

# Orange County 4-H Food Fiesta Rules & Guidelines for 2015



**Members of the following type of OC4H projects are eligible to participate in Food Fiesta:** Food/ Cooking, Favorite Food, Market Animal, & Edible Agricultural Projects.

## **General Rules:**

1. Prepare a favorite food from any source; 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. Bring serving utensils and pot holders (if the member is serving a hot dish). It is helpful to have your prepared dish and serving equipment on a sturdy tray so it can be easily and safely carried.
2. The member will be judged on favorite food, knowledge, and clean and professional appearance.
3. It is important that the member makes the entry entirely on his/her own. No help should be given to the participant (except when there are for safety issues such as preserved food recipes, or usage of equipment like knives and appliances for primary members (age 5-8 years old).
4. 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 (main dish, dessert, side dish, etc.), and other general questions about their entry.

## **Pre-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. Perishable or food needing refrigerating should stay in the refrigerator until you are ready to leave your home to go to Food Fiesta.
- 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.
- 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.
- Please mark your items for identification so you easily can keep track of your items.
- Keep your box neatly under the table. (HUH?)
- Food Safety and Check Sheet (?????)
- A 3"x5" recipe card with your recipe neatly printed or typed on it.
- Potholders and table protector, if you have a hot dish.
- Make sure your utensils, towels, potholders, etc. are absolutely clean.
- Appropriate serving utensil (spoon, knife, ladle, cake or pie server, etc.) for your dish.
- Appropriate travel/carrying container
- 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.
- Check your uniform and make sure it is clean and complete.
- Make sure that your hair is clean and neat (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.
- Tidy hair, clean hands, fingernails, faces and teeth = a well-groomed you!

## Day of the Food Fiesta

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.

Participant must carry their own prepared food or items for table setting into the venue. Adults/parents may not help participants. The use of a box or sturdy tray is greatly recommended.

Your presentation:

- The judges will be sitting at a table. When it is your time, you will approach the judges table and will put your food item in front of the judges along with the utensils you will need to serve. Have your recipe card handy.
  - You will sit in front of the judges.
  - You will be asked to introduce yourself. Remember to say:
    - your name;
    - age;
    - the name of your club;
    - the number of years you have been in your food project;
    - and the number of times you have been to Food Fiesta.
- Know your recipe, ingredients, measurements and cooking procedures, times and temperatures from memory.
  - Hot food should be maintained above 140 degrees.
  - Cold food should be maintained below 40 degrees.
  - Room temperature is okay for foods that are served at room temperature.
- Be able to serve the judges a piece of your food by yourself. (Practice serving it at home.) **DO NOT USE YOUR FINGERS TO PUSH THE FOOD.** Use a fork or knife if needed to help slide your serving size portion off of the serving utensil onto the judges' plates.
- Be able to answer the questions the judges will ask you about the process of making your entry. Use full sentences and always give a full and complete answer. Err on the side of giving too much information!
- Remember to never touch your mouth, face or your hair when you are presenting.

- Some questions the judges may ask include:
  - 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, entre, side dish)
  - Have you made it before?
  - Why did you choose this recipe?
  - Do you plan to make it again?
  - What kind of meal would you serve this with? When? (for example: 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.

A note to parents, grandparents, friends, leaders, other adults and participants:

Food Fiesta is a competition, however it is not a competition where participants are judged one against another, and 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. Participants who have participated in prior Food Fiestas will likely see improvement in their scores each time they participate. There is no best of show in Food Fiesta. Food Fiesta is a positive event where comradery and mutual support between participants is encouraged.

As most things in 4H there are adult skills that are being developed by the youth in various 4H activities. In Food Fiesta the adult skill set that participants are developing are interviewing skills. Although job interviewing may be far in their future, 4H members may have interviews as children or teenagers when applying to be babysitters, assistants in religious schools,

camp counselors in training, volunteer activities, for leadership roles and other types of activities. Past participants in Food Fiesta have expressed that they have gained in their presentation skills and have become more confident in small group speaking. So come to Food Fiesta to present your food, but also know that it isn't just cooking skills that are being developed!



## **Food Preservation Projects**

The directions are exactly the same as for Food Project members, except that the member will prepare a dish using a preserved product 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. Bring an additional sealed jar for judging.

## **Food Preservation Safety**

Entries must use USDA

[http://nchfp.uga.edu/publications/publications\\_usda.html](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/](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](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

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



## Decorated Cake Projects

1. Select either an occasion or event theme.
2. Bake and decorate a cake. Cakes can be by using a cake mix, adding extra ingredients, if desired, if the participant is a Primary or Intermediate. Junior 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.
3. 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.





## Table Setting Entries (2014 OC Fair Rules)

During setup times, ONLY THE PERSON WHOSE NAME APPEARS ON THE ENTRY FORM IS ALLOWED IN THE PROMENADE EXHIBIT.

Exhibitors may not touch entries after submitting for show.

All tables must be set for 2 people.

Display the menu on the table. Settings should correspond with the menu.

Glassware, cups/saucers and flatware should be set for all courses. Do not set steak knives.

Dinnerware should be set for all courses except dessert.

Please do not include: fresh flowers or plants, food items, disposable place settings, paper tablecloths or napkins. Candles, if used, may not be lit.

Table Setting must be contained on the top of the table only and may not exceed 6 1/2 feet at its highest point. No additional floor items allowed.

Follow the correct placement of all components in the setting as well as size (table cloth drop) and placement of linens appropriate to style of service.

Centerpiece can be scaled for a larger table that would actually seat more guests, but cannot deter from the overall effect, the comfort of the guests, or the service of the meal.

Disqualified entries will not be displayed and must be picked up when notified by the Table Setting Entries judges.

