



ST. CROIX COUNTY 4-H

Foods Revue Guide

What is the 4-H Foods Revue?

The 4-H foods revue is a fun way to develop your cooking skills and understanding of foods.

The foods revue is a pre-fair event, which means that it counts as a fair entry, even though all the work is done before the fair. Entry choices will be listed in the fair premium book under Department 25, Foods and Nutrition. A picture will be taken

of your exhibit and put on display during the Fair. You will receive a premium payment based on your ribbon placing at the revue.

Your revue entry will be evaluated by a certified judge. This person will have a conversation with you about what you have made, your menu choices, food safety and more.

They will give you

suggestions for new things to try and compliments. Do not be too nervous; the judge is excited to learn about you and your foods experience. Questions will be appropriate to your age. If you don't know an answer, it is okay to say you don't know.

More than anything, we are excited to share this educational experience with you!

Enter in these categories:

- CLOVERBUDS/EXPLORER BRING A NUTRITIOUS SNACK
- SUGGESTED ENTRIES FOR OLDER MEMBERS INCLUDE:
- SALADS, MAIN DISHES, DESSERTS, SIDE DISHES

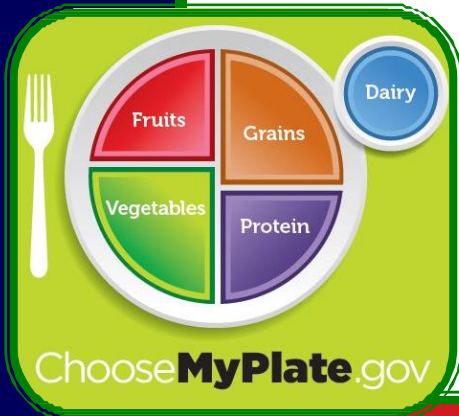
*ENTRIES SHOULD BE AGE APPROPRIATE

CHECKLIST



At the pre-fair county foods revue, please bring the following:

- ◇ Food item, prepared by you
 - ⇒ Please bring the whole dish, serving plate, and tools to serve
- ◇ Recipe for the food item
- ◇ Menu for the entire meal
- ◇ Table setting and centerpiece appropriate for entry
- ◇ Knowledge of your meal and myPlate



