

4-H Food Activity Guidelines

WASHINGTON STATE UNIVERSITY EXTENSION

These guidelines will help members prepare for and participate in the following 4-H food activities:

- Bread Activity
- Food for All Occasions
- Foods of the Pacific Northwest
- Food Preservation Activity
- Exploring Food Around the World
- Favorite Food Activity
- Lunch on the Go
- Quick-to-Fix Meals

These guidelines are specific to the Washington State 4-H Fair. Individual counties may need to make modifications. Read the general guidelines and then turn to the individual activity for specific details.

OBJECTIVES

Food activities are designed to give members:

- Experience in planning, preparing, and serving a food/meal that is attractive and good tasting
- Opportunities to demonstrate skills and share knowledge of nutrition and safety
- Opportunities to acquire and share information

Food activities are designed to give leaders:

- “Learn by Doing” teaching techniques

GENERAL GUIDELINES FOR ALL FOOD ACTIVITIES

Before the Activity

1. You must be enrolled in a 4-H foods and nutrition project in order to participate in a 4-H food activity.
2. Complete C1099E, *4-H Food Activity Worksheet*, for each food activity you participate in.
3. Prepare two copies of the recipe(s) you are using: one copy for the judge and one for yourself. The recipe(s) should contain the following information, as applicable:
 - a. The ingredients listed in the order used
 - b. Each step given in the order of preparation
 - c. The oven temperature
 - d. The size of the cooking container
 - e. The number of servings
4. Practice preparing the recipe or meal until it can be done easily and a good result is achieved. A minimum of three times prior to the activity is recommended.

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4-H Youth Development Program 

5. Be prepared to answer questions regarding nutrition, meal planning, and other information as required in the activity in which you are participating.
6. Make a checklist of all items needed for the activity. Remember, alcoholic beverages are not to be used. Recheck the list as you pack your box of materials to take. Don't forget hot pads and cleanup items, as well as containers for leftovers.
7. Make a timetable of when to do what to have every required task completed in the allotted time.
8. Plan to do all measuring in the contest kitchens. No pre-measurement of ingredients is allowed. Proper methods of measuring are to be demonstrated. Oranges and apples or any other similar foods should not be peeled in advance.
9. Plan to wear appropriate clothing for cooking (short sleeves or snug-fitting long sleeves, long pants [jeans are okay], no bare skin showing at waist, no open sandal-type shoes).
10. Bring all ingredients needed to prepare your product/meal. You are encouraged to utilize food from approved food sources. Home canned foods are not to be used in any of the food activities. Safe food handling and transporting procedures must be followed. Use a small cooler for perishable items.
11. Bring table linens, apron, dishtowels, and potholders. At the State 4-H Fair competition, you will be using the dishes, utensils, and equipment supplied in the kitchen. You may bring any equipment or utensils that may not be available, such as a food processor, mixer with dough hooks, or special dishes such as Chinese teacups or dessert dishes.
12. Due to increased concerns regarding food safety issues, participants in the Food For All Occasions activity will no longer serve food to the public. Participants will be asked to have immediate family members serve as guests for that activity. Guests are not served in any of the other food activities.
13. Check the following bulletins available online at <http://pubs.wsu.edu/cgi-bin/pubs/index.html> or your county Extension office for reference:
 - a. C1099E, *4-H Food Activity Worksheet*
 - b. C1098E, *4-H Food Activity Scoresheet*
 - c. EM4733E, *4-H Food Activity Guidelines*
 - d. EM4808, *Sanitizing Dishes*
 - e. EM3443, *Dinner is Served*
 - f. EB1490, *Pack a Safe Lunch*
 - g. Various scorecards
 - h. Various food preservation bulletins

Time Categories

At the Washington 4-H State Fair, juniors may enter a maximum of two kitchen activities and may not participate in the "Food for All Occasions" activity. Intermediates and seniors may enter a maximum of three kitchen activities. The following limits are the total time allowed in the kitchen from beginning preparation to being interviewed by the judge, including serving the finished product and cleanup. Interviewing may occur throughout the activity or at the end. **Be sure to check the CURRENT Washington State 4-H Fair Premium Book for possible time and/or eligibility changes.**

Bread Baking Activity:

- Juniors—Up to 2½ hours (no yeast breads) (individual only)
- Intermediates and seniors
 - Quick breads, up to 2½ hours (individual only)
 - Yeast breads, up to 3 hours (individual only)

Food for All Occasions:

- Juniors may not enter
- Intermediates and Seniors—Up to 3 hours (individual or team)

Foods of the Pacific Northwest:

- Juniors—Up to 2 hours (individual only)
- Intermediates and Seniors—Up to 3 hours (individual only)

Food Preservation:

- Juniors may do food drying or food freezing only
- Food drying—1 hour
- Food freezing—1½ hours
- Jam/jelly making—1½ hours
- Water bath canning—2 hours
- Pressure canning—3 hours

Exploring Food Around the World:

- Juniors—1½ hours (individual only)
- Intermediates and Seniors—Up to 3 hours (individual only)

Favorite Food Activity:

- Juniors—Up to 2 hours (individual only)
- Intermediates and Seniors—Up to 3 hours (individual or team)

Lunch on the Go:

- Juniors, Intermediates, and Seniors—Up to 1 hour (individual only)

Quick-to-Fix Meals:

- Juniors, Intermediates, and Seniors—Up to 2 hours (individual only)

Activity Day

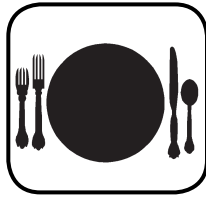
1. Locate your kitchen and place your bag or box of materials on a chair or the floor to avoid contaminating the work surface.
2. Introduce yourself to the kitchen superintendent.
3. Give worksheets and recipes to your judge.
4. Sanitize the counters; then unpack your box, putting perishable items in the refrigerator.
5. If you have any questions you may ask the judge or superintendent (not family members).
6. Check the kitchen to make sure all equipment is working properly. You may ask for assistance with operation if needed.
7. Judges will evaