

GUIDELINES FOR FOODS REVUE DISPLAYS

Food Display includes:

- Menu - a complete menu for a specific meal. Indicate which meal of the day you have planned. Be sure the menu is written in correct form, nutritionally balanced and has a good variety of colors, textures and shapes.
- One serving of only one food on menu. The serving should be placed on the table as a part of the actual table setting. Judge will not be tasting food.
- Recipe of the one food displayed
- Table setting - dishes, flatware and napkin (only one set is necessary). Each participant must bring his or her own equipment and utensils necessary for the exhibit. Exhibitor will have half of an 8-foot table to work with.
- Centerpiece - appropriate size and type for the setting and menu
- Tablecloth or placemat - appropriate background for setting

Project Display should:

- Teach an idea; perhaps from project book
- Show comparisons of good and bad or acceptable and non-acceptable, etc.
- Be attractive visually - using color and/or motion for attention-getting
- Be set up by exhibitors without help from adults - exhibitor will have half of an 8-foot table to work with.
- Food is not necessary, but may be used

Complete Table Setting or Buffet Table includes:

- Menu - a complete menu for a specific meal on a 3" x 5" card
- Table setting - dishes, napkins and flatware for at least four settings
- Centerpiece - appropriate size and type for setting and menu
- Tablecloth or placemats – exhibitor will have entire 8-foot banquet table to work with
- No food should be included in display

Centerpiece includes:

- Tablecloth or placemat - exhibitor will have half of an 8-foot table to work with
- Centerpiece creatively designed by exhibitor
- Cannot be included in any other entry

Relish Tray includes:

- Tablecloth or placemat - exhibitor will have half of an 8-foot table to work with
- Creative display with three or more different vegetables

Hors d'oeuvres includes:

- Event title with list of foods to be served
- Tablecloth or placemat - exhibitor will have half of an 8-foot table to work with
- Recipes for each food
- Centerpiece creatively designed by exhibitor

Decorated Item:

- Tablecloth or placemat - exhibitor will have half of an 8-foot table to work with
- Cookies/Cupcakes – display with three cupcakes or three cookies

The judge may ask questions related to:

- * Why choices were made - about food, dishes, menu, color and texture combinations.
- * Nutritional value of the foods.
- * Preparation - time, difficulty, experience.
- * What was learned while preparing the exhibit?
- * Appearance of display - neatness, coordination, and organization of display.

Planning Meals

The first thing to think about in planning meals is the nutritional value.

- Do the meals include healthy foods? Go to www.MyPlate.gov for more information.
- Are the servings sizes appropriate?
- Are extra fats and sugars avoided?

The next thing to think about in planning meals is appetite appeal.

- Check color combinations. Avoid all one-color meals.
- Check textures. Combine different textures, such as crisp, dry, moist or creamy.
- Check flavor. Blend for variety and pleasing combinations.
- Check temperatures. The old rule of one hot dish or one cold dish with every meal is a good one, as it provides variety.
- Check variety. Avoid repetition of the same flavor in one meal. Tomato juice followed by spaghetti and tomatoes or orange salads followed by orange sherbet are common types of errors.

Meal planning is important because:

- It insures good nutrition.
- It helps stretch the food budget.
- It insures variety in our meals.
- It can save time and energy.

