

4-H Food 'N Fun

Saturday, May 7, 2022

4:00 – 6:00 pm

What is Food 'N Fun?

Food 'N Fun is a friendly, food-themed challenge open to ALL Somerset County 4-H Clubs. Participants share their creativity by selecting a theme and planning a menu and table setting around that theme. Themes do not have to be club related. Past themes have included Disney, Movie Night, Sports, and Olympics - the possibilities are endless!

Participating club members will each contribute a food or drink (prepared at home), along with the recipe if possible. Clubs will also include an attractive menu and a poster that shows how their menu selections fit into the MyPlate guidelines.

OBJECTIVES

1. To give club members an opportunity for creative and artistic expression through food preparation and table setting.
2. To challenge youth on knowledge of basic nutrition principles.
3. To challenge youth in basic food preparation and safety skills when preparing and presenting food as a real-life skill.
4. To encourage youth to eat more fruits and vegetables, whole grains, lean protein, and low-fat dairy.
5. To encourage youth to engage in conversation and social etiquette.
6. To provide youth opportunities for public speaking through explaining their dish in conversation and presentation of their meal.
7. To provide an opportunity for 4-H clubs to work together as a team, learn from peers and mentors and have fun through "learning by doing".

LOCATION

Gymnasium at the 4-H Center, 310 Milltown Road, Bridgewater.

REGISTRATION

In order to complete program and reserve judges, please submit registration no later than April 22, 2022. Email Jennifer Korneski, Healthy Living Program Coordinator at korneski@co.somerset.nj.us to register your club.

Please include the following:

- Club Name
- Theme
- Participating member names

LEADERS

- Work with your club before the event to help them develop an action plan for their theme and menu.
- Guide your club to have a complete menu including drink, appetizer or salad, main course, side dishes and dessert and simple but creative decorations for table setting including paper plates and utensils.
- Join your club for dinner at the luncheon, but please do not help them cook their dish.

CLUB MEMBERS

- Upon arrival to the 4-H Center, clubs will meet in the gym for check-in and can start setting up tables. Club members will help set-up and decorate their assigned table in the gym, allowing the judges to observe organization and teamwork.
- Food should be left in the 4-H kitchen either in the refrigerator or on counter. Use coolers or thermal carriers to keep food cold or hot. You may use an oven to warm up food but not cook it the day of the event, food should be cooked and prepared at home.
- All members should wash hands before handling any food.
- When all clubs are set up, the program will begin with a welcome and pledges.
- Each club will be assigned a judge who will enjoy dinner with the club members and leaders. Be prepared to answer questions the judge may have regarding food preparation, selection of theme, etc.
- Be clean and neatly dressed. Clothing should be appropriate for your theme.
- Be sure to wear your provided name badge.
- Each club is required to have one nutritional poster based on the MyPlate guidelines, and a menu neatly written or typed listing the items they will be serving.
- After eating, one or more members should plan to present their theme, and how their menu fits into the MyPlate guidelines to the audience.
- Have fun 😊

JUDGING

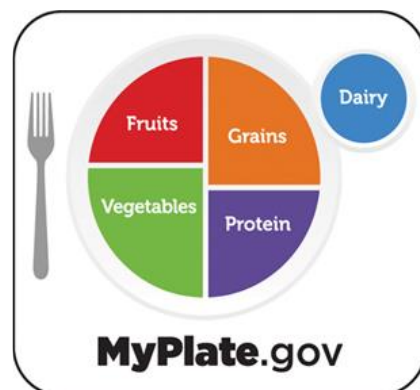
- Clubs will be judged on how well the chosen theme is presented, including the menu, table setting.
- Individuals will be judged on food entry (entries) and social know-how.
- Prep clubs are welcome to participate and will be critiqued, not judged

AWARDS

- A ribbon will be awarded for each participant.
- All clubs will receive a rosette that can be exhibited at the 4-H Fair.

PARENTS

- Remember, this is a learning experience, please only assist your 4-H members with cooking as needed.



