

200.E-24
(R-12)

*Senior
Favorite Food Show
Guide*

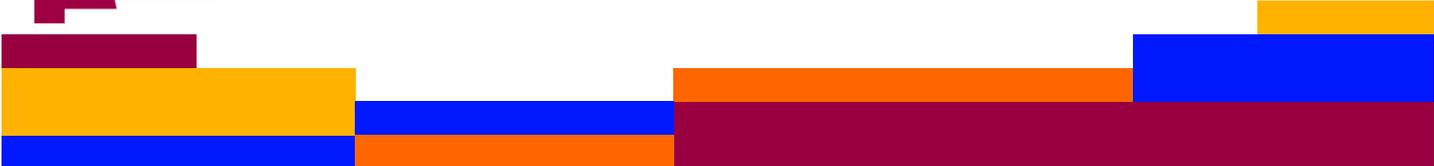
Shelly Hathorn
San Juan County 4-H Home Economist

Connie Moyers
Roosevelt County Home Economist



Cooperative Extension Service

NEW MEXICO STATE UNIVERSITY – U.S. DEPARTMENT OF AGRICULTURE



Senior Favorite Food Show

Participants in the Favorite Food Show will gain experience in planning, preparing, and serving a favorite food as part of a meal or snack. Evaluation will be based on the following points:

1. **THE EXHIBITOR:** Understands the USDA MyPlate and the number of servings needed daily from each food group and can explain the benefits gained from the main nutrients in the food prepared. Personal appearance and effective communication skills will also be evaluated.
2. **FAVORITE FOOD:** Should be attractively displayed as an entire dish or as a single serving. Appearance of the Favorite Food will be evaluated as will the variation of color, texture, flavor, and temperature of the Favorite Food and the foods within the chosen menu. The level of skill required to prepare the Favorite Food and the overall quality of the dish will be assessed. Safe food handling practices must be followed in preparation and transportation of ingredients.
3. **MENU:** Menus for a full day will be planned. The Favorite Food selected should complement the rest of the foods in the menu and should fit the occasion or theme selected. A variety of foods from the USDA MyPlate should be chosen to provide a balance of nutrients for the day. Foods with a variety of color, shape, texture, flavor and temperature should be selected for the menu.
4. **DISPLAY:** Posters should adhere to size requirements as listed in the contests guidelines and should be neat, attractive, and easily read. Contestants should create a display that is appropriate for the food served that exhibits an attractive color scheme; appropriate decoration and centerpiece; and the correct placement of dishes, flatware, napkin, etc. for the planned menu and theme. Be sure an plan on a complimentary serving dish and proper serving utensils for your Favorite Food.
5. **KITCHEN PRACTICES:** While in the contest preparation area, contestants will be evaluated on their food safety practices, cooperation with others, self-sufficiency in preparing the recipe and clean-up of their area.

CONTEST GUIDELINES

- A. Preparation facilities and equipment may be limited depending upon the chosen contest site. **Time to prepare your Favorite food from start to finish will be limited to ONE hour.** Please keep this in mind as you review recipes. It is important to choose a recipe that will hold up well throughout the contest. Your Favorite Food recipe is the only food you will need to prepare, not the entire menu or beverage. Practice preparing your recipe on your own until it can be completed with ease to consistently achieve a good product. Be able to explain how the Favorite Food was prepared.
- B. **Contestants will be required to prepare their entire Favorite Food dish on-site in the contest kitchen.**
- C. Select a tested recipe from your 4-H foods project book, a reliable cookbook, or other dependable sources. Choose a recipe that has nutritional value, shows originality and creativity, and is appropriate for your chosen theme. Dessert recipes and recipes including alcohol are not allowed in the Favorite Food Show; therefore they will be disqualified for competition. Reliable internet web sites such as www.allrecipes.com and www.foodnetwork.com provide many recipe ideas, while the web site, www.nutritiondata.com helps analyze nutritional data for a favorite recipe. General nutrition information can be obtained and personalized just for you from the web site, www.myplate.gov. Your County Extension Office may also have computer programs that analyze nutritional data for recipes.
- D. The Favorite Food recipe should be chosen from one of the following categories.
- Appetizer
 - Bread
 - Salad
 - Main Dish
 - Sandwich
 - Fruit or Vegetable Side

**No Desserts or Recipes Containing Alcohol
All Favorite Foods will compete against each other**

- E. Plan a full day's menu to complement your Favorite Food choice and theme for breakfast, lunch, dinner and a snack (if desired). Be sure to include foods that provide a variety of color, texture, flavor, temperature and shape. Foods from all five food groups should be represented in adequate quantities for an average female or male teen.
- F. Two (2) separate 8 1/2" x 11" posters will be made.
- One will be for the day's menus (breakfast, lunch, dinner, and snack, if desired).
 - The other will be for the Favorite Food recipe listing ingredients, amounts (please do not abbreviate), and the directions. Include the total cost, the cost per serving, number of servings and calories per serving on the recipe poster.

- Double check spelling, capitalization and overall poster appearance.
 - Choose a font and point size that is easy to read from a distance.
 - Posters should be neatly and attractively displayed on the top of display table.
 - Frames, acrylic stands, or other sturdy, freestanding items should be used.
 - Simple decorations may be used on the poster to promote your chosen theme.
- G. Each contestant's display will be set up on a table provided by the contest committee. Contestants may choose to furnish their own card table, but this is not required. Tables may be larger than your tablecloth, which is acceptable given the contest situation. Contestants should plan a place setting for one person with appropriate table covering, dishes, glassware, flatware and centerpiece to complement the Favorite Food. **PLEASE** do not bring fragile china or other expensive items that could be damaged or lost. Provide appropriate serving utensils and a hot mat to protect the table if your dish is hot. The contest superintendents will furnish utensils, plates and cups for the judges to use as they sample your Favorite Food.
- H. Ingredients for your Favorite Food should be transported to the contest site with food safety in mind. It is recommended that you pack your ingredients in a separate container from your display items and dishes. The contest superintendents will contact counties before the contest concerning the contest site and availability of appliances. If possible, purchase perishable items at a local grocery store the morning of the contest. Contestants are responsible for bringing all equipment and ingredients needed for the preparation of their Favorite Food. Contact your County Extension Office for more information on food safety.
- I. A presentation schedule based on the total preparation and cooking time of each recipe will be given to all contestants when they report at the designated time for the contest. Each participant must submit a Favorite Food show entry form and recipe to their County Extension Office when registering for the state competition. Contestants may not set up their display or prepare their Favorite Food until directed to do so by the contest superintendent.
- J. Parents, leaders, or agents are not allowed to assist contestants in any way during the contest. They will be asked to wait outside the contest area. The contest superintendents and designated volunteers will be available if contestants have questions.
- K. Contestants are responsible for cleaning up their preparation area as well as their display table and surrounding area after the contest. Please double check to make sure no personal items are left at the contest site. The contest superintendents will not be held responsible for missing items.
- L. A contest superintendent will evaluate each contestant's kitchen practices for a maximum score of five points. This score will be added to the judge's total score. Kitchen practices include food safety practices, cooperation with others, self-sufficiency in preparing your recipe and clean-up of the preparation area.

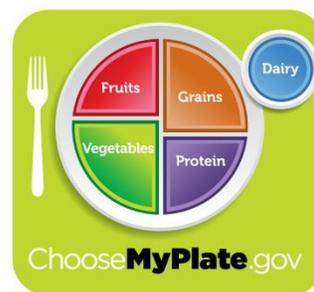
MENU PLANNING

Eating A Balanced Diet

Strive for balance in a menu. When planning the Favorite Food menu, keep in mind that a certain amount of calories from a variety of foods should be eaten each day. About 60 percent of the calories should come from complex carbohydrates, such as whole grains, breads, pastas, fruits and vegetables. Protein should make up about 20 percent of the calories by including lean meats, poultry, fish and dried peas or beans. Calories from fat should be limited to no more than 30 percent (less than 20 percent is ideal) of the day's total. These proportions help provide all the energy needed during the day, while keeping fat, sugar and protein intake within the recommended guidelines.

