

# **Favorite Foods Show- Educational Information**

## **Start with a THEME**

Will you have an informal, casual theme or a formal one? Sometimes choosing a theme is the easiest way to get started on a table setting. Here are a few examples. Whatever you choose, be creative and have fun with it!

- Picnic
- Birthday party
- Graduation party
- Family breakfast, lunch or dinner
- Holiday meals
- Luau
- Western
- Wedding Reception

## **Table coverings**

Be creative! In the proper setting a beach towel can be a great table cloth! A previous Coffey County 4-Her mimicked a restaurant where guests could draw on a white newsprint table covering with crayons while they waited for their meal.

Place mats, table runners, all kinds of table cloths, fabric, homemade table cloths from fabric are just a few of the ideas that can be used.

## **Centerpiece**

Make sure your centerpiece adheres to the basic rules that formal centerpieces follow:

- Don't let a centerpiece overwhelm a table;
- Don't have a centerpiece that blocks the view of people sitting across from one another;
- Don't create a centerpiece that hinders serving and dining.

Look through magazines for centerpiece ideas.

Be creative and think of items you have at home that could be put together to make an attractive centerpiece.

## **Food Choices**

Pick a "favorite food" item to start with, and then plan your menu around that item. Keep the following in mind while planning:

1. Menu should be nutritious. Use ChooseMyPlate to help with the nutritional aspects. This is a 4-H learning experience, so plan to choose nutritious foods that represent each of the five main food groups. Resource: <http://www.ChooseMyPlate.gov>

2. Food should vary in temperatures- hot, warm and cold. A variety of temperatures is appetizing and adds interest to your menu.
3. Food should vary in colors. Choose colorful foods that will add interest and variety to your plate. Current nutrition information reminds us to eat a variety of colors of fruits and vegetables because of the phytochemicals found in the colors. Think about using contrasting colors and whether the foods will look attractive and appetizing when served together.
4. Flavor: is there a combination of mild and strong flavored foods?
5. Texture: is there a combination of soft and crisp food items? Imagine these foods on one plate: Applesauce, mashed potatoes, cottage cheese, cooked cauliflower- all soft foods of similar color and not very appetizing.
6. Shape: A variety of shapes of food is also important.
7. You will need 2-3x5 inch notecards. One with the recipe for your favorite food, one for the menu.

### **Menu Writing**

Use descriptive terms that give information about the temperature, texture, color or other special characteristics of the food. Words like fresh-picked or homemade sound appetizing and indicate freshness.

1. Write menus in symmetrical arrangement on the page, listing foods in the order that they are served. Group foods served in one course. Use single line spacing between food items and double line spacing between courses.
2. Use capital letters at the beginning of all words except articles, conjunctions, and prepositions. Correct spelling is important.
3. When an item on the menu has an accompaniment:

- a. Place the main item to the left and write the accompaniment to the right,

**Braised Pork Chops                  Applesauce**

- b. Or you may center the accompanying item underneath

**Braised Pork Chops  
Applesauce**

- c. If more than one accompaniment appears, place one at each side on the same line,

**Sesame Seed Wafers                  Tomato Bouillon                  Saltine Crackers**

- d. Or place both on the same line below.

**Tomato Bouillon  
Sesame Seed Wafers Saltine Crackers**

4. When a food is commonly prepared in more than one way, avoid confusion by describing the method of cooking, such as: Roast Turkey or French Fried Potatoes.
5. List each food with the exception of butter, cream, sugar or salad dressing, unless it is something special, such as Honey Butter or Poppyseed Dressing.
6. List beverages last.
7. Consider creativity when choosing names of menu items (except for formal menus). Formal menus must use original names of items. Ex. Using Patriotic Punch for a 4<sup>th</sup> of July theme and Cherry Punch for a formal theme.