RESOURCES

For information on MyPlate guidelines and the five food groups, visit www.myplate.gov

Fruits

Options:

- ½ cup berries (raspberry, strawberry, blueberries)
- 1 medium apple, banana, orange, or pear
- ½ cup fruit salad
- 1 slice melon (honeydew, cantaloupe, watermelon)
- ¼ cup dried fruit (raisins, blueberries, cranberries)
- 4 ounces calcium-fortified 100% orange juice

Grains

Options:

- ½ cup couscous
- ½ cup oatmeal
- 1 slice whole wheat bread
- ½ cup bran cereal
- ½ cup pasta
- ½ cup brown rice
- Whole-grain crackers

Dairy

Options:

- 8 ounces low-fat yogurt
- 1.5 ounces low-fat cheddar cheese
- 8 ounces skim or low-fat milk
- 8 ounces fortified soy beverage
- 1.5 ounces low-fat string cheese
- ½ cup low-fat cottage cheese

Vegetables

Options:

- ½ cup broccoli
- 1 cup spinach salad
- ½ cup stir-fried vegetables
- ½ cup beans or peas
- 1 medium sliced tomato
- 1 cup vegetable soup
- 4 ounces vegetable juice

Protein

Options:

- 3 ounces salmon
- 3 ounces beef or pork tenderloin
- 1 boneless, skinless chicken breast (3 ounces)
- 1 large egg
- 2 tablespoons nut butter
- 1.5 ounces nuts
- 4 ounces (½ cup) tofu

LESS

- Salt
- Saturated Fats
- Solid & Trans Fats
- Added Sugars
- Fast Food
- Refined Grains

MORE

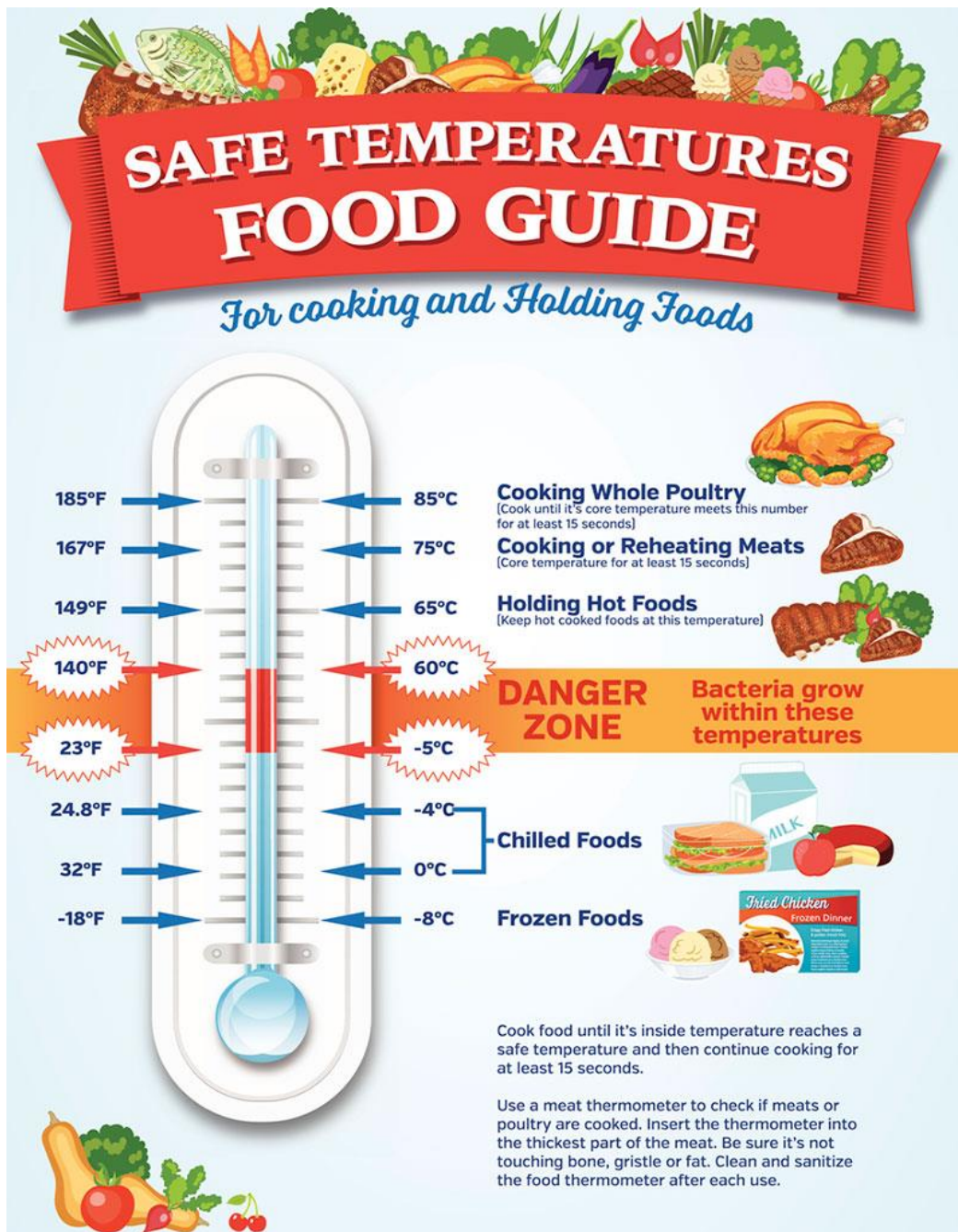
- Seafood
- Whole Grains
- Low-fat Dairy
- Healthy Oils
- Fruits & Vegetables
- Lean Protein

Reviewed by Laura J. Mann, MD

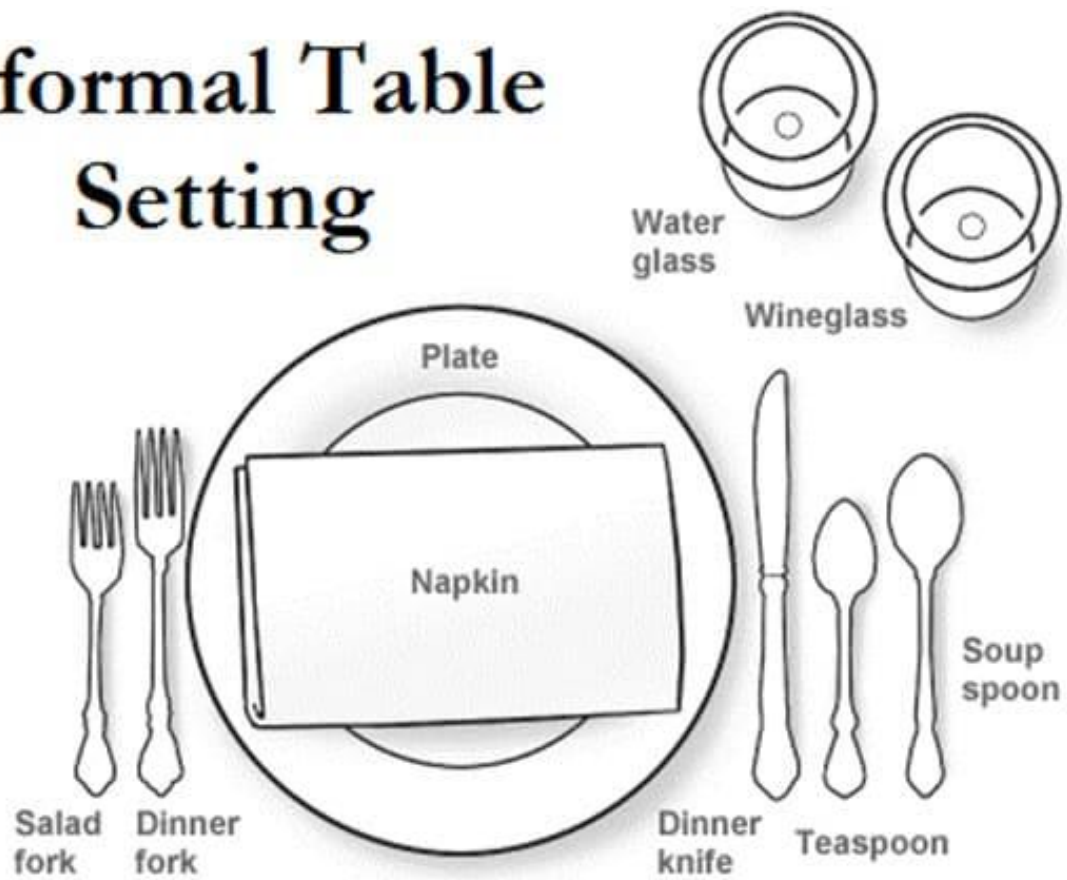
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FOOD SAFETY TIPS

- Always wash hands before and after cooking and handling food
- Clean and disinfect counter surfaces
- Keep food at appropriate temperatures
- Avoid cross contamination, use separate cutting boards and cooking utensils for produce and meats. Do not double dip when tasting
- Use potholders or oven mitts when handling hot pots and pans



Informal Table Setting



Utensils are placed one inch from the edge of the table