



4-H FAVORITE FOOD SHOW FACT SHEET #1

A COMPLETE TABLE SETTING INCLUDES THE FOLLOWING:

Tablecloth or placemat
Glasses, if needed
Silverware
Dishes
Napkin
Centerpiece
Recipe & Menu Card
Your "Favorite Food"

I. Tablecloth or Placemat: Should look nice with your dishes.

II. Dishes, Silverware & Centerpieces:

- A. Use only dishes and silverware that are necessary for the course in which your food is served.
- B. Place silverware so the piece next "in use" is on the outside.
- C. Centerpiece should be in proportion to the space (24" x 30"). You may choose fruit, flowers, vegetables or ornaments. Use materials found at home.

A PROPER PLACE SETTING:

1. Plate in center one inch from edge of table.
2. Knife at right of plate, blade turned toward plate.
3. Spoons to right of knife.
4. Fork to the left of plate.
5. Water glass at tip of knife.
6. Cup and saucer to the right of the spoon.
7. Bread and butter plate at tip of fork.
8. Salad plate to the left of fork.



4-H FAVORITE FOOD SHOW FACT SHEET #2

MENU

1. **Plan the menu:** Include in your menu (meal) foods from the five food groups. Food Guide Pyramid: (1) grains; (2) vegetables; (3) fruits; (4) milk; and (5) meat & beans.
2. **Select colorful foods:** For example...mashed potatoes, broiled flounder and cauliflower are all "white" foods...needs some "color."
3. **Avoid too many starchy or heavy foods in one meal:** Frank & bean casserole, mashed potatoes, buttered noodles, rolls and cake have too many carbohydrates (starches) for one meal.

To improve this meal...remove noodles and potatoes and add colorful tossed salad. Now you have a more nutritious dinner!

Now You Are Ready for Menu Planning:

Breakfast Sample

Orange Juice
Cold Cereal with Banana
Milk
Bran Muffin

Lunch Sample

Vegetable Soup with Crackers
Tuna/Lettuce/Tomato Sandwich
Apple
Milk

Dinner Sample

Roast Turkey Breast
Green Beans, Brown Rice
Tossed Salad
Peach Cake & Milk



4-H FAVORITE FOOD SHOW FACT SHEET #3

RECIPE CARD

1. Recipe should be typed or neatly printed in ink.
2. List ingredients first in the order of their use.
3. Write procedure next and include the following:
 - A. Method and directions clearly explained...“how” it’s done.
 - B. How much heat (example: 350°F; simmer; boil; etc.)
 - C. Length of cooking time.
 - D. Amount produced from recipe...“serves how many.”
4. Check for spelling and proper measurements.
5. You may decorate your recipe and menu card to tie in with your theme.

CORRECTLY WRITTEN RECIPE

Coffee Cake

3/4 c. sugar	1-1/2 c. sifted flour
1/2 c. soft shortening	1 t. baking powder
1 egg	1/2 t. salt
1/2 c. milk	

Topping

1/2 c. brown sugar
1-1/2 T. cinnamon

Method

Combine sugar, shortening and egg; mix together thoroughly. Stir in milk. Sift together and stir in flour, baking powder and salt. Spread batter in greased and floured 9” square pan. Sprinkle with topping and bake at 375° for 25-35 minutes. Serve warm, fresh from oven. Makes 8-9 servings.

OVER

4-H FAVORITE FOOD SHOW FACT SHEET #4

Tips for Families Eat Right

1. **Make half your grains whole.** Choose whole-grain foods, such as whole-wheat bread, oatmeal, brown rice, and low fat popcorn, more often.
2. **Vary your veggies.** Go dark green and orange with your vegetables-eat spinach, broccoli, carrots, and sweet potatoes.
3. **Focus on fruits.** Eat them at meals, and at snack time, too. Choose fresh, frozen, canned, or dried, and go easy on the fruit juice.
4. **Get your calcium-rich foods.** To build strong bones serve low fat and fat-free Milk and other milk products several times a day.
5. **Go lean with protein.** Eat lean or low fat meat, chicken, turkey, and fish. Also, change your tune with more dry beans and peas. Add chick peas, nuts, or seeds to a salad; pinto beans to a burrito; or kidney beans to soup.
6. **Change your oil.** We all need oil. Get yours from fish, nuts, and liquid oils such as corn, soybean, canola, and olive oil.
7. **Don't sugarcoat it.** Choose foods and beverages that do not have sugar and caloric sweeteners as one of the first ingredients. Added sugars contribute calories with few, if any nutrients.

Source: My Pyramid, USDA (9/05)