



Dunn County Fair Food Review Preparation

Adapted from Waushara County Foods Revue Guide

Dunn County UW-Extension

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Dunn County Fair

Foods Review Preparation Guide

(Adapted from Waushara County Foods Revue Guide)

Tips to Start

- ✓ Recipes may be found in 4-H project books, cookbooks, magazines and/or online.
- ✓ Make sure your recipe is related to the project and/or theme.
- ✓ Be sure to practice your recipe and ask parents or project leaders for help if needed.
- ✓ Plan a menu using your favorite foods (If required).
- ✓ Practice making your foods until you are happy with the results.
- ✓ Prepare your menu and recipe cards to bring with you to the Foods Revue.
- ✓ Prepare the food at home, bring one serving to the review and display it as noted in your category. Then, you and the judge will discuss the food you prepared. You will be judged on your own merit.
- ✓ Be prepared to explain to the judge and others:
 - What you learned
 - Why do you like your food
 - What might you change or improve next time
 - How your food fits into the food guide pyramid
 - Foods nutritional value
 - Cost
 - How to prepare the food
 - What equipment you used and how you used it
 - Steps you took to ensure the food is safe to eat
 - How you selected place setting pieces
 - Ideas for garnishes



Dunn County Foods Review Entry

Specifications

1. Cloverbuds (Grades K-2)

- Prepare your favorite food item relating to the theme
- Display your food item as a snack (for example: just a plate, napkin, placemat or glass)
- Write/type your recipe on a 3x5 card with your name on it.

2. Explorers (Grade 3)

- Prepare 1 food item relating to the theme
- Display your food with a simple place setting, centerpiece optional
- Write/type your recipe on a 3x5 card with your name on it

3. Junior Division – 4th - 6th grades

- 1 food item related to the theme
- Complete place setting, centerpiece optional
- Create a full menu at least 3x5 but no larger than 8½ x 11
- Write/type your recipe on a 3x5 card with your name on it

4. Intermediate Division – 7th – 9th grades

- 2 food items related to the theme
- Complete place setting and menu, centerpiece optional
- Create a full menu at least 3x5 but no larger than 8½ x 11
- Write/type your recipe on a 3x5 card with your name on it

5. Senior Division – 10th grade and up

- 3 food or beverage items related to the theme
- Complete place setting with centerpiece
- Create a full menu at least 3x5 but no larger than 8½ x 11
- Write/type your recipe on a 3x5 card with your name on it

6. Food Preservation (4th grade and up)

- Prepare a dish with at least 1 preserved food item
- Simple place setting and menu (centerpiece optional)
- Create a full menu at least 3x5 but no larger than 8½ x 11
- Write/type your recipe on a 3x5 card with your name on it



Dunn County Fair Sign Up Specifications

It is very important that when after completing the foods revue contest, that each exhibitor signs up for the Foods revue entry on the fair entry system after it opens.

Cloverbuds

- must sign up under youth organizations in order to enter their food at the Dunn County Fair. This is in Department 17, Class B- Lot 5 (highlighted on page 5).

Explorers

- must sign up under youth organizations in order to enter their projects at the Dunn County Fair. This is in Department 17, Class A-Lot 29 (highlighted on page 5).

Regular Members

- must sign up under foods and nutrition in order to enter their projects at the Dunn County Fair. This is in Department 25, Classes H-K-any lot.

Please see the attached fair book pages to help you sign up!

Dunn County Fair Book

Foods Review Regulations

Cloverbuds and Explorers-Department 17

Department 17 – Youth Organizations

- Members enrolled in Exploring or Cloverbuds must enter all entries under Department 17.
- Follow all general regulations that apply as found in the beginning of the fair book.
- Check exhibit entry and judging times.

CLASS A – EXPLORING

- Open to Grade 3 Exploring members
- Animal entries will be judged in the animal departments during the animal judging shows

\$1.50

Lot:

1. Animal entry related to Dairy Project, Spring Winter or Fall heifer calf
2. Animal entry related to Beef Project, junior or senior calf
3. Animal entry related to Swine Project
4. Animal entry related to Sheep Project
5. Animal entry related to Goat Project
6. Animal entry related to Horse & Ponies, showmanship at halter, horsemanship/equitation walk-trot or pleasure walk-trot
7. Animal entry related to Poultry Project
8. Animal entry related to Rabbit Project
9. Animal entry related to Dog Project
10. Entry related to Animal & Veterinary Science Project
11. Animal entry related to Domesticated Exotic Animal Project
12. Animal entry related to Cat Project
13. Entry related to Plant & Soil Sciences
14. Entry related to Flowers, Houseplants, Plant Crafts & Home Grounds/Landscaping
15. Entry related to Natural Sciences
16. Entry related to Cultural Arts
17. Entry related to Photography
18. Entry related to Computer Project

19. Entry related to Woodworking
20. Entry related to Electricity
21. Entry related to Mechanical Projects
22. Entry related to Food and Nutrition
23. Entry related to Clothing
24. Entry related to Knitting and Crocheting
25. Entry related to Home Environment
26. Entry related to Child Development
27. Entry related to Demonstrations and Presentations
28. Entry related to Demonstrations and Presentations – split fair entry
29. Food Revue – split fair entry
30. Clothing Revue – split fair entry
31. Music Instrument or voice – split fair entry
32. Aerospace Launch – split fair entry

