

# **Senior Food Contests**

These contests, with the exception of favorite foods, 4 for 6, 8 or 10 and Quick Fix Meals are available to all senior 4-H members (10-12grade) enrolled in the food & nutrition project area.

- **Microwave Cooking Contest (County Only)**
- **Mini-Meal Contest**
- **Foods of the Pacific Northwest**
- **4 for 6, 8, or 10**
  - Open to all Sr 4-H members
- **Quick Fix Meals**
  - Open to all Sr 4-H members
- **Food Judging Contest**
- **Favorite Food Contest**
  - Open to all Sr 4-H members

## **Microwave Cooking Contest (County Only)**

Participant must make two dishes from a favorite meal.  
Both dishes will be cooked in the microwave.

A judges information sheet is required for this contest and must be presented to the judge before the contest. The judges information sheet consists of a list and cost of ingredients and the recipe.

A microwave will be provided

*Time Limit- 1 Hour*







# 4-H FOOD/NUTRITION CONTEST SCORE SHEET

Name \_\_\_\_\_

Contest/Class \_\_\_\_\_ Placing \_\_\_\_\_

	Excellent	Good	Could Improve	Comments
<b>Preparation Skills -- 25 pts</b>				
Measuring				
Mixing/Assembling				
Cooking and baking procedures				
<b>Management</b>				
Efficient use of equipment and work space				
Tasks done in efficient sequence				
Cost accuracy				
<b>Work Habits</b>				
Cleanliness				
Neatness				
Sanitation				
Safety				
<b>Finished Product -- 25 pts</b>				
Appearance/Presentation				
Texture				
Color				
Flavor				
Temperature				
<b>Nutrition -- 25 pts</b> (Knowledge of what foods contribute to diet)				
<b>Creativity, Originality -- 25 pts</b>				
Choice of foods and menu				
Display/Presentation				
Service				
Table Setting				
<b>Additional Comments</b>				

## Mini-Meal Contest

4-H members enrolled in **the Food and Nutrition and Food Preservation projects are eligible to enter one class only.**

Each participant **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 preserved.

The meal might be breakfast, lunch, dinner, brunch, buffet supper, snack meal, party meal, etc. Members in Food Preservation must include in their meal at least one food product they have preserved. Judging criteria are outlined on the 4-H Food and Nutrition Contest Score Sheet (40-457), available at the county Extension office or on the State 4-H website at, <http://oregonstate.edu/extension/4h> Recipes from this contest may be selected for a 4-H recipe booklet

1. Participants will have two hours for set-up, preparation and cleanup. Participants must provide all ingredients and equipment except range and refrigerator.
2. Participants should prepare 1 recipe, 1 batch, etc. of the food product. No fixed number of servings is required.
3. The use of alcoholic beverages that would be unlawful for a minor to purchase 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, and a card table). A centerpiece may be included if the participant wishes, but is not required.
5. Participants will serve samples of the food to be judged.
6. All participants must provide the judge with a "Judges Information Form," available at the extension office.
7. Participants are expected to leave the kitchen clean. This will be a part of the judges evaluation.
8. All participants must provide a poster (approximately 22"x30") of the recipes to display in their preparation area. Poster will not be returned. (two poster boards can be used if needed)









# 4-H FOOD/NUTRITION CONTEST SCORE SHEET

Name \_\_\_\_\_

Contest/Class \_\_\_\_\_ Placing \_\_\_\_\_

	Excellent	Good	Could Improve	Comments
<b>Preparation Skills -- 25 pts</b>				
Measuring				
Mixing/Assembling				
Cooking and baking procedures				
<b>Management</b>				
Efficient use of equipment and work space				
Tasks done in efficient sequence				
Cost accuracy				
<b>Work Habits</b>				
Cleanliness				
Neatness				
Sanitation				
Safety				
<b>Finished Product -- 25 pts</b>				
Appearance/Presentation				
Texture				
Color				
Flavor				
Temperature				
<b>Nutrition -- 25 pts</b> (Knowledge of what foods contribute to diet)				
<b>Creativity, Originality -- 25 pts</b>				
Choice of foods and menu				
Display/Presentation				
Service				
Table Setting				
<b>Additional Comments</b>				

## **Foods of the Pacific Northwest**

4-H members enrolled in the Food and Nutrition project are eligible to enter one class only.

