

## Outagamie County Foods Revue Reviewing the Judges Evaluation Form

For this event, you must be enrolled in the Foods and Nutrition project and will choose a food entry that you will prepare, from the Outagamie County Fair Premium book. The entry you choose will need to be grade appropriate. You will prepare at home one serving of the food entry. All other foods should be written on your menu only. You will also need to add this item to your fair entry form in May to receive your premium. Those members receiving a blue rating must display the exhibit at the county fair in order to also receive this premium. However, you will not prepare the item for the fair. Just the place setting, menu and picture.

Your exhibit will include:

1. Two 4" x 6" or 3" x 5" cards, one providing the **Recipe** and preparation of the food entry, and the other for the **Complete Menu** for one meal in which your food entry will be served. The menu should be for a breakfast, lunch, or dinner.
2. A table setting. This includes a table covering (cloth or mat), napkin, plate(s) glassware, and silverware needed for your planned meal. Bring all necessary silverware for the menu you have written. Each contestant will have approximately a 2½- foot space on a table.
3. Centerpiece.

### **The Menu**

A menu is a list of the various dishes that you are planning to serve. The menu should be based on breakfast, lunch or dinner. You may want to theme your menu. Again, for this competition, you create a full menu and only prepare, at home to bring in, one item that you selected from the list in the Fair Premium book prior to the Foods Revue date.

In this section, the judge will be looking for contrast and the combination of:

1. Food Nutrients: Does your menu offer a balance from the USDA My Plate guidelines? This would be using more vegetables, fruit, grains, dairy, meat and use fats and sugars in moderation.
2. Flavors: The flavor may be strong, mild or delicate depending on the item being served. Chili is usually on the spicy side and chicken soup could be milder. So in planning your menu you may not want all spicy or all mild.
3. Colors: Color will stimulate and influence the appetite more than anything else. In other words, you sort of "eat with your eyes"! The food items should look eye appealing. Using a variety of different colored foods may look more attractive.
4. Shapes: When planning your menu, eye appeal is important so allowing your table setting to take on different shapes and heights will eliminate the flat surface look.
5. Textures: At least one item presented on your menu should be something you can chew on. Try to avoid all soft or mushy foods or all crunchy foods.

### **The Food Exhibit**

This is the portion of the evaluation that the judge will be looking at the actual food entry that you prepared from home and brought in. Remember, no commercial mixes or dough are permitted unless specified. Participants in grades 9 and up will select an ingredient and make an item using that ingredient.

In this section, the judge will be looking for the following:

1. Appearance (eye appeal): Remember we "eat with our eyes" so to speak. Ask yourself, does my food entry look good enough to eat?
2. Flavor (is pleasing): Your entry should offer a tasteful flavor and smell.
3. Quality and Texture: Does the item that you've made have form and consistency? Example: A cream soup or sauce is expected to be creamy, not thin or lumpy. A chewy chocolate chip cookie should be chewy. Crisp items should look crisp, not mushy.
4. Nutritive Value: Of course you want to be aware of the nutritive value. If you choose to make a dessert from your menu, that item may have little to no healthy nutritive value. However, it can be fun to make and a nice way to complete your menu. Just keep in mind "all sweet and fatty items in moderation," using smaller portions.

## **Table Setting**

Your menu will determine your table setting. You may want to pick a theme for your menu and table setting. Your table setting will include all dishes needed for **your menu**, a table covering, napkins, plates, glassware and silverware. You will have about a 2½ foot space on a table. You will also need a centerpiece.