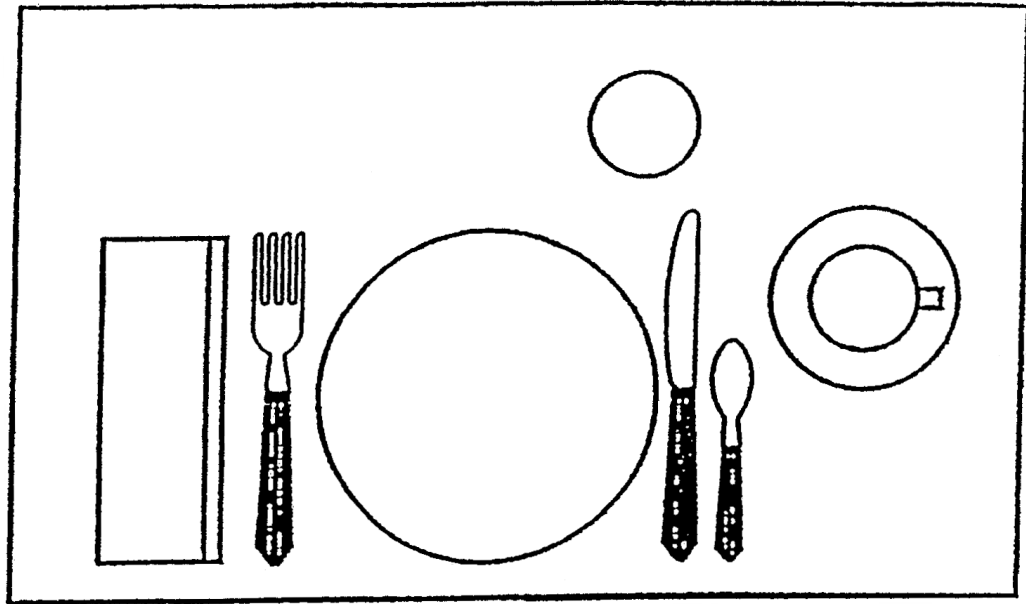
Writing a menu

- Use a 3"x5" card.
- Center the food name.
- List in this order:
 - Main dish
 - Main dish accompaniments
 - Vegetable
 - Salad
 - Bread
 - Dessert
 - Beverages

Roast Beef
Mashed Potatoes with Gravy
Corn on the Cob
Molded Strawberry Salad
Rolls Butter
Apple Crisp
Milk

Setting a Casual Table

Usually, most families set the table very simply for everyday and casual meals. Just as with special occasions, a nicely set table makes food look more attractive and appealing. Using casual, but appropriate place settings for every day will prepare you for special times when you'll have more formal settings with more choices. Nutritionists think that even people who live alone, such as elderly people, will eat better and more healthy if they set the table and make meal time feel more special.



Dishes: Set lunch or dinner plates 1 inch in from the edge of the table. If you're using placemats, place the mat 1 inch in from or even with the edge of the table and place dishes and flatware about ½ inch from the edge of the placemat.

Flatware: Set all the flatware you need for the meal (except, sometimes the dessert fork or spoon) in advance. All dishes and flatware set need to be washed after the meal. Even if you don't use a piece, it's still handled or can get food on it. Place flatware one inch from the edge of the mat or table, even with the plate.

Fork - is placed to the left of the plate, with the tines (points) pointing away from the diner.

Knife - is placed to the right of the plate, blade facing the plate.

Spoon - a teaspoon is placed to the right of the knife, bowls facing up and ready to use.

Glassware: A beverage glass for water or milk is placed just above the knife tip at the right of the plate. If you're serving a second beverage, the glass or cup and saucer is placed to the right and little below the first water glass.

Napkins: Traditionally, a folded napkin is placed to the left of the plate and fork. The fold faces away from the plate with the open corners at the bottom, toward the plate. The napkin can then be picked up, unfolded, and placed on your lap with one motion of your left hand.

Judging the Place Settings

An attractive table stimulates the appetite. It also sets a pleasant background for any meal, as well as helps create a good atmosphere for family conversation. Use this guide to discuss and evaluate table settings for various situations and menus.

COLOR: Color relationship between dishes, glassware, tablecloth or mat, napkins and eating utensils. Colors can create a pleasant background for food choices.

- Will the colors form a pleasing background for the food?
- Are there too many colors so that you have a feeling of confusion?
- Does the placemat emphasize the color of the dishes and glasses?
- Is there a repetition of color in cloth, napkin, dishes, and glassware to create unity?

TEXTURE: Good texture relationship between dishes, glassware, and fabrics (or paper).

- Is fine china combined with textures that complement the elegant beauty or is it used with rough, course cloth?
- Is pottery combined with suitable material, or does it seem too fine or too heavy?
- Is the glass too heavy to be used with fine china or too delicate to be used with pottery?

DESIGN: Design of each article contributes to the total design of the setting.

- Is there too much design in the setting?
- Does the shape and weight of the glass relate to the tablecloth or placemat and the dishes? If there is decoration on the dishes and the glassware, is it related?

FUNCTION: Choice of table setting is appropriate to the menu.

- Is the choice of dinnerware, flatware and table coverings appropriate for the menu?
- Are *number* of pieces appropriate for style of service - picnic, buffet, etc?
- Ease of care: Will material launder well, if needed?
- What are the implications of the environment?
- How costly was it?
- Attractiveness and function must be balanced.