeast products which require proofing will be allowed extra time.** Proofing time is done with members out of the kitchen. Participants should not prepare the same recipe more than one year.
3. The use of alcoholic beverages that would be unlawful for a minor to purchase or possess is not permitted.
4. The food prepared must be displayed on a serving platter or tray, or in a dish, bowl, basket, etc. Participants must also display one place setting of the table service which would be used in serving the food at a meal (include plates, tableware, napkin, glasses, tablecloth, placemat, or whatever is appropriate). A card table will be available for each display. A centerpiece may be included if the participant wishes, but is not required.
5. Participants will serve samples of the food to the judge and the public. Paper plates and plastic utensils will be provided by the 4-H Office.
6. **All participants must provide the judge with a “Foods of the PNW Judge’s Information Form” (511-04) available at <http://oregon.4h.oregonstate.edu/node/1859>.** The judge will also ask questions regarding the Pacific Northwest food used, i.e., nutritive value, region produced, or season when most plentiful.
7. **All participants must provide a poster (approximately 24” x 30”) of the recipe to display in the preparation area. Please include 4-H member’s name, county and contest name on the poster.**
8. Participants are expected to leave the kitchen clean. This will be part of the judge’s evaluation.

DIVISIONS

511 601 011 Junior (County Only)

511 601 012 Intermediate

511 601 013 Senior

Mini Meal

There are three divisions in the contest Juniors County Only, Intermediate and Senior. Within those divisions there are individual and team classes. Teams will consist of two members. If one team member is senior and the other an intermediate, the Mini Meal should be entered into the senior division. 4-H members enrolled in the Food and Nutrition projects are eligible to enter one (1) individual and one (1) team class only.



4-H members enrolled in the Food and Nutrition and Food Preservation projects may have one entry in each division as long as different dishes are prepared for each. Each participant (or team) must prepare only two dishes. One must be a main dish and the other can be any other food which would either (a) make an entire meal if served together, or (b) be part of a larger meal if other foods were included.

The meal might be a breakfast, lunch, dinner, brunch, buffet supper, snack meal, party meal, etc. Members can utilize food products that they have preserved.

Judging criteria are outlined on the newly revised 4-H *Food and Nutrition Contest Score Sheet* (511-07) available at <http://oregon.4h.oregonstate.edu/node/1859>.

The following items apply to each division and class:

1. Participants will have two hours (start to finish) for set-up, preparation, and cleanup. Participants must provide all ingredients and equipment except range and refrigerator. For food safety finished dishes prepared at home may not be brought and served at fair.
2. Participants should prepare one recipe, one batch, etc., of food product. No fixed number of servings is required.
3. The use of alcoholic beverages that would be unlawful for a minor to purchase or possess is not permitted.
4. The foods prepared must be displayed on a serving platter or tray, or in a dish, bowl, basket, etc. Participants must also display one place setting of the table service which would be used in serving the meal (include plates, tableware, napkin, glasses, tablecloth, placemat, or whatever is appropriate). A card table will be available for each participant to use for display. A centerpiece may be included if the participant wishes, but is not required.
5. Participants will serve samples of the food to the judge and the public. Paper plates and plastic utensils will be provided by the 4-H Office.
6. **All participants must provide the judge with a “Mini Meal Contest Judge’s Information Form” (511-01) available at: <http://oregon.4h.oregonstate.edu/node/1859>**
7. **All participants must provide a poster (approximately 24” x 30”) of the recipe to display in the preparation area.**
8. Participants are expected to leave the kitchens clean. This will be part of the judge’s evaluation.

DIVISIONS

511 602 011 Junior Mini-Meal Individual (County Only)

511 602 021 Junior Mini-Meal Team (County Only)

511 602 012 Intermediate Mini-Meal Individual

511 602 022 Intermediate Mini-Meal Team

511 602 013 Senior Mini-Meal Individual

511 602 023 Senior Mini-Meal Team

Food Preparation

“Celebrate our World”

Participants must be enrolled in the Foods and Nutrition project. Each participant must prepare one food product. Judging criteria are outlined on the newly revised 4-H Food and Nutrition Contest Score sheet (40-457), available at: http://oregon.4h.oregonstate.edu/sites/default/files/special-events/statefair/ContestMaterials/Family-cons-sci/511-07_4-h_food_and_nutrition_score_sheet_2014_revised.pdf

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The following items apply to each division:

1. Participants will have one hour (start to finish) for set-up, preparation, and cleanup. Participants must provide all ingredients and equipment except range and refrigerator.
2. Participants should prepare one recipe, one batch, etc **focusing on the country or region of celebration**. Participants should select a food product that can be prepared within the time limit. For food safety finished dishes prepared at home may not be brought and served at fair. **Only yeast products which require proofing will be allowed extra time.** Proofing time is done with members out of the kitchen.
3. The use of alcoholic beverages that would be unlawful for a minor to purchase or possess is not permitted.
4. The food prepared must be displayed on a serving platter or tray, or in a dish, bowl, basket, etc. Participants must also display one place setting of the table service which would be used in serving the food at a meal (include plates, tableware, napkin, glasses, tablecloth, placemat, or whatever is appropriate). A card table will be available for each display. A centerpiece may be included if the participant wishes, but is not required.
5. Participants will serve samples of the food to the judge and the public. Paper plates and plastic utensils will be provided by the 4-H Office.
6. **All participants must provide a poster (approximately 24” x 30”) of the recipe to display in the preparation area. Please include 4-H member’s name, county and contest name on the poster.**
7. Participants are expected to leave the kitchen clean. This will be part of the judge’s evaluation.

DIVISION

2017 Celebrate our World: Japan

To celebrate the diversity in our world, each year the Oregon 4-H project areas will focus attention on the cultures of a different country or region of the world. This special emphasis allows members to focus on learning about the country/region and the skills and techniques unique to that culture.

511 800 011 Junior (County Only) One food product inspired by the Celebrate our World country or region

511 800 012 Intermediate, One food product inspired by the Celebrate our World country or region

511 800 013 Senior, One food product inspired by the Celebrate our World country or region

Food for Fun (County Only)

Participants must be enrolled in the Foods and Nutrition project.

1. Select a theme (i.e., birthday party, Mother's Day, picnic, anything that stretches the imagination and promotes the positive image of 4-H.) Members must have a theme and display it through the food item prepared and the table setting. The judge will be looking for creative themes and fun food items.
2. This contest is to show participant's creative skills when it comes to preparing and serving food. One item from the menu is prepared at home and brought to the contest.
3. The objective is to coordinate an attractive table setting; plan a meal with a variety of color, textures, flavors, and temperatures, and to creatively yet appropriately serve the menu item selected.
4. Set up the food, theme items, utensils and menu on a table provided. Plan how you will serve your food.

Scoring:

Participant's Knowledge of Food and Nutrition **20 points**

Quality of Food Exhibited (How well prepared) **30 points**

Total Exhibit – Attractive and Appropriate to theme (table setting, centerpiece, etc.) **50 points**

Fill in blank in class number () with the corresponding number for Junior, Intermediate, or Senior

1 – Junior

2 – Intermediate

3 – Senior

511 604 00_ Food for Fun (County Only)