CLASS B – CLOVERBUDS

Regulations:

- Open to K to Grade 2 Cloverbud members
- Members are limited to three fair project exhibits
- Split fair date items do not count as one of these three items
- Members may not exhibit live animals

\$1.50

Lot:

1. Cloverbud Fair entry 1
2. Cloverbud Fair entry 2
3. Cloverbud Fair entry 3
4. Entry related to Demonstrations & Presentations – split fair entry
5. Foods Revue – split fair entry
6. Clothing Revue – split fair entry
7. Music instrument or voice – split fair entry
8. Aerospace – split fair entry

Dunn County Fair Book

Foods Review Regulations

Regular Members-Department 25

Department 25-Food and Nutrition

CLASS H-FOODS REVUE

- Participants who entered the pre-fair event should be sure to include it on their fair entry form.
- Explorers and Cloverbuds should enter under Department 17.
- Display requirements will be outlined in a preparation guide sent to all registered participants.
- Participants will be judged on place settings, menu planning and knowledge of food preparation and meal planning.
- Danish Judging. Exhibitors must be present at judging.
- \$3.00 \$2.50 \$2.25 \$2.00

Lot:

1. Junior Division – 4th - 6th Grades – 1 food item, place setting and menu – No centerpiece
2. Intermediate Division – 7th - 9th Grades – 2 food items, place setting and menu – centerpiece optional
3. Senior Division – 10th grade and up – 3 food or beverage items, place setting, menu and centerpiece
4. Food preservation

CLASS I- FOOD PRESERVATION – Grades 4-6

CLASS J- FOOD PRESERVATION – Grades 7 & up

- Food must have been preserved within the last year, since previous fair.
- Jars must be standard canning jars, manufactured for home canning.
- Jars should be clean, sealed and no larger than one quart.
- Entries consist of one jar for each entry unless noted otherwise.
- All food must be processed according to methods tested and approved by UW-Extension and USDA- acid foods processed in boiling water bath; non-acid foods processed in pressure canner.
- Paraffin should not be used on any project.
- Exhibits must be labeled with the following information:

- Paste label on side of jar opposite name of jar manufacturer.

Exhibitor No. _____ Date Canned _____

Name of product _____

Method of Preparation (check):

Hot Pack _____ Cold Pack _____

If tomatoes: water added _____ or own juice _____

Type of acid _____

Method of Processing (check):

Boiling Water Bath _____

Pressure Canner: pounds pressure _____

Dial Gauge _____ or Weighed gauge _____

Time of Processing _____

\$2.00 \$1.75 \$1.50 \$1.25

Lot:

1. Apples, quartered or halved
2. Applesauce, hot pack
3. Peaches
4. Cherries, pitted
5. Rhubarb
6. Red or black raspberries
7. Any other fruit or berries
8. Tomato juice
9. Tomatoes, whole or quartered
10. Salsa
11. Jam, any variety, not freezer jam
12. Jelly, any variety
13. Freezer jam, perishable, will not be returned
14. Beet pickles
15. Crab apple pickles
16. Bread and butter pickles
17. Sweet pickles
18. Dill pickles, non-fermented
19. Vegetable or pickle relish
20. Green beans, cut
21. Yellow wax beans, cut
22. Sweet corn, off cob
23. Any other vegetable, label contents
24. Canned meat
25. Complete meal, three jars of different products used in one meal; include 3x5 card with menu

Dunn County Fair Book

Food Revue Regulations

Regular Members-Department 25

Department 25-Food and Nutrition

CLASS K – DEHYDRATING

- Open to any member enrolled in Food Preservation.
- Food must have been preserved within the last year, since previous fair.

\$2.00 \$1.75 \$1.50 \$1.25

Lot:

1. Fruit
2. Fruit leather
3. Vegetables
4. Meat or jerky
5. Herbs, label contents

Format for Menus

1. Capitalize all words except articles and prepositions.
 2. The items that compose meals should be grouped by courses, beginning with the first. The items of each course are presented in the order of greatest consequences. Typically, this order is as follows:

Main dish/Meat/Protein Food
Starchy Grain Food or Potato (rice, pasta, potato) unless included in main dish
Vegetable
Relishes or salad (if part of main course)
Bread Product (rolls, bread, biscuits)
Beverage
Dessert

The format applied to a menu would be:

Baked Fish
Baked Potatoes
Broccoli
Hot Rolls
Milk
Apple Pie



3. When an item on the menu has a special accompaniment, you may either place the accompaniment to the right of the main item on the same line or you may center the main item and write the accompanying item underneath. For example:

Braised Pork Chops Applesauce
 OR
Braised Pork Chops
Applesauce

4. When a dish is accompanied by two or more items, center main dish and space the accompaniments on the same line to the left and right, or write them on the line below.