Make Smart Choices From Every Food Group

The USDA MyPlate, the Nutrition Facts label, and computer dietary analysis programs are tools which will be of help in planning healthful meals. The web site, www.myplate.gov can assist you in planning for your own personal food intake. MyPlate shows that you can benefit from taking small steps to improve your diet and lifestyle each day.



The best way to give your body the balanced nutrition it needs is by eating a variety of nutrient-packed foods every day. Just be sure to stay within your daily calories needs based on your activity level, gender, and eating habits.

A Healthy Eating Plan is one that:

- Emphasizes fruits, vegetables, whole grains, and fat-free or low-fat milk and milk products.
- Includes lean meats, poultry, fish, beans, eggs and nuts.
- Is low in saturated fats, *trans* fats, cholesterol, salt (sodium), and added sugars.

Build a Healthy Plate by:

- **Make Half Your Plate Fruits and Vegetables:** Choose fresh, frozen, canned, or dried fruits and vegetables. Eat red, orange, and dark green vegetables, such as tomatoes, sweet potatoes, and broccoli, in main and side dishes. Use fruit as snacks, salads, or desserts. Keep raw, cut-up vegetables handy for quick snacks. Choose whole or cut-up fruits more often than fruit juice.
- **Switch to skim or 1% Milk:** These choices have the same amount of calcium and other essential nutrients as whole milk, but less fat and calories.

- **Make At Least Half Your Grains Whole:** Choose 100% whole grain cereals, breads, crackers, rice and pasta. Check the ingredients list on food packages to find whole-grain foods.
- **Vary Your Protein Food Choices:** Choose a variety of protein foods including seafood, beans and peas, nuts, lean meats, poultry, and eggs. Keep meat and poultry portions small, 2-3 ounces, and lean.
- **Cut Back On Foods High In Solid Fats, Added Sugars, and Salt:** Choose foods and drinks with little or no added sugars. Look out for salt (sodium) in foods you buy. Eat fewer foods that are high in solid fats.
- **Eat The Right Amount Of Calories For You:** Enjoy your food, but eat less. Cook more often at home, where you are in control of what's in your food. When eating out, choose lower calorie menu options.
- **Be Physically Active Your Way:** Pick activities that you like and start by doing what you can, at least 10 minutes at a time. Every bit adds up, and the health benefits increase as you spend more time being active.

The Nutrition Facts label provides accurate nutrition information to help make healthful trade-offs when selecting foods. The label specifies calories, fat, fiber, nutrients and much more. A standard serving size is also given to allow comparisons between similar products.

In the Favorite Food competition, judges will ask you questions pertaining to the planning, preparation, and nutritional content of the food you have prepared.

- What are the main nutrients found in your chosen Favorite Food?
- How do these nutrients relate to balance, variety and moderation in meal planning?
- What do these nutrients do for your body?

Major Classes of Nutrients

More than 40 nutrients in food are classified into six groups. Although each nutrient has a specific and unique function to perform, they work in partnership for your good health.

Water

- Regulates body processes, making up 55-75% of your body weight or about 10 to 12 gallons of water. The specific percentage varies from person to person, relating to body composition, age, and gender, among other factors.
- Every body cell, tissue and organ needs water to function. In fact, water is the nutrient your body needs in the greatest amount.
- Carries nutrients and other body chemicals to your cells and also carries waste products away.
- Helps regulate your body temperature, keeping it constant at about 98.6 degrees F regardless of the weather or our activity.
- Helps cushion your joints and protects your body organs and tissues.

- When we exercise, we perspire, which in turn serves to cool us off. Most people need 8 to 12 cups of water daily; more if active or outdoors.
- **Sources of water:** Drinking water, other beverages and water in solid foods.

Proteins

- Supplies amino acids, which are building blocks that build, repair and maintain your body tissues.
- Provide energy when carbohydrates and fat are in short supply. However, extra protein is not your best source of extra energy for activity. Protein should supply only 12 to 15 percent of your overall energy.
- Make enzymes needed to digest foods, hormones for regulating body functions, and other body chemicals, such as RNA and DNA, which are molecules responsible for transmitting all genetic information.
- **Sources of protein:** Lean cuts of beef, poultry, and pork, fish, dried beans and peas, tofu, nuts, seeds, eggs and peanut butter.

Carbohydrates

- Carbohydrates are broken down into glucose which serves as the main source of energy for all of our bodily functions.
- They are classified into two groups: complex carbohydrates or starches and simple sugars.
- Fiber, another carbohydrate, aids digestion and offers protection from certain diseases, such as cancer. However, even though fiber is important to your health, it is not a nutrient, because it is not digested and absorbed into the body. A diet rich in fiber offers benefits from good colon health and regularity to a reduced risk of heart disease and colon cancer.
- Foods high in complex carbohydrates include such foods as fruits, vegetables and whole grain breads.
- About 55 to 60% of our total daily calories should come from carbohydrates.
- **Sources of simple sugars:** honey, fructose, sugar, dextrose, brown sugar and fruits.
- **Sources of starch:** breads, cereals, fruits and vegetables.
- **Sources of fiber:** whole grains, fruits, vegetables, and dried beans and peas.

Fats

- Fat supplies energy, or calories, to power your physical activity and the many body processes that keep you alive. Fat is a concentrated energy source, supplying 9 calories for each fat gram.
- Other functions include transporting nutrients, such as vitamins A, D, E. and K and being part of many body cells.
- There are a few fat compounds which our body cannot manufacture, which are called essential fatty acids. In order for children to grow normally and adults to maintain healthy skin, foods must supply these fatty acids.

- A certain amount of body fat also cushions your body organs and protects skin.
- **Sources of fat:** meats, nuts, vegetable oils and other oils, butter, margarine, dairy products, and avocados.

Vitamins

Vitamins serve as catalysts in many of the chemical reactions in our bodies. There are two types of vitamins – fat soluble and water soluble.

Fat soluble vitamins – Stored in Our Body Fat

- **Vitamin A** – Helps eyes to adjust to dim light. Helps keep skin healthy. Helps keep lining of mouth, nose, throat and digestive tract healthy and resistant to infection. Promotes growth. Helps control bone growth.
Major sources – Liver, whole milk, some cheeses, egg yolk, dark green, leafy vegetables, yellow fruits and vegetables, fortified products, butter, and cream.
- **Vitamin D**- Helps the body use calcium and phosphorous to build strong bones and teeth; important in growing children and during pregnancy and lactation.
Major Sources – Fortified milk, exposure to sunlight
- **Vitamin E**- Helps keep red blood cells intact. An antioxidant. Protects Vitamin A from oxidation.
Major Sources – Soybean, corn and cottonseed oils. Also widely distributed among foods.
- **Vitamin K** – Necessary for clotting of the blood.
Major Sources – Green leaves such as spinach, cabbage, cauliflower, and liver. Made in intestinal tract by bacteria.

Water Soluble Vitamins – Not Stored in Our Bodies

- **Vitamin C** – Helps hold body cells together and strengthens walls of blood vessels. Helps in healing wounds. Helps body to build bones and teeth.
Major Sources – Citrus fruits, tomatoes, strawberries, cantaloupe, cabbage, broccoli, kale, and potatoes.
- **Thiamin (B1)** – Helps body cells obtain energy from food. Helps keep nerves in healthy condition. Promotes good appetite and digestion.
Major Sources – Pork, liver and other organ meats, wheat germ, whole grain or enriched cereals and breads, soybeans, peanuts and other legumes and milk.
- **Riboflavin** – Aids in utilization of calories. Promotes healthy skin, eyes, and clear vision.
Major Sources – Milk, organ meats, and enriched breads and cereals.

- **Niacin** – Helps the cells of the body use oxygen to produce energy. Helps to maintain health of skin, tongue, digestive tract and nervous system. Aids digestion and fosters normal appetite.
Major Sources – Lean meat, fish, poultry, liver, kidney, whole wheat and enriched cereals and breads, peanuts, and mushrooms.
- **Folic Acid (Folacin)** – Prevents birth defects. Helps prevent certain forms of anemia and is necessary for the formation of blood cells.
Major Sources – Widespread in foods – liver, kidney, yeast and green, leafy vegetables are the highest sources.
- **Pyridoxine (B6)** – A coenzyme helping in the metabolism of amino acids (protein building blocks) and fats. Permits normal red blood cell formation.
Major Sources – Meat, liver, kidney, whole grain cereals, soybeans, peanuts and corn.
- **Cobalamin (B12)** – Helps prevent certain forms of anemia, aids proper growth and promotes a healthy nervous system.
Major Sources – Liver, meat, milk, eggs, and cheese.
- **Biotin** – Helps keep skin and mucous membranes sound, works to build red blood cells and a healthy circulatory system.
Major Sources – Organ meats, egg yolk, nuts, and dried beans and peas.
- **Pantothenic Acid** – Helps adrenal gland make needed hormones and is needed for the release of energy and the building of essential compounds in the body.
Major Sources – Liver, yeast, eggs, peanuts, and whole grains; almost universally present in plant and animal tissue.

Minerals

- **Calcium** – Assists in clotting of blood, building of bones and teeth, and promotes proper functioning of nerves, heart and muscle.
Major Sources – All forms of milk, cheese (except cottage cheese) and ice cream as well as leafy green vegetables and dried beans.
- **Iron** – Makes hemoglobin, the red substance in blood which transports oxygen to and from cells.
Major Sources – Organ meats, oysters, lean meats, eggs, leafy green vegetables, dried peas, enriched breads and cereals.

ADDING CONTRAST TO MENUS

Contrast adds interest to the menu and can be realized through:

- **Texture:** Included crisp, chewy, hard and soft foods in the menu.
- **Shapes and Sizes:** A meal is more appealing when foods of different sizes, shapes and proportions are combined. Arrange food on the plate interestingly. Mound the potatoes, vegetables and salads and place them all well within the rim of the plate.
- **Temperature:** Serve cold foods cold and hot foods hot. Generally, lukewarm foods have lukewarm appeal. Temperature contrast is important too, regardless of weather. In warm weather, a good menu will include least one hot food. In cold weather, crisp salads, chilled juices, and ice cream make good contrasts to hot food.
- **Variety:** Meals are the most interesting when a variety of foods and flavors are offered both within the meal and within the entire day. Variety is the spice of life. Avoid repetition.
- **Color:** Mix colors. Be an artist with your use of color! Since we “eat with our eyes,” the selection of colorful food combinations makes eating a greater pleasure. In arranging foods on a plate, place foods of contrasting color next to each other, whenever possible.
- **Flavor:** Combine flavors to build “appetite appeal” as well as “eye appeal” into your meals. Contrast is always good; for bland food complement with other foods that have tang and zip. Milk flavors are best served first, stronger ones later, with sweets usually thought of as a suitable finale. Enhance flavors in food with spices and herbs, but use wisely and sparingly. Rely on flavor mates (foods made for each other): pork with apples, lamb with mint jelly, bacon and eggs, peanut butter and jelly, beans and rice, etc. Make sure flavors add and not subtract from the dish. Some flavors mask others. Meat, for example, can be drowned in too much ketchup, mustard, pickles and onions.
- **Garnishes:** Add appeal to food, but they should be simple, as well as appropriate in flavor and color. Use with restraint. Avoid using artificial food coloring unless it is used to bring out a food’s natural color. In most instances, it is much better to depend upon the true color of foods.

DECORATIONS

You can create a mood with the decorations, centerpiece and other table appointments such as place cards, napkins, dishes, and flatware. Try to create a theme with the items that you use. The theme can be set around the foods you choose. For example, if you use choose a pasta dish as your favorite food, then you may want to set a table appropriate for an Italian meal. Clothing can be coordinated with the overall theme, but costumes should be avoided.

- Simplicity is the key to beauty. Don't overdo.
- A variety of textures and shapes can be used when making an overall table arrangement.
- Select decorations carefully because they have a lot to do with the effectiveness of the table arrangement. Keep the decorations in proportion to the size of the table used. Very simply, don't use the decoration if it is too large or too small. If it is too large, it will overpower the table. If it is too small, it will seem lost.
- A decoration can consist of more than one item. Be careful when combining items to watch the sizes, textures, colors, themes, etc.
- Be sure to keep good color combinations in mind. The decoration can help to draw the whole place setting together. You can use your decoration to bring out more color if the rest of your place setting is too dull.
- Remember, you can use items other than flowers and candles. Some examples are: fruits, vegetables, pine cones, stuffed toys, etc. Be bold and try something different. Express your own personality. Just be sure that whatever you use is not offensive or overpowering at the eating table.
- Watch the height of the table decoration. Keep the view and conversation zones open. Every guest should be able to see the guest near them.
- Candles should never be used without being lit. When lit, the candles should not interfere with the view of the guests and should be taller or shorter than the eye range.
- When using flowers for a centerpiece, watch for offensive odors, bugs, or any other foreign matter.

TABLE SETTINGS

Your table setting should follow established standards. Plan your place setting for a card table size table with a tablecloth and/or placemats, although table size may vary at the contest site. The table setting you need depends on your favorite food and your chosen theme. Table setting examples follow the general guidelines below.

Tablecloths, Placemats, Napkins & General Items:

- Be sure that everything you use to set the table is clean and free of water spots or fingerprints.
- Tablecloths, placemats and cloth napkins should be clean, free of wrinkles and placed evenly on table.
- You need only provide the tableware that will be needed to eat the foods on the menu you have planned.
- If using a placemat, place it so that it is even with the edge of the table.
- Napkins are commonly placed on the plate, to the left of the fork(s) or inside of a drinking glass. Napkin rings or other decorations may be used to secure the napkin, while the traditional flat fold requires that the napkin's open corner be placed in the lower right hand corner next to the fork. You may try creative ways of placing and folding the napkin, but be prepared to explain the traditional way.
- Place or name cards are a good idea for formal place settings or large dinner parties. Place the card above the dessert utensil, to the left of the drinking glasses.

Plates and Bowls:

- Dinner plates should be placed approximately two inches from the table's edge, centered on the placemat, or squarely in front of each chair.
- Soup bowls are placed on top of the dinner plate.
- Salad plates are placed to the left of the dinner plate and just above the forks.
- The bread plate should be placed to the right and slightly above the salad plate.

Silverware

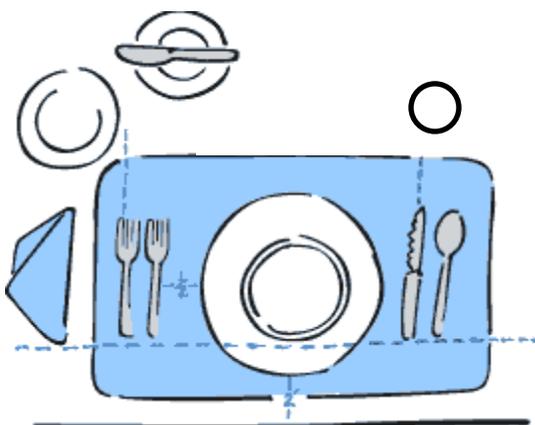
- All silverware should be placed 1” from the table’s edge, while the dinner plate should be ½” from the edge of the table.
- Silverware should be placed on the table in the order it will be used; silverware that will be used first should be found on the farthest left and right sides of the plate. The general rule for the guest is to use the silverware from the “outside in”.
- Forks are placed to the left of the dinner plate; knives and spoons go to the right with the knife closest to the dinner plate.
- The cutting edge of the knife should always be toward the plate, except the butter knife which should be laid flat on a bread plate.
- Silverware should be about ½” away from the plate or each other. The bottom portion of all silverware should be lined up evenly with one another.
- Avoid placing more silverware than the meal calls for.
- Dessert silverware can be originally placed at the table setting if you wish. The dessert fork or spoon should be centered above and parallel to the dinner plate.

Cups and Glasses

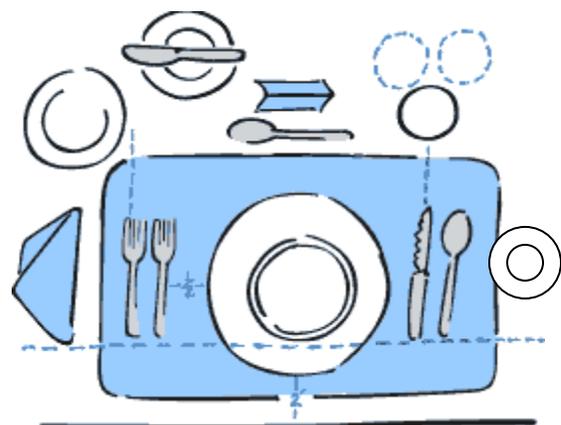
- Water glasses should be placed above the dinner knife, with other drinking glasses arranged neatly nearby the water glass. Often drinking glasses are arranged in a triangular formation.
- Coffee cups and saucers may be placed on the table to the right of the knife and spoon.

Table Setting Examples

Casual



Formal



APPEARANCE AND CONDUCT

- Relax and enjoy yourself.
- Hands and fingernails should be clean and hair should be neat.
- Keep hair from your face and do not handle during preparation and presentation.
- Clothing should be clean, neatly pressed, and tasteful, abiding by general State 4-H Contest clothing guidelines.
- Clothing can be coordinated with your theme, but no costumes are allowed.
- Speak up so you can be heard.
- Be attentive to the judge's questions, answering in a confident, clear manner.
- Be up front with the judges, if you do not know an answer to a question.
- Be courteous to other contestants, superintendents and judges.
- Thank the judges for their time as you leave the room.

CHECK LIST

Contestants are responsible for bringing all necessary items to prepare, serve and store their Favorite Food. The check list below will serve as a reminder for necessary contest items; however it is suggested that you make your own check list for the specific items needed for your Favorite Food.

- ___ Tablecloth and/or placemat
- ___ Necessary dishes, silverware or plastic ware, napkin, glasses, serving bowl, etc. for one place setting.
- ___ Complimentary serving dish and serving utensils to serve a small portion of the Favorite Food to the judges.
- ___ Decorations, including the centerpiece.
- ___ All utensils and equipment used to prepare your Favorite Food, including items such as a can opener, potholders, mixing spoons, foil, plastic wrap, mixing bowls, small appliances, etc.
- ___ All ingredients for the recipe packed in a separate container from display items.
- ___ Posters for menu and recipe.
- ___ Additional printed recipe and instructions for use in the kitchen.
- ___ Matches or a lighter for lighting candles, if necessary.
- ___ An apron to keep contest clothing clean, however contestants have the opportunity to change into their contest clothing before the judging portion of the contest.
- ___ A cooler for holding and storing perishable ingredients and ice or ice packs.
- ___ Items needed to clean up your work area – dish cloth, dish soap, dish towels, paper towels, etc.

QUICK TIPS AND HINTS

- Keep an eye out for dishes, centerpiece, placemats, etc. throughout the year. Try to catch them on sale.
- Use a tablecloth for a more attractive setting. You never know what the condition of the table will look like at the contest.
- Think “eye appeal” and attractiveness when choosing a food and table decorations/setting. Garnishes can be added to your Favorite Food to make it look more attractive.
- Set up your display and try different table coverings, etc. until you like the look of the total display.
- Have all the correct dishes, glasses, and flatware for the foods to be served in the Favorite Food menu. Also think about a serving dish and proper serving utensils that will match your place setting.
- Selecting a Favorite Food recipe that already has the nutrients listed is always helpful.
- Try to choose a Favorite Food that has a higher degree of difficulty than one a novice or junior contestant would make. Choosing a food that is unique or different, as opposed to something very ordinary, shows creativity.
- Limit the time to make your Favorite Food to no more than an hour. Twenty to forty minutes, including prep time and cooking time is great.
- Get creative with the names of the foods served in your menus. Instead of mashed potatoes, try “roasted garlic mashed potatoes”. The foods chosen should complement one another and should go along with your chosen theme.
- Know the nutrients in your Favorite Food and the food groups represented!!
- Know what food safety practices you followed when transporting, preparing, cooking and storing your ingredients. It’s not a bad idea to wait and purchase perishable items the morning of the contest.
- Be able to tell the judges how you made your Favorite Food without having to look at the menu poster.
- Speak clearly and with confidence. Also speak up so that the judges can hear your answers.
- It is acceptable to have a prepared presentation when you appear for the judges. However, you should also allow the judges to ask you questions.

RECIPE WRITING TIPS

- ✓ List the ingredients in the order they need to be used. This makes it easier for the cook to see what is needed when. It's also helpful when checking that nothing has been left out.
- ✓ List the amounts required in the ingredient list. If it is a package or container, list it as 1 pkg. (8 oz.) or 2 cartons (8 oz. ea.).
- ✓ Spell out cups, teaspoons, tablespoons to avoid confusion.
- ✓ If you add multiple ingredients at once, list them from biggest to smallest measure.
- ✓ Offer substitutions for unusual ingredients or people might just omit them completely.
- ✓ Explain unusual ingredients in a footnote, if possible.
- ✓ It is better to explain things like toasting nuts in the directions or a tip, rather than say "1 cup toasted pecans".
- ✓ Directions like "chopped" come right after the measure if you are measuring them chopped, such as "1 cup chopped mushrooms".
- ✓ If you measure something whole and then chop it you say "1 onion, chopped".
- ✓ It is helpful to give multiple measurements such as butter stick measures along with the weight or tablespoons, or grated cheese in cups and ounces.
- ✓ If the preparation of an ingredient is simple, place the technique in the ingredient list, such as "2 eggs, beaten" or "1 stick butter, softened".
- ✓ If the recipe has different elements, (for example a pie has a crust and a filling), break up the ingredient list with headings such as "Crust" and "Filling".
- ✓ If an ingredient begins with a letter instead of a number, such as black pepper, capitalize the first letter "Black pepper".
- ✓ If an ingredient is used more than once in a recipe, list the total amount at the place in the ingredient list where it is first use, then add "divided." In the method part of the recipe, indicate the amount used at each step. For example "1 cup all-purpose flour, divided" then in the method "Sift $\frac{3}{4}$ cup of flour with the..." and later "Sprinkle the remaining $\frac{1}{4}$ cup of flour on top..."
- ✓ Use generic names of ingredients (semi-sweet chocolate chips, not "Tollhouse chips".)
- ✓ Write the method in a logical sequence. Think through what needs to be done first, second, etc.
- ✓ Indicate the size of bowls and cookware where helpful.
- ✓ You do not have to write complete sentences. Be as short and concise as possible.
- ✓ With instructions for the stove-top, indicate level of heat. For example, "Simmer over low heat."
- ✓ State exact or approximate cooking times with descriptive hints for doneness, if appropriate, such as "Bake 18-22 minutes, or until crust is light golden brown."
- ✓ Include the number of servings or yield.
- ✓ Proofread!