MYPLATE NUTRITION TIPS

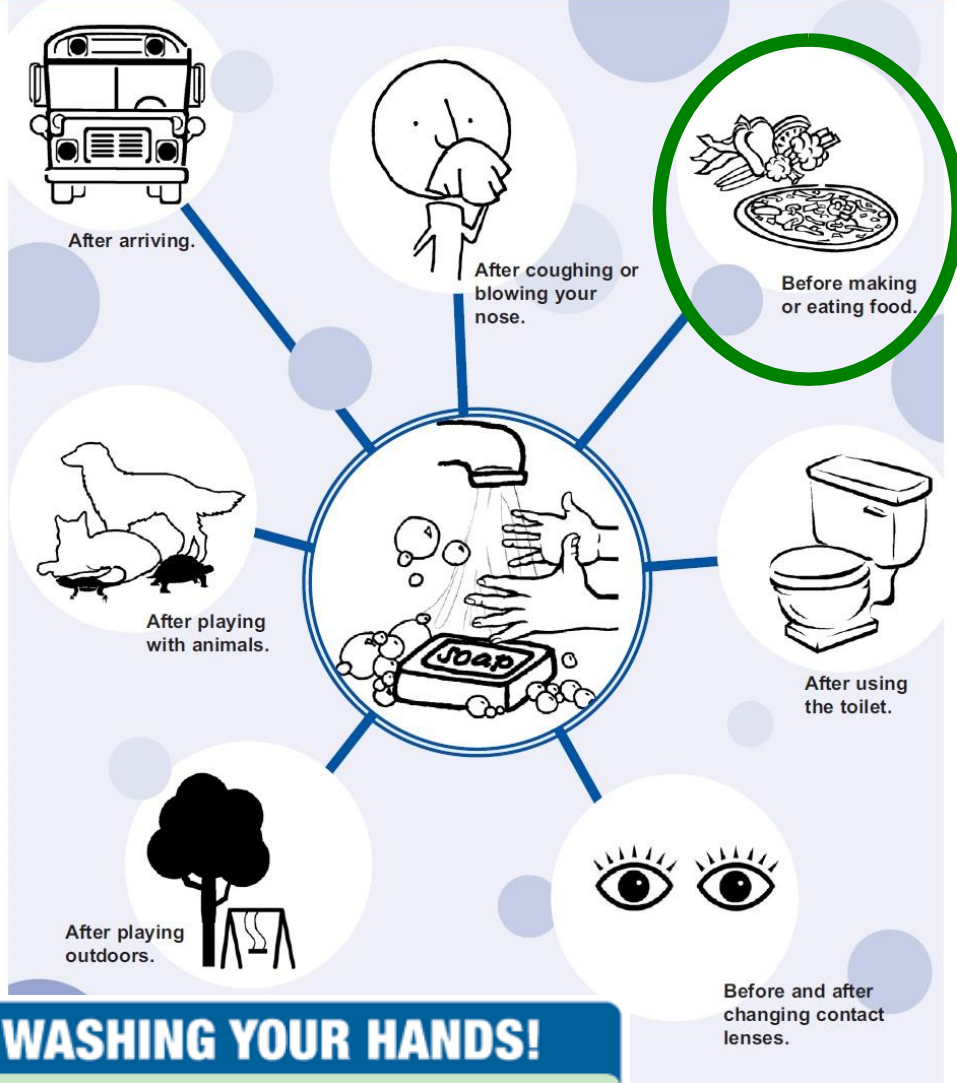
Vegetables	Fruits	Grains	Dairy	Protein Foods
<p>Eat more red, orange, and dark-green veggies like tomatoes, sweet potatoes, and broccoli in main dishes.</p> <p>Add beans or peas to salads (kidney or chickpeas), soups (split peas or lentils), and side dishes (pinto or baked beans), or serve as a main dish.</p> <p>Fresh, frozen, and canned vegetables all count. Choose "reduced sodium" or "no-salt-added" canned veggies.</p>	<p>Use fruits as snacks, salads, and desserts. At breakfast, top your cereal with bananas or strawberries; add blueberries to pancakes.</p> <p>Buy fruits that are dried, frozen, and canned (in water or 100% juice), as well as fresh fruits.</p> <p>Select 100% fruit juice when choosing juices.</p>	<p>Substitute whole-grain choices for refined-grain breads, bagels, rolls, breakfast cereals, crackers, rice, and pasta.</p> <p>Check the ingredients list on product labels for the words "whole" or "whole grain" before the grain ingredient name.</p> <p>Choose products that name a whole grain first on the ingredients list.</p>	<p>Choose skim (fat-free) or 1% (low-fat) milk. They have the same amount of calcium and other essential nutrients as whole milk, but less fat and calories.</p> <p>Top fruit salads and baked potatoes with low-fat yogurt.</p> <p>If you are lactose intolerant, try lactose-free milk or fortified soymilk (soy beverage).</p>	<p>Eat a variety of foods from the protein food group each week, such as seafood, beans and peas, and nuts as well as lean meats, poultry, and eggs.</p> <p>Twice a week, make seafood the protein on your plate.</p> <p>Choose lean meats and ground beef that are at least 90% lean.</p> <p>Trim or drain fat from meat and remove skin from poultry to cut fat and calories.</p>

For a 2,000-calorie daily food plan, you need the amounts below from each food group.
To find amounts personalized for you, go to ChooseMyPlate.gov.