Participants must be enrolled in the Foods and Nutrition project. Each participant must prepare one food product. Judging criteria are outlined in the 4-H Food and Nutrition Contest Score Sheet (40-457), available at the county Extension office or on the State 4-H website at, <http://oregonstate.edu/extension/4h> Recipes from this contest may be selected for a 4-H recipe booklet. There are two divisions in the contest, Intermediate and Senior.

The following items apply to each division and class.

1. Participants will have one hour for set-up, preparation, and cleanup (excluding proofing and baking time, if needed) Participants must provide all ingredients and equipment except range and refrigerator.
2. Participants should prepare 1 recipe, 1 batch, etc., of food product using at least 2 food representatives of the Pacific northwest. Participants should select a food product that can be prepared within the time limit. Only yeast products which require proofing will be allowed extra time. Participants should not prepare the same recipe more than one year.
3. The use of alcoholic beverages 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, and a card table). A centerpiece may be included if the participant wishes, but is not required.
5. All participants must provide the judge with a "Judges Information Form," available from the extension office. The judge will also ask questions regarding the PNW food used, i.e., its nutritional value, region produces or season when most plentiful.
6. Participants will serve samples of the food to be judged.
7. All participants must provide a poster (approximately 22"x30") of the recipe to display in their preparation area. Posters will not be returned.
8. Participants are expected to leave the kitchen clean. This will be a part of the judges evaluation.



**Menu(s)**

**Intermediates:** Plan a menu for one meal in which the food you are preparing might be served. Identify each food on the menu by food group.

**Senior:** Plan menus for three meals during a day the food you are preparing might be served. Identify each food on the menu by food group.

Food Group	Menu
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Food Group	Menu
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Food Group	Menu
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

# 4-H FOOD/NUTRITION CONTEST SCORE SHEET

Name \_\_\_\_\_

Contest/Class \_\_\_\_\_ Placing \_\_\_\_\_

	Excellent	Good	Could Improve	Comments
<b>Preparation Skills -- 25 pts</b>				
Measuring				
Mixing/Assembling				
Cooking and baking procedures				
<b>Management</b>				
Efficient use of equipment and work space				
Tasks done in efficient sequence				
Cost accuracy				
<b>Work Habits</b>				
Cleanliness				
Neatness				
Sanitation				
Safety				
<b>Finished Product -- 25 pts</b>				
Appearance/Presentation				
Texture				
Color				
Flavor				
Temperature				
<b>Nutrition -- 25 pts</b> (Knowledge of what foods contribute to diet)				
<b>Creativity, Originality -- 25 pts</b>				
Choice of foods and menu				
Display/Presentation				
Service				
Table Setting				
<b>Additional Comments</b>				

## **4 for 6, 8, or 10**

The focus of this challenge is to prepare a nutritious meal for low cost. Participants will prepare and serve a nutritious meal for four that costs under \$6 (breakfast), \$8 (lunch), or \$10 (dinner). The challenge is open to any intermediate or senior 4-H member. Participants may compete as individuals or in teams of 2. Intermediates and Seniors will compete together.

Guidelines of the challenge:

1. Participants should plan and prepare an entire meal (breakfast, lunch or dinner) for four people. Portion sizes served should match those used for nutritional planning.
2. Total costs for amounts used of all ingredients must meet the limitations of no more than \$6 for breakfast, \$8 for lunch, or \$10 for dinner.
3. Participants must provide judges with a completed Challenge planning sheet which includes cost and nutrition information for their meal. Recipes for each dish should be attached.
4. Participants will have one hour to prepare and serve their food. Participants must provide all ingredients and equipment except range, microwave oven, and refrigerator, and place settings (plates, flatware, and glassware). Serving containers and utensils should be provided by participants. For food safety, no food dishes prepared prior to fair may be served. The use of alcoholic beverages that would be unlawful for a minor to purchase or possess is not permitted.
5. Participants will set the table for four using provided tableware. They may use any style of meal service that they choose.
6. Participants should be in appropriate dress for safe cooking and are expected to follow food and kitchen safety procedures. The kitchen must be left clean and ready for use by others. Additional time is allowed for final cleanup after judging (TBD by scheduling).
7. The challenge will be judged on taste, creativity, nutrition, presentation, cost-effectiveness, and kitchen safety.









**4 FOR 6, 8, OR 10 FOODS EVENT** *There are no point breakdowns for this event; item should be judged on the following*

Proper kitchen safety procedures followed? \_\_\_\_\_ (y/n)

Total Cost \_\_\_\_\_ *Meal should be under \$6 for Breakfast, \$8 for Lunch, or \$10 for Dinner*

Comments about Creativity, Nutrition, Presentation and Taste:

# 4-H FOOD/NUTRITION CONTEST SCORE SHEET

Name \_\_\_\_\_

Contest/Class \_\_\_\_\_ Placing \_\_\_\_\_

	Excellent	Good	Could Improve	Comments
<b>Preparation Skills -- 25 pts</b>				
Measuring				
Mixing/Assembling				
Cooking and baking procedures				
<b>Management</b>				
Efficient use of equipment and work space				
Tasks done in efficient sequence				
Cost accuracy				
<b>Work Habits</b>				
Cleanliness				
Neatness				
Sanitation				
Safety				
<b>Finished Product -- 25 pts</b>				
Appearance/Presentation				
Texture				
Color				
Flavor				
Temperature				
<b>Nutrition -- 25 pts</b> (Knowledge of what foods contribute to diet)				
<b>Creativity, Originality -- 25 pts</b>				
Choice of foods and menu				
Display/Presentation				
Service				
Table Setting				
<b>Additional Comments</b>				

## **Quick Fix Meals**

The focus of this challenge is to prepare a nutritious meal in a short amount of time. Participants will demonstrate creativity, efficiency and cooking skill in this challenge by creating a nutritious meal for two people in less than 30 minutes. The challenge is open to any intermediate or senior 4-H member. Participants may compete as individuals or in teams of 2. Intermediates and Seniors will compete together.

Guidelines of the challenge:

1. Participants should plan and prepare breakfast, lunch or dinner for two people. Portion sizes served should match those used for nutritional planning.
2. Participants will have 30 minutes to prepare and serve their food. Participants must provide all ingredients and equipment except range, microwave oven, refrigerator, and place settings (plates, flatware, and glassware). Serving containers and utensils should be provided by participants. For food safety, no food dishes prepared prior to fair may be served or used as ingredients. Mixes or convenience ingredients such as pre-grated cheese may be included as ingredients but not as stand-alone dishes. The use of alcoholic beverages that would be unlawful for a minor to purchase or possess is not permitted.
3. Participants must provide judges with a completed Challenge planning sheet which includes cost and nutritional information for their meal. Recipes for each dish should be attached.
4. Participants are encouraged to utilize local foods (from within a 150 miles radius of their home). These should be identified on the recipes for the judges.
5. Participants will set the table for two using provided tableware. They may use any style of meal service that they choose.
6. Participants should be in appropriate dress for safe cooking and are expected to follow food and kitchen safety procedures. The kitchen must be left clean and ready for use by others. Additional time is allowed for final cleanup after judging.
7. Meals will be judged on efficiency in the kitchen, creativity, nutrition, presentation, taste, cost-effectiveness, and food and kitchen safety.









**OREGON 4-H QUICK FIX MEALS FOODS EVENT** *There are no point breakdowns for this event; item should be judged on the following*

Proper kitchen safety procedures followed? \_\_\_\_\_ (y/n)

Total Cost \_\_\_\_\_ per serving

Comments about efficiency in the kitchen, creativity, nutrition, presentation and taste:

# 4-H FOOD/NUTRITION CONTEST SCORE SHEET

Name \_\_\_\_\_

Contest/Class \_\_\_\_\_ Placing \_\_\_\_\_

	Excellent	Good	Could Improve	Comments
<b>Preparation Skills -- 25 pts</b>				
Measuring				
Mixing/Assembling				
Cooking and baking procedures				
<b>Management</b>				
Efficient use of equipment and work space				
Tasks done in efficient sequence				
Cost accuracy				
<b>Work Habits</b>				
Cleanliness				
Neatness				
Sanitation				
Safety				
<b>Finished Product -- 25 pts</b>				
Appearance/Presentation				
Texture				
Color				
Flavor				
Temperature				
<b>Nutrition -- 25 pts</b> (Knowledge of what foods contribute to diet)				
<b>Creativity, Originality -- 25 pts</b>				
Choice of foods and menu				
Display/Presentation				
Service				
Table Setting				
<b>Additional Comments</b>				

## **Food Judging Contest**

4-H member will judge classes focusing on nutrition, product evaluation, safety/management and equipment.

Members will be asked to provide written reasons on at least one set of class placement.

## Favorite Food Contest (county only)

### Competition Information

*Each contestant will prepare a table display on their own table. The display will consist of:*

1. *A menu printed on an index card (menu must contain a favorite food).*
2. *A table set for one, complete with cloth and centerpiece.*
3. *Recipe of a favorite food typed or printed on an index card.*
4. *The favorite food should be prepared by the contestant bringing it to the fair.*

**Purpose:** For members to demonstrate their knowledge of:

1. A proper table setting (see example in packet.)
2. Menu planning and
3. Presentation of their prepared food item

You are being sent a schedule showing your contest time. Please check in at least ten minutes before your time. If you have any questions before the contest call the Extension Office at 963-1010.

#### **What you need to bring:**

- Card table.
- Table setting for one person to reflect your entire menu.
- Centerpiece and table accessories appropriate to your menu and theme.
- Tablecloth, napkin, etc.
- Copy of the recipe for your favorite food (display on table), index card no larger than 5" by 8".
- Menu for the complete meal that would be served with your favorite food (display on table), on an index card or similar no larger than 8½" by 11".
- Your favorite food, prepared in advance by you.

**FOOD SAFETY: Hot food must be kept hot or cooled completely and reheated before serving to the judge. Cold food must be kept refrigerated.**

#### **Provided at the Fair:**

- Kitchen access for last minute preparation – stove, oven, microwave, refrigerator, sink, work area, etc.
- Folding chairs
- Plastic covering for display after contest

#### **When you arrive:**

- Properly store your prepared food in provided stove or refrigerator until your scheduled judging time.
- You will set your table, including any centerpieces, etc.
  - Table may be set for up to 1 hour before scheduled judging time.
- Prepare to serve your precooked (cooked by you) favorite food item to the judge.
- Place two chairs at your table – one for the judge at the place you set, and one for you on the side.
- You will be given a **5 minute** notice to bring your food to your table. Sit at your table when you are all ready and wait for the judge.
- Serve the Judge your dish, the Judge will interview you as he/she tastes your food.
- You may be asked questions about your table service, favorite food, or the food pyramid.
- When the judge is finished, remove all food items from your table, clean any dishes or utensils used, reset the table with clean items.
- Contest staff will place your table in position for display and cover it with clear plastic.

Please do not put valuable items on your table, thank you.