Sample menu patterns:

**Breakfast**

Fruit or Juice

Hot or cold Cereal

Eggs

Breakfast Meat

Toast, Biscuit, Pancake or French Toast

Choice of Beverage

**Lunch**

Entrée

Vegetable

Salad

Bread or Roll

Fruit or Dessert

Choice of Beverage

**Supper**

Entrée

Vegetable

Salad

Bread or Roll

Fruit or Dessert

Choice of Beverage

Capitalize all words except words like *or, or, and, with*.

**General Table Setting Guidelines**

The lower edges of the utensils should be aligned with the bottom rim of the plate, about one inch from the edge of the table.

To avoid hiding a utensil under the rim of a plate or bowl, lay it approximately one inch away from the plate's side.

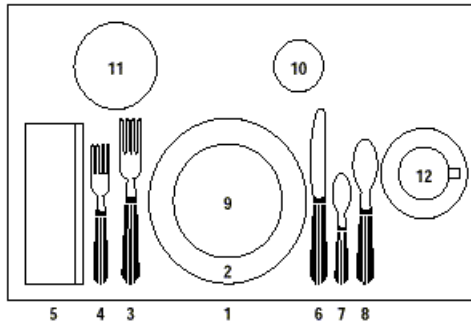
The water glass should be placed approximately one inch from the tip of the dinner knife.

Place knives with blades facing the plate.

Do not place over three pieces of flatware on either side of the plate at one time (except forks if an oyster fork is used).

At an informal meal, the table setting is not cluttered and all the flatware is laid on the table at one time. The dessert utensils may be brought to the table on the dessert plate.

The following is a **standard table setting** for a three-course meal. Note the basic “outside-in” rule (the utensils used first are on the outside, the piece used last is placed directly next to whatever plate you are using).



**Forks:** the forks are placed on the left of the plate. The fork furthest from the plate is for salad. The fork next to the plate is for dinner. In American style, the fork is laid on the table tines upward.

**Dinner Plate:** Large plates, such as the dinner plate and luncheon plate, are laid about one inch in from the edge of the table.

**Salad Plate:** The salad plate is placed to the left of the forks. Small plates, such as the salad plate are laid about two inches from the edge of the table.

**Dinner Knife:** The dinner knife is placed on the right side, one inch away from the plate. The blade should face the plate. If the main course requires a steak knife, it may be substituted for the dinner knife.

**Spoon:** The soup spoon is on the far right of the outside knife.

**Butter Plate with Butter Knife:** A small bread plate is placed above the forks, above and to the left of the service plate. The butter spreader is laid on the bread-and-butter plate.

**Water Goblet:** The water glass goblet is placed in a position closest to the hand, approximately one inch above the tip of the dinner knife.

**Wine Glass:** If there was a wine glass, it should sit to the right and possibly above the water glass. Remember 4-Hers should probably not have a wine glass on their table unless they have an excellent reason for using it.

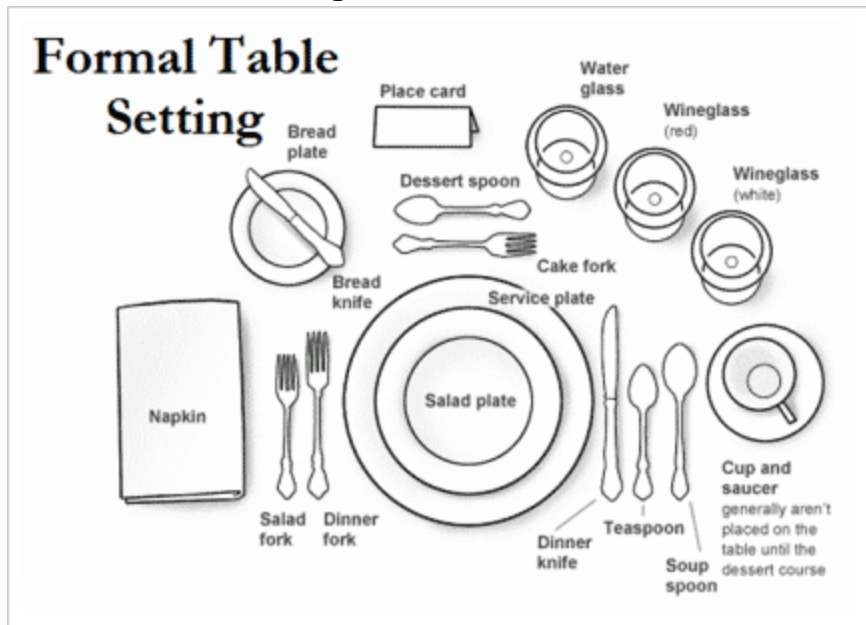
**Napkin:** Place the napkin in the place setting's center, or left of the last fork.