<p>Eat 2½ cups every day</p> <p>What counts as a cup? 1 cup of raw or cooked vegetables or vegetable juice; 2 cups of leafy salad greens</p>	<p>Eat 2 cups every day</p> <p>What counts as a cup? 1 cup of raw or cooked fruit or 100% fruit juice; ½ cup dried fruit</p>	<p>Eat 6 ounces every day</p> <p>What counts as an ounce? 1 slice of bread; ½ cup of cooked rice, cereal, or pasta; 1 ounce of ready-to-eat cereal</p>	<p>Get 3 cups every day</p> <p>What counts as a cup? 1 cup of milk, yogurt, or fortified soymilk; 1½ ounces natural or 2 ounces processed cheese</p>	<p>Eat 5½ ounces every day</p> <p>What counts as an ounce? 1 ounce of lean meat, poultry, or fish; 1 egg; 1 Tbsp peanut butter; ½ ounce nuts or seeds; ¼ cup beans or peas</p>
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When Should I Wash My Hands?

WASH YOUR HANDS



FIGHT GERMS BY WASHING YOUR HANDS!

1 Wet your hands

2 Soap

3 Lather and scrub - 20 sec

4 Rinse - 10 sec

5 Turn off tap

6 Dry your hands

DONT FORGET TO WASH:

- between your fingers
- under your nails
- the tops of your hands

PLACE SETTING

The place setting for one person at the table is called a “cover”. The space allowed should be at least 20 inches wide and 15 inches deep. All linen, china and silverware for the cover is placed 1 inch away from the edge of the table.

Silverware is placed in order of use, with the pieces to be used last located nearest to the plate.

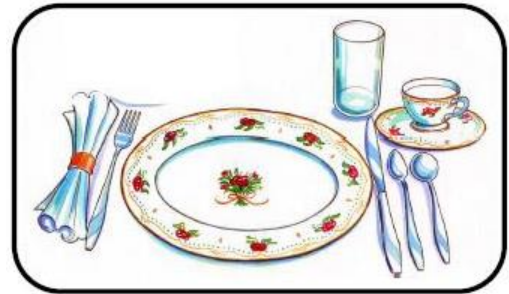
Spoons are placed with bowls up at the right of the knives.

Forks are placed at the left of the plate with the prongs turned up.

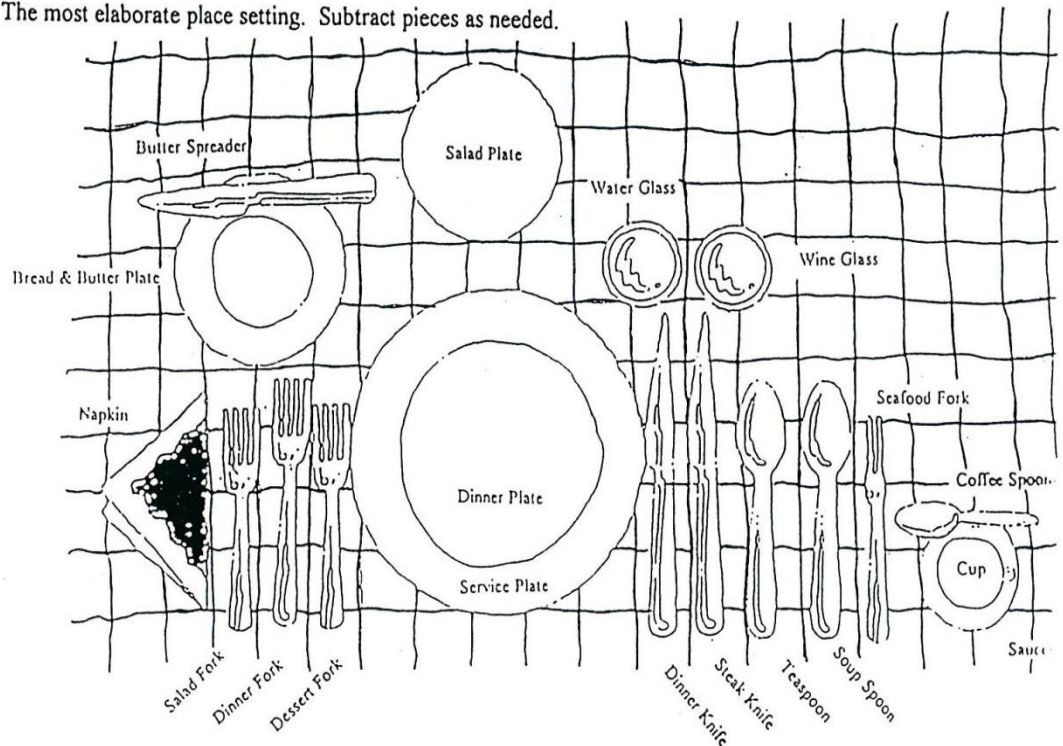
If no knives are needed, forks are placed at the right in the place of knives.