# 4-H Favorite Foods Score Sheet

\_\_\_\_\_ Junior

\_\_\_\_\_ Intermediate

\_\_\_\_\_ Senior

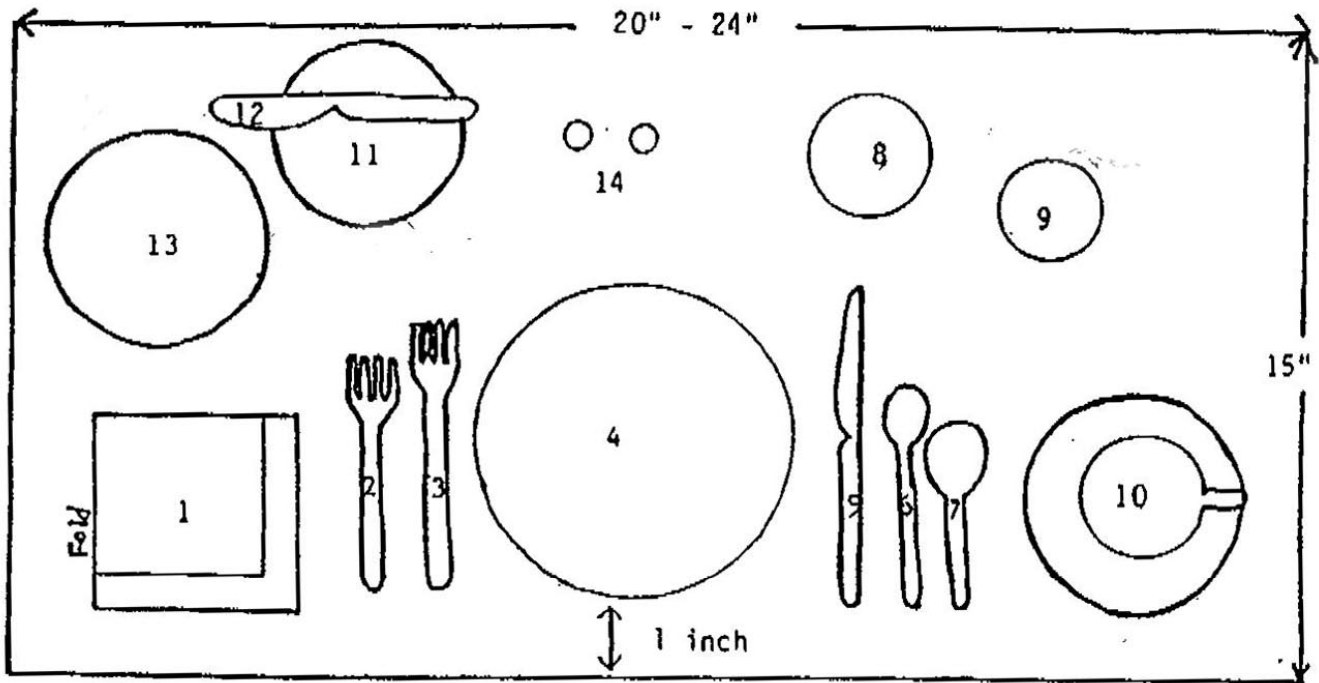
Name \_\_\_\_\_

Placing \_\_\_\_\_

	Well Done	Could Improve	Comments
<b>1. THE EXHIBITOR (20pts)</b>			
Understands preparation of the favorite food			
Understands planning of menu and setting of table			
Personal appearance - neat and well groomed, dressed appropriately for serving meal or snack			
<b>2. THE FAVORITE FOOD (20 pts)</b>			
Appearance			
Flavor			
Quality - includes texture			
<b>3. THE MENU (25pts)</b>			
Balance - in texture, flavor and color			
Balance in food value			
Suitability to favorite food			
<b>4. THE TABLE SETTING (35 pts)</b>			
Attractive			
Appropriate to occasion			
Suitable arrangement of dishes, silver, linen, etc.			

# Tablesetting Guide

BASIC RULES THAT YOU SHOULD FOLLOW IN SETTING A TABLE



1. Napkin
2. Salad Fork
3. Dinner Fork
4. Plate
5. Knife
6. Spoon
7. Soup Spoon

8. Glass of water
9. Glass of fruit juice
10. Cup and Saucer or Mug
11. Bread and Butter Plate
12. Butter Spreader
13. Salad Plate
14. Salt and Pepper Shakers