**Coffee Cups:** Place a cup and saucer to the right of the place setting. The coffee spoon goes to the left or right of the saucer. Place approximately one inch beyond the outermost piece of flatware. The top edge of the saucer is aligned with the top rim of the plate or bowl. Cup handles are faced in the four o'clock position for easy access.

Dessert spoon and fork: At an informal meal, when two utensils are provided for dessert, the utensils are laid on the table or presented on the dessert plate. The dessert spoon (or dessert knife) is laid on the table above the dinner plate in a horizontal position, handle facing right.

The dessert fork is laid beneath the dessert spoon (or dessert knife), handle facing left. The dessert utensils may also be be presented on the dessert plate in the same way as formal service.

### The Formal Table Setting



To avoid clutter, the general rule for any table setting is to include no more than three utensils on either side of the dinner plate at a time. The exception is the oyster (or seafood) fork, which may be placed to the right of the last spoon even when it is the fourth utensil to the right of the plate. The initial table setting for a typical formal dinner should look something like this:

- Glasses
  - Water Glass: The water goblet is placed above each guest's dinner knife. The other glasses are then arranged around the water glass as follows:
  - Champagne Glass: A champagne flute may be located between the water glass and the wine glasses.
  - Red Wine Glass: Red wine glasses have a wider globe and may be cupped in the palm of your hand if you choose.
  - White Wine Glass: The glass with the longer stem and cylindrical globe is the white wine glass. White wine glasses should only be held by the stem.
  - Sherry Glass: A small sherry glass may also be present to the right of the wine glasses. This may signal that sherry will be served with the soup course.
- Forks
  - Salad Fork: Directly to the left of the plate. One inch from the plate.
  - Dinner Fork: Left of the salad fork.
  - Fish Fork: Left of the dinner fork.

- Knives
  - Dinner Knife (Or meat knife if meat will be served): Directly to the right of the plate. One inch from the plate.
  - Fish Knife: To the right of the dinner knife.
  - Butter Knife: On the butter plate, diagonally with the handle toward the guest
- Spoons
  - Soup Spoon and/or Fruit Spoon: Right of the knives.
- Oyster Fork (Seafood fork): If present, on the right of the soup (or fruit) spoon. The only fork placed on the right side of the place setting. The fork tines are placed in the bowl of the soup spoon with the handle at a 45 degree angle. It may also be laid next to the soup spoon in a parallel position.
- Dessert Spoons and Forks:
  - A dessert fork and/or spoon may be placed horizontally above the dinner plate. These utensils may also be provided when dessert is served.
- Salt and Pepper:
  - Salt Shaker: The salt shaker is placed to the right of the pepper shaker.
  - Pepper Shaker: The pepper shaker is to the left of the salt shaker, and is angled slightly above the salt shaker.
- Salt Cellars:
  - At formal affairs, salt is always applied from a salt cellar, a method that provides controlled use of salt. A small spoon is presented in the salt cellar and used to sprinkle salt over food.
- Finger bowls:
  - Finger bowls may be placed on the table at the end of the meal.

#### Favorite Foods Show Judging

4-Hers should be prepared to talk about the decision they made while planning the Favorite Foods exhibit. The judge will ask questions about food preparation, food safety, nutrition of food, and other questions concerning centerpiece, table cloth, table setting, etc.

**BRING YOUR OWN CARD TABLE**

**SE Area Contest June in Emporia, top two Juniors and Seniors will go**