The napkin is placed at the left of the forks with the hem parallel to the forks and to the table, and with the open corner at the lowest edge toward the table.

The beverage is placed at the tip of the knife.



The most elaborate place setting. Subtract pieces as needed.



Very formal dinners have a service plate in the center of the place setting. Other plates and bowls are set on this plate as courses are served.

Setting Your Table

1. Cover the table

Always cover a dining table, either with a tablecloth or place mats. Why? To avoid the clink and clatter of plates and utensils. A covering also helps protect the table surface from scratches and spills.

2. Place the Utensils

Place utensils from outside to inside, in order they will be used. For example, if the first course is a salad, place a salad fork on the far left, closest to the left hand.

No more than three utensils should appear on each side of the plate at one time. If more are necessary set them above the plate or bring them out as needed. Placing utensils for dessert above the plate, an old European custom, is becoming popular in America as well.

3. The Plates

If you are buying plates for the first time, white is always correct and goes with everything. Mixing different patterns is fine, if done with style and taste.

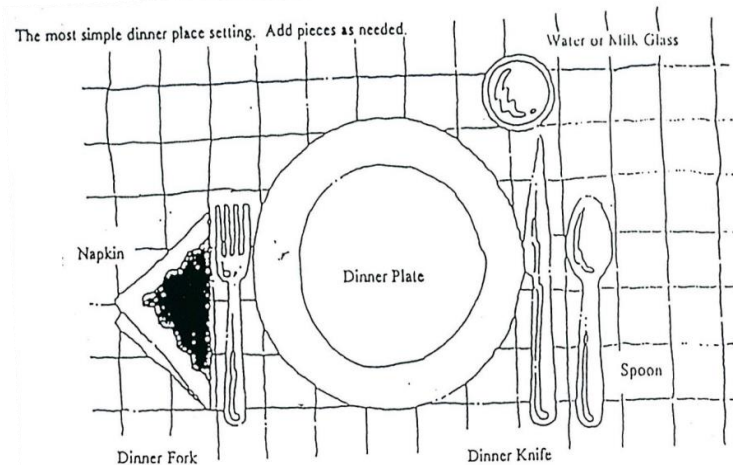
Before guests sit down, you may have a large plate - dinner size or larger - at every place. The butter plate is placed near the upper left corner of the dinner plate (if necessary.)

4. Glasses on the Table

Placing glasses follows logic - they should appear in order of use, relating to courses offered. If you are serving wine, the wineglass appears first, on the diner's right. If using a water goblet, set it to the left of the wineglass; it remains on the table throughout the meal.

5. Napkins and Table Decoration

The most common place for napkin is to the left of the farthest fork, preferably not under the fork. Another popular place is on the service plate.



Flowers on the table should be cut fresh or dried. They should not be so high that they interfere with visibility or conversation. Other centerpieces may be used as well, if tasteful.

USING SILVERWARE

When you are undecided about which piece of silver to use in eating something, watch your hostess for clue. These general rules may also help:

- ◆ A knife should be used only when the food cannot be cut with a fork.
- ◆ A spoon should never be used when you can use a fork.
- ◆ Only very dry or firm foods should be eaten with fingers.