Sesame Seed Wafers Chicken Consomme Saltines
 OR
Chicken Consomme
Saltines Sesame Seed Wafers

5. The beverage appears as the last item of the course with which it is served. If you serve milk with the main course, it will appear as the last item on the menu for that course. See the example in point 2 above. If milk were offered with both the main course and the dessert course, you would list it with the dessert course only.

6. Such items as butter, cream, sugar or salad dressing are not written on menus unless they are special or distinctive in some way. For example:

Garden Salad with Chutney Dressing

OR

Pancakes Maple Syrup

7. Use descriptive terms that indicate temperature, color or special characteristics of the food or method of preparation. For example:

Broiled Ruby Red Grapefruit

OR

Whipped Butter

8. Plan the spacing and arrangement of items on the menu so the written menu is symmetrical. Double space between courses. Following is a menu with three courses.

French Onion Soup

Relish Tray Whole Wheat Crackers

Beef Stroganoff

Fluffy Rice

Broccoli Hollandaise Sauce

Hot Rolls Honey Butter

Milk

Fruit Salad

Sometimes menus printed in newspapers, magazines or other print media will not include spaces between courses to save space.

** Please note that some menus include more items or are more formal than your family typically serves. It is not intended to indicate your Foods Review menus must contain as many food items or courses.*



Guidelines for Table Settings

1. Allow 24 inches for each plate setting or “cover”. Arrange items so that the plate, edges of flatware (silverware) and napkin edge are 1 to 2 inches from the edge of the table.
2. Include only the flatware at the table setting that is necessary for the menu being served.
3. Using the dinner plate as the center of each setting, arrange flatware in order to use from the outside in toward the plate. At left, place fork(s) tine up. At right, place knife(s) first, sharp edges in; and spoon(s) next, bowl up. If no knife is necessary for the meal, the spoon(s) would be place next to the plate.
4. If your menu includes a salad, follow these guidelines for the placement of the salad fork:
 - If the salad is part of the first course, place it to the left of the dinner fork.
 - If the salad is part of the main course, the use of a salad fork is optional. If you choose to include it in the setting, place it to the right of the dinner fork.
5. If your menu includes a salad, follow these guidelines for the placement of the plate:
 - If the salad is served before the main course, place the plate in the center of the setting.
 - If the salad is served as part of the main course, place it above the fork(s).
6. If your menu includes a bread (rolls, loaf, biscuit) and butter, place the bread plate above the fork(s). Current practice is not to include a butter spreader in your table setting. The diner can use the dinner knife for spreading butter. If your menu contains both a bread item and salad, the bread item could be place on the salad plate or dinner plate.
7. In placing beverage glasses, follow these guidelines:
 - If you serve water, place it above the tip of the knife. If there is not adequate space on the cover, place it either to the left or right of the tip of the knife.
 - If a beverage is served in addition to water, place it to the right of the water glass and slightly closer to the diner.
 - If a beverage other than water is the only beverage served, place it above the tip of the knife or to its right or left if space is not available.
8. Linens-follow these simple guidelines for placemats and napkins:
 - Placemats should be flush with the edge of the table or at a distance of 1 to 2 inches from the edge of the table.
 - The preferred shape of folded napkins is rectangular. Square, fanciful folds and use of napkin rings are also acceptable. Typically, the napkin is place to the left of the

fork(s). It is also acceptable in more informal setting the place the napkin in the center of the plate.

- Place the napkin so the bottom edge lines up with the tips of the handles of the flatware and plate.
 - The placement of the napkin on the placement is determined by the size of both. It may be place entirely on the mat, partly on the mat and table or entirely on the table.
9. Centerpiece should compliment the menu and other items in the place setting. They should also be in scale with the table. The decoration should also be kept low so people seated at the table can see and converse with others. Candles should only be used and lighted if the meal is served after dusk. Any lighted candles should be below eye level. Avoid using items that have functional purposes in the out of doors such as a baseball bat, cap and other such items.

References: Kinder, Faye; Nancy Green and Natholyn Harris. **Meal Management**. 1984.

New York: Macmillian Publishing Company. Holmberg, Rita. **Meal Management Today**. 1983. Prospect Heights, IL: Waveland Press, I.

GUIDE – JUDGING FOODS REVIEW

Class: _____ Name: _____ Club: _____ Food Shown: _____

	Member's Rating			Judge's Rating		
	Very Satisfactory	Satisfactory	Needs Improvement	Very Satisfactory	Satisfactory	Needs Improvement
THE FOOD						
Does it have appetite appeal?						
Is the flavor pleasing?						
Is the texture appropriate to the food?						
Is the quality high for the product displayed?						
Comments:						
THE MENU						
Does the meal contribute adequately to total daily needs?						
Are flavors and colors pleasingly combined?						
Is it suitable for the occasion and the favorite food?						
Comments:						
THE SERVICE						
Is overall effect (dishes, food, centerpieces, table cover) pleasing?						
Comments:						
THE PARTICIPANTS						
Is the Participant:	Well groomed?					
	Appropriately dressed?					
Does participant show understanding of:						
	Food preparation?					
	Time and management?					
	Meal planning?					
	Daily food needs?					
What improvements can be made?						