In this section, the judge will be looking for the following:

1. Attractive: Your table setting needs to look inviting, eye catching and most of all, it should complement your menu and the food entry that you made.
2. Neat: Keeping your table setting neat and organized. The general rule with utensils is to start from the outside of your place setting, and work your way toward the service plate. Other general rules include but are not limited to: the table settings are set one inch from the table's edge. On a round table imagine a straight edged placemat is there-don't curve the place setting around the edge. Each piece of silverware is to be placed an inch apart. Dinner fork on left. Dinner knife on right along with the tea spoon. If a coffee cup is needed, the handles are placed at 4:00 and can be upside down on the saucer. China Tea cups for High tea are never placed upside down. Water glass is usually set one inch from the top of the dinner knife unless several wine glasses are used. Salt and pepper, if needed, sit together with salt on the right. Again your menu determines how you set your table.
3. Correctly set for menu: You set for your menu. Not serving coffee, then you don't need a coffee cup. Look at your menu and decide if you have a formal menu, semi formal, or casual. Not serving a salad, then no need for a salad plate or salad fork. Serving soup, then you need a soup bowl and soup spoon. Included with this are some table settings. See added pages.
4. Centerpiece: Your centerpiece should complement your menu and the food entry that you have chosen. It should add to the table setting and not distract from the table setting. Size and height should be determined to enhance the table, not block out the setting. No **soil** potted plants. Fresh flowers should look neat and fresh.

## **Exhibitor**

The judge will ask you questions about your table setting as a whole. You need to be prepared for questions concerning the following:

1. Preparation of the food: Do you understand what you made? This is important to know about the recipe to show the judge that YOU made the item.
2. Planning of the menu: They may ask questions about why you chose your menu, menu entry and how you decided on the colors, textures etc. Again be prepared.
3. The importance of Nutrition: Know the My Plate guidelines and how that influenced your choices on your menu.
4. Personal Appearance: Look neat and clean. If you have a theme, try to follow through in what you are wearing. If you have a formal menu, dress up. Hair and nails are always looked at. No one likes to find hair or nails in their food, so have them clean and trimmed and hair neat.
5. Sit quietly while you are waiting for your setting to be judged. Answer the judge politely. The judge should ask you if you have any comments that would explain better about your menu, food exhibit, table setting or you the exhibitor. That's your time to say something that you think the judge should know. Please keep your comments brief so the judge can keep on schedule.

This is intended to give you a better understanding of our food revue and what our judge is looking for. If you have questions or concerns, please feel free to call the county office (832-5122) and they will refer you to a Food Resource Leader that will be more than happy to assist you.

# Foods Revue Judging Sheet

Rating: Blue \_\_\_\_\_  
 Red \_\_\_\_\_  
 White \_\_\_\_\_  
 Pink \_\_\_\_\_

Name \_\_\_\_\_

Grade \_\_\_\_\_

Club \_\_\_\_\_

Lot # \_\_\_\_\_

Menu	Very Good	Good	Needs Improvement
Pleasing contrast & combination of:			
Food Nutrients (My Plate)			
Flavors			
Colors			
Shapes			
Textures			
<b>Food Exhibit</b>			
Appearance (eye appeal)			
Flavor (is pleasing)			
Quality & Texture			
Nutritive Value			
<b>Table Setting</b>			
Attractive			
Neat			
Correctly set for menu			
Centerpiece			
<b>Exhibitor</b>			
<b>Understands:</b> Preparation of food			
Planning of menus			
Importance of nutrition			
<b>Personal Appearance</b>			

Comments: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## PROPER TABLE SETTINGS

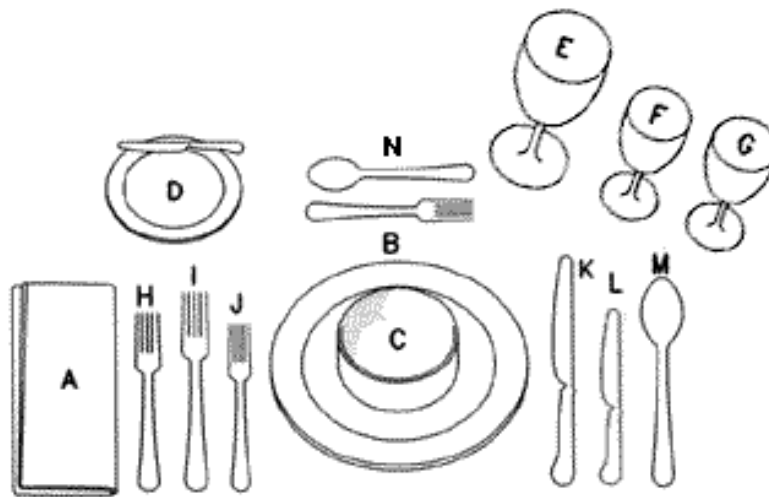
### What goes where on the table and which glasses go with what drinks

Real easy to remember, the etiquette experts tell us. The general rule with utensils is to start from the outside of your place setting, and work your way toward the service plate (the main meal plate): soup spoon first, then fish knife and fork, then service knife and fork. Proper arranging [dining room sets](#) with chairs at the end of the table for the host and hostess is another aspect.

### When to start eating:

Despite what mother told you, culinary experts say you do not always have to wait for everyone to begin – start eating hot food when it is served. For cold foods or buffets, wait for the host to announce dinner and wait until the head guest starts dishing.

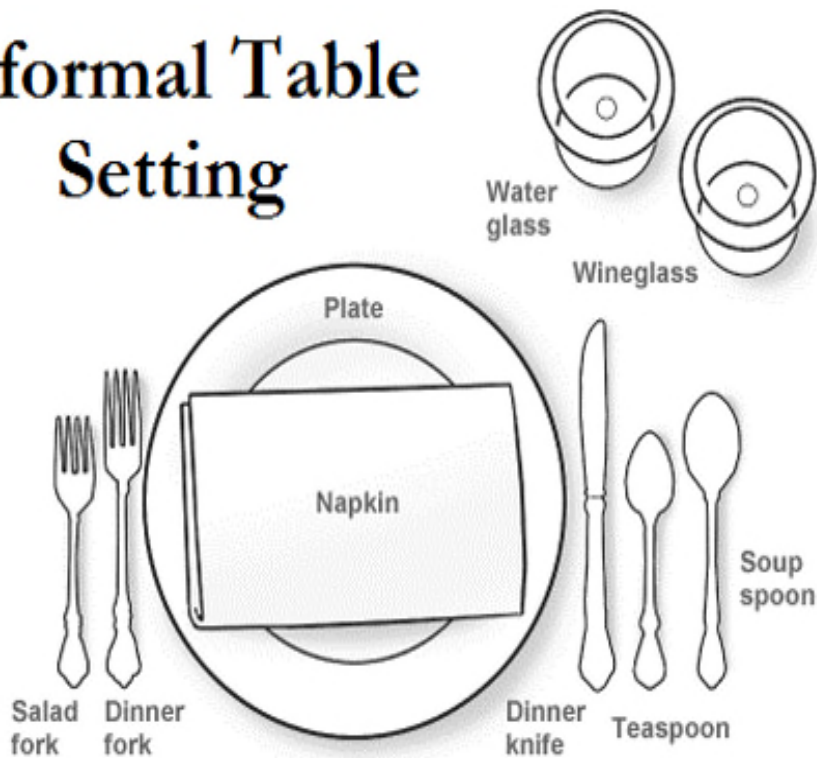
*The correct table settings*



A	B	C	D	E
Serviette (napkin)	Service plate	Soup bowl on plate	Bread & butter plate with butter knife	Water glass
F	G	H	I	J
White wine	Red wine	Fish fork	Dinner Fork	Salad fork
K	L	M	N	
Service knife	Fish knife	Soup spoon	Dessert spoon and cake fork	

Note that it often is recommended that the salad fork (J) is placed to the left of the dinner fork (I). However, in this formal setting the dinner fork is placed to be used before the salad fork because it is suggested that the guest awaits the main meal before helping him/herself to the salad.

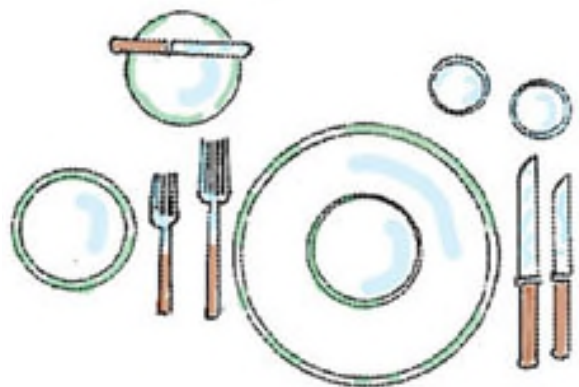
# Informal Table Setting



Utensils are placed one inch from the edge of the table

## Casual Table Setting

- bread-and-butter plate (above forks, left of dinner plate)
- bread-and-butter knife (placed across plate)
- dinner fork (larger fork, to left of plate)
- salad fork (smaller fork, to left of dinner fork)
- dinner knife (larger knife, to right of plate)
- salad knife (smaller knife, to right of dinner knife)
- water glass (to upper right of plate, left glass of the two, and larger)
- beverage glass (right of water glass and smaller)
- dinner napkin (could be placed in center of plate)

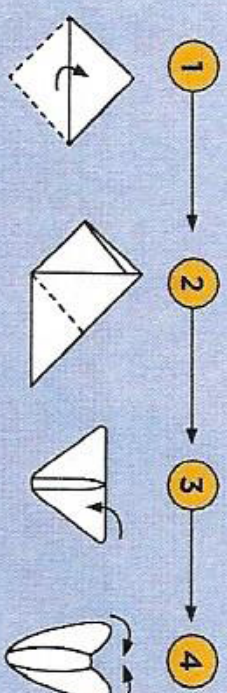






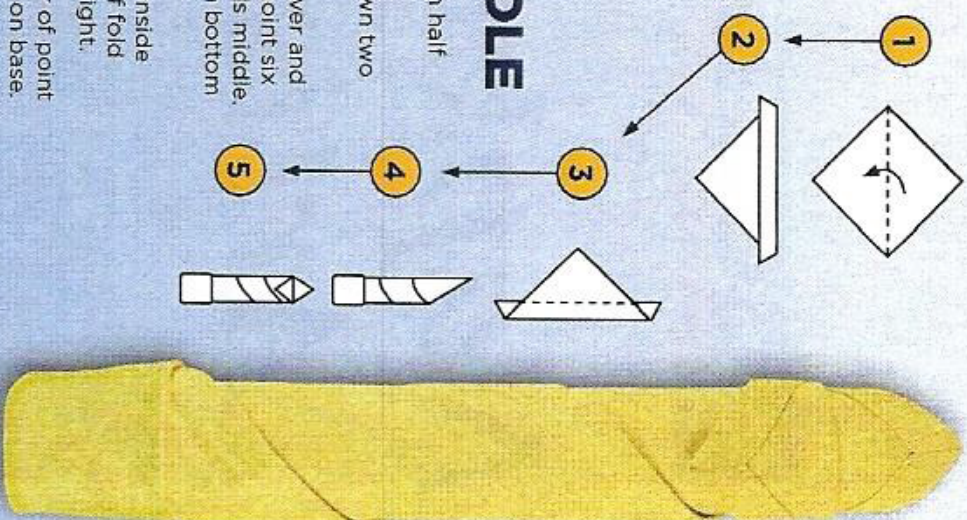
## 1. PYRAMID

1. Fold napkin in half diagonally.
2. Fold corners to meet top point.
3. Turn napkin over and fold in half.
4. Pick up at center and stand on base of triangle.



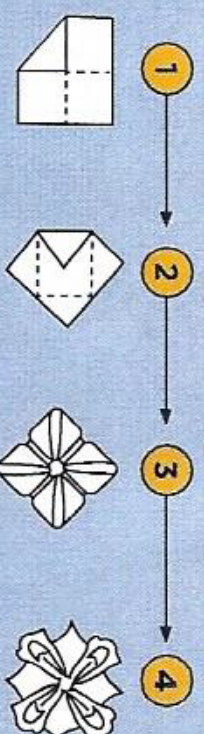
## 2. CANDLE

1. Fold napkin in half diagonally.
2. Fold base down two inches.
3. Turn napkin over and fold bottom point six inches towards middle. Then roll from bottom to top.
4. Tuck corners inside cuff at base of fold and stand upright.
5. Turn one layer of point down and set on base.



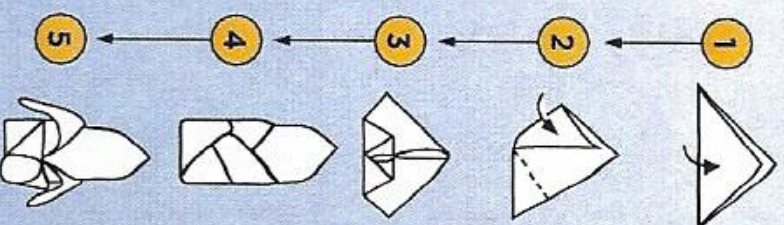
## 3. THE ROSE

1. Fold all four corners of open napkin to center.
2. Fold new corners to center.
3. Turn napkin over and fold all four corners to center.
4. Holding center firmly reach under each corner and pull up flaps to form petals. Reach between petals and pull flaps from underneath.



## 4. THE CROWN

1. Fold napkin in half diagonally.
2. Fold corners to meet at top point.
3. Fold bottom point 2/3 way to top and fold back onto itself.
4. Turn napkin over bringing corners together - tucking one into the other.
5. Peel two top corners to make crown. Open base of fold and stand upright.



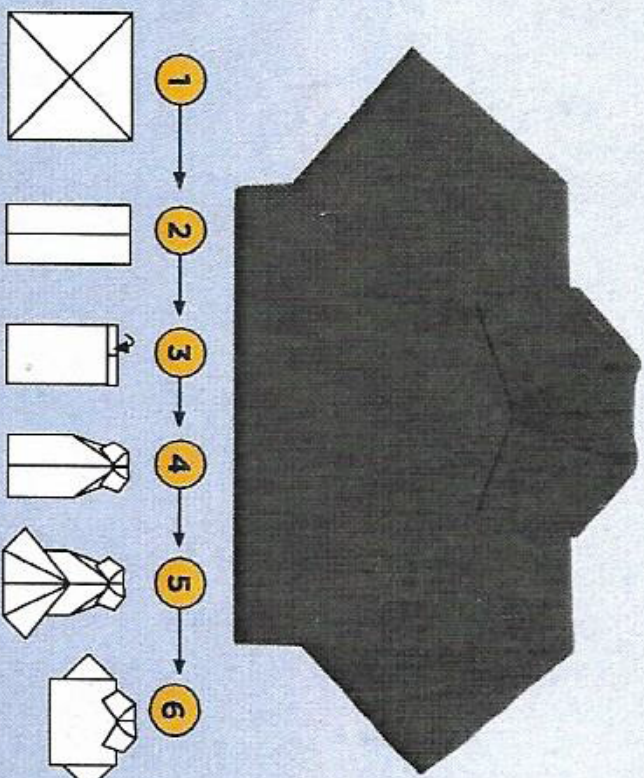
## 6. SILVERWARE POUCH

1. Fold the napkin in quarters, so that the open corner faces away from you.
2. Fold down the top layer of fabric, so that the top corner reaches almost all the way to the bottom.
3. Fold down the next two layers in the same way, creating a cascade effect.
4. Flip over the napkin.
5. Fold the napkin into thirds by folding back the left and right sides of the napkin.
6. Flip the napkin over and slip silverware inside the pocket.



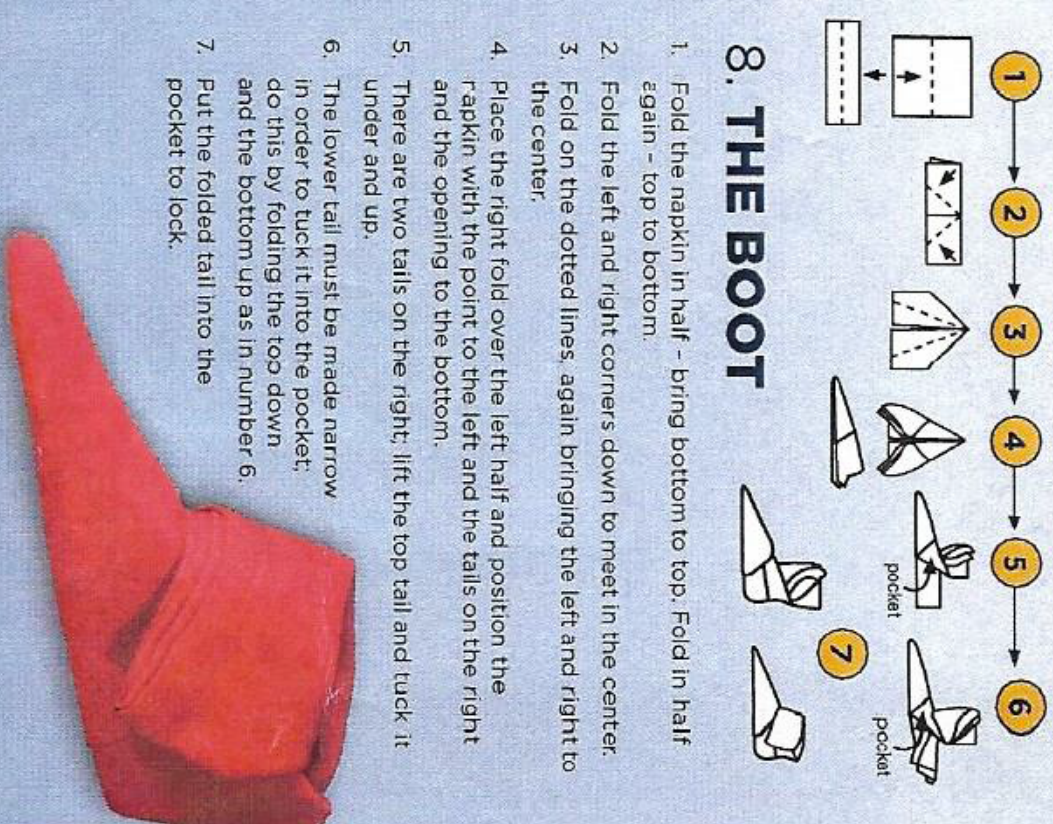
## 7. THE SHIRT

1. Place the napkin face down. Fold all four corners to the center.
2. Fold the left edge to the center, then the right edge.
3. Turn the napkin over - fold about one inch down from the top.
4. Turn the napkin over again. Fold each of the top corners diagonally inward to the center. This is the collar.
5. Lift each bottom flap and fold outward, making a crease that's roughly parallel to the collar fold above it. These are the sleeves.
6. Fold the entire bottom half of the napkin upward toward the collar and tuck it under the collar flaps.



## 8. THE BOOT

1. Fold the napkin in half - bring bottom to top. Fold in half again - top to bottom.
2. Fold the left and right corners down to meet in the center.
3. Fold on the dotted lines, again bringing the left and right to the center.
4. Place the right fold over the left half and position the napkin with the point to the left and the tails on the right and the opening to the bottom.
5. There are two tails on the right; lift the top tail and tuck it under and up.
6. The lower tail must be made narrow in order to tuck it into the pocket; do this by folding the top down and the bottom up as in number 6.
7. Put the folded tail into the pocket to lock.



## 5. BISHOP HAT

1. Fold napkin bringing top to bottom.
2. Fold corners to center line.
3. Turn napkin over and rotate 1/4 turn.
4. Fold bottom edge up to top edge and flip point out from under top fold.
5. Turn left end into pleat at left, forming a point on left side.
6. Turn napkin over and turn right end into pleat, forming a point on right side.
7. Open base and stand upright.