KNIFE FOODS

- ◇ STEAK
- ◇ CHOPS
- ◇ OTHER MEAT
- ◇ FOWL
- ◇ FISH THAT HAS TO BE BONED
- ◇ BUTTER, JELLY, CHEESE, AND FOOD THAT HAS TO BE SPREAD

SPOON FOODS

- ◇ SOUPS
- ◇ STEWED TOMATOES
- ◇ ICE CREAM
- ◇ CREAMED VEGETABLES
- ◇ CANTALOUPE
- ◇ FRUIT COCKTAIL
- ◇ CITRUS FRUITS
- ◇ PUDDINGS
- ◇ CUSTARDS
- ◇ CEREALS
- ◇ COOKED FRUIT

FORK FOODS

- ◇ VEGETABLES (UNLESS VERY LIQUID)
- ◇ POTATOES
- ◇ SEAFOOD
- ◇ CROQUETTES
- ◇ WAFFLES
- ◇ PANCAKES
- ◇ EGGS
- ◇ LARGE PIECES OF CAKE
- ◇ SHORTCAKES
- ◇ PIES
- ◇ WATERMELON
- ◇ HAMBURGER PATTIES
- ◇ MEAT LOAF

FINGER FOODS

- ◇ BREAD AND ROLLS
- ◇ CRACKERS
- ◇ TOAST
- ◇ SANDWICHES
- ◇ COOKIES
- ◇ SMALL CAKES
- ◇ NUTS
- ◇ CELERY
- ◇ OLIVES
- ◇ CRISP BACON
- ◇ POTATO CHIPS
- ◇ RADISHES
- ◇ CORN ON THE COB
- ◇ GRAPES

HOW TO WRITE A MENU

1. CAPITALIZE ALL WORDS except “and”, “or”, “the”, “a”, “with”.
2. Center your menu on the page or space you are writing it on.
3. When listing items on the menu, list them in order which they are eaten.
4. List the specific type of food in your menu (i.e., write “Corn” instead of “Vegetable”).
5. Use adjectives when listing the food item (“Buttered String Beans” instead of “Beans”).
6. Always be neat when writing your menu or recipe card. They can be typed or written by hand.

Breakfast

Grapefruit Juice
Eggs Benedict
Buttered Toast Served with
Blueberry Jam
Coffee or Milk

Nervous about how you will be judged?

Take a peek at the judging sheet...

FAVORITE FOODS REVUE JUDGING SHEET

Name _____ Food Shown _____

Entry No. _____ Class _____ Exhibitor Number _____

	Very Good	Good	Needs Improvement
THE FOOD:			
Does it have appetite appeal?			
Is the flavor pleasing?			
Is the texture appropriate for the food?			
Is the quality high for the product displayed?			
THE MENU:			
Does meal contribute adequately to total daily needs?			
Are the flavors and colors pleasingly combined?			
Is it suitable for the occasion and favorite food?			
THE SERVICE:			
Is overall effect pleasing? (Dishes, food, centerpiece, table cover)			
Are the dishes & silver suitable for the menu?			
THE PARTICIPANT:			
Is the participant well-groomed?			
Is the participant appropriately dressed?			
Does the participant show understanding of:			
Food Preparation?			
Time & Management?			
Meal Planning?			
Daily Food Needs?			

JUDGES RATING	First	Second	Third	Fourth
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Comments: _____

DESIRED CHARACTERISTICS FOR A SUCCESSFUL MEAL:

- **NUTRITION:** Include in your menu foods from all of the food groups to provide the best nutritionally balanced meal.
- **TEXTURE:** Vary the texture in the foods used.
- **COLOR:** Use color to make the appearance of the meal a pleasant one.
- **SHAPES & PIECES:** Contrast shapes by using no more than two similar ones.
- **TASTE:** Include a variety of tastes to appeal to the palette.
- **TEMPERATURES:** Use the temperature of your foods in the menu to make different food experiences.
- **AROMA:** The aroma of food is an important part of the flavor experience. Use spices, herbs, and seasonings to enhance flavors.

University of Wisconsin, U.S. Department of Agriculture and Wisconsin counties cooperating. UW-Extension provides equal opportunities in employment and programming including Title IX and ADA.

4-H is a community of young people across America learning leadership, citizenship and life skills.

This guide was compiled by the Program Advisor with Marathon County 4-H. Find out more about our program at:

<http://marathon.uwex.edu/4h/>.

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Thank you to the following references:

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