

Favorite Food Show

Guidelines and Procedures

Thank you for your interest in participating in the River Valley District's Favorite Food Show. This handout is meant to help you meet the guidelines for participating. If you have additional questions, please contact Kaitlin Moore, Nutrition, Food Safety & Health Agent at 785-243-8185 or kaitlinmoore@ksu.edu.

Guidelines:

1. 4-Her must be enrolled in the Foods/Nutrition project.
2. The 4-Her should pre-enter in the Favorite Food Show for their age group.
3. Because the location of the Favorite Foods Show can change from year to year we cannot guarantee the same size or shape of table every year. But please know there will be tables available, they might be rectangular or circular. Do not worry about bringing multiple sizes and shapes of linens, participants only need to set up one 'part' of a table – **one** place setting.
4. No alcohol should be on the menu or used in the table decorations. (No wine bottles, etc.)
5. The menu to be served and the occasion should be neatly printed or typed on a card or paper
6. For this contest, the 4-Her will correctly place the items for ONE PLACE SETTING. That includes linens (table cover, placemats, and napkins), dishes, silverware, drinkware, and centerpiece. Select dishes for UP TO a three-course meal. (Appetizer, Meal, Dessert.) The menu can certainly be simpler than that. Set the dishes appropriately without stacking dishes. (Exception: Plate chargers are allowed – they are decorative in nature.) Paper and plastic products are acceptable if they fit the occasion.
7. PLEASE DO NOT BRING ITEMS OF HIGH MONETARY OR SENTIMENTAL VALUE. We cannot assure their safety.
8. Favorite Food Show/table setting exhibits do NOT advance to the State Fair.

Menu Planning

Begin with the reason for your meal. Is it a birthday celebration, a holiday meal, a picnic? Plan a meal that is suited to your occasion. Then, review the tips below on how to create a pleasing menu. Ideally, a menu would include as many of the 5 food groups as possible. No alcohol is allowed.

Review the tips below to create an appealing menu.

Consider...

- **Seasonality** – select foods that are in season, when possible.
- **Color** – Don't repeat colors.
- **Flavor** – Avoid too many dominating flavors (i.e. kraut, garlic). Don't have the same food in several forms (i.e. potatoes, mashed and fried.)
- **Texture** – Use a variety of textures (crisp, chewy, tender, grainy.)
- **Temperature** – Avoid having foods that are all the same temperature.
- **Preparations Methods** – Avoid repetition (i.e. all fried.)
- **Satiety Value** – Ask yourself if the menu will leave you satisfied afterwards.

Satiety Values

- **Fat** has the most satiety value
- **Protein** has less than fat
- **Carbohydrates from whole grain foods** have less than protein
- **Carbohydrates from processed grain foods, including sugar** have the shortest satiety value

The Menu Card

The menu card should be neat and attractive. While "cute" names for the food items may follow along your theme, the judge needs to be able to discern what the food IS.

Review the tips below on menu writing.

- List food in sequence in which served, except the beverage, which is last.
- When a course has more than one food item, the most important food should be listed first: **Steak and Baked Potato**
- If salad is served as the first course, it should be written first. If it is to be served as part of the main course, it should be listed after the main item of the main course.
- Usually items such as salad dressing, butter, cream and sugar are not listed on the menu. When they make a unique contribution to the total meal, they may be included, for example: **Corn Bread Squares Honey Butter**
- Space items in a symmetrical pattern, allowing extra space between separated foods listed on the same line.
- A dinner menu would be written as follows:

German Meatballs
Broccoli Spears with Cheese
Orange Wedges on Lettuce
Rolls Butter
Rainbow Sherbet
Iced Tea

Place Settings

Choice of table covering/placemats/napkin and accurate placement as viewed from the front of the table

'Cover' is the term used to indicate the place set for each person at the table. This includes flatware (often referred to as silverware or silver), dinnerware, napkins, and beverage container(s) for each person's use.

- Allow 20-30 inches for each cover in order to provide sufficient space for each person.

TABLE LINENS

Placemats, runners or a tablecloth may add to the attractiveness of the table. The choice may be affected by the formality of the meal or by the setting.



Table Skirting

- Allow for a 6" – 9" drop on each side of the table skirting. This is an appropriate drop for the size of a card table in an informal setting.
- The drop could be as much as 15 inches for a formal dinner.
- **NOTE: For this fair competition,** the table covering can be folded to achieve the correct size. Only the front must meet the guidelines for the suggested amount of drop.

Placemats or Runners

- Placemats or runners are frequently preferred for less formal meals and are placed flush with or near the edge of the table where the guest is seated, but not exceeding beyond.

Napkins

- Napkins are folded neatly and placed at the left of the cover and in line with the flatware.
- In a formal setting, the loose corner is placed at the lower right with the open edges next to the edge of the table or in

the center of the plate. *HOWEVER, today's meals are typically less formal and napkin folding and placement has become more creative. We are going to allow 4-Hers greater flexibility. Be sure the location and folding of the napkin makes it easy to access and use.*

- **While the napkin is typically NOT placed under the flatware, there may be some creative exceptions to this rule as well.**

DISHES, FLATWARE and GLASSWARE

Selection & Accurate Placement of Dishes, Flatware and Glassware

Plates

A dinner plate is placed in the center of the cover and 1 inch from the edge of the table. A charger can be used, but otherwise NO STACKING of plates is allowed. Additionally:

- Salad or dessert plates or bowls are placed left of the forks and napkin, or at the tip of the fork. If salad or dessert is placed in a bowl, it should be eaten with a spoon; if it is served on a plate, it should be eaten with a fork.
- If a fruit cup or sherbet dish is used, it should be placed on a liner plate to provide a place for the spoon.
- When a bread and butter plate is used, it should be placed at the tip of the fork and slightly to the left. The butter spreader is placed across the top of the plate, cutting edge toward the center of the plate. If preferred, it may be placed on the right side of the bread and butter plate, parallel to the other flatware of the cover, or with the handle to the right and the blade in the center of the bread and butter plate.
- When BOTH salad and bread and butter plates are used, the salad plate is placed to the left and below the bread and butter plate.

- **NOTE: Consider the menu you created for this project - only use tableware that is needed.**

Flatware

The standard preference for placing flatware is in the order of its use (working from the outside inward toward the plate) during the meal. **Do not set any flatware that would not be used during the meal.**

- The knife, if used, is placed with the sharp edge in, to the right of the plate
- The fork(s), tines up, is(are) placed to the left of the plate. The dessert fork nearest the plate because it is used last, then the salad fork (unless a salad is the first course), and then the dinner fork to the far left. A separate salad fork is not necessary in an informal meal in which the salad is served as part of the main meal.
- Spoons, bowl up, are placed to the right of the knife in order of use. If soup is the first course, a soup spoon would be placed to the right of the dinner spoon.

Glasses

Place the water glass at the tip of the knife and slightly to the right of it. Coffee and tea cups should be placed at the right of the spoons with the handle parallel to the edge of the table and on a line that passes slightly below the center of the plate. If milk is served, place it at the right of the water glass.

When TWO Glasses are used...

- The second glass is placed to the right and slightly lower than the first glass. The water glass should be placed 1 inch above the knife. Coffee or tea cups

should be placed on a saucer or liner plate. The handle should extend to the right.

DECORATIONS

Although usually placed in the exact center of the table, the table decorations may be placed to one end or side, if the seating arrangement makes this convenient. **Decorations should NOT touch anything else, shed or droop over food.**

- Decorations for a sit-down meal should allow eye contact across the table.
- Candles may be a part of the decoration, but are not typically used in bright daylight. Keep in mind candle flames can be distracting; consider the height and the width of the candle carefully.
- Table decorations should be clean and acceptable for use around food. While someone's cowboy boots may add to the theme, placing them on the table may not be a good choice

DEVELOPMENT OF THEME

Be prepared to tell the judge how you came up with the idea for your table setting.

- Is the food/menu suited to the occasion?
- Do the decorations and harmony of the total table develop the theme?

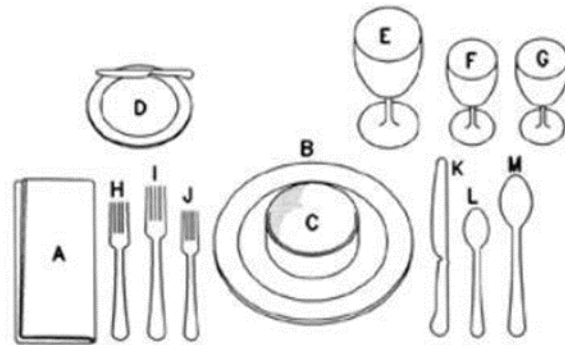
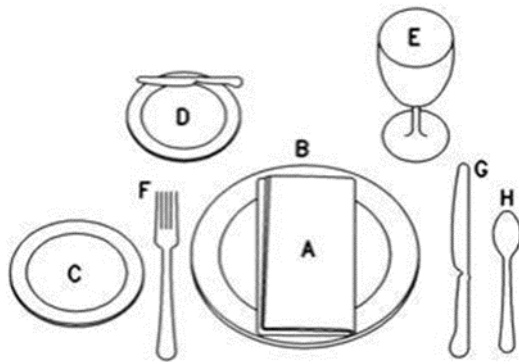
Be sure to review the scoresheet!

These guidelines, as well as the formatting of the document, were fashioned after the Shawnee County 4H Program's Table Setting project document.

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NOTE: The following table setting examples provide a guide of how tables may be set.

Tablescapes: Setting the Table ©Learning ZoneXpress • www.learningzonexpress.com



INFORMAL DINNER

- | | |
|--|----------------|
| A. Napkin | E. Water Glass |
| B. Dinner Plate | F. Fork |
| C. Salad Plate | G. Knife |
| D. Bread & Butter Plate
with butter knife | H. Teaspoon |

FORMAL DINNER

- | | |
|----------------------------------|-----------------|
| A. Napkin | G. Beverage |
| B. Charger | H. Salad Fork |
| C. Soup Bowl on a
Liner Plate | I. Dinner Fork |
| D. Bread & Butter Plate | J. Dessert Fork |
| E. Water Glass | K. Knife |
| F. Beverage | L. Teaspoon |
| | M. Soup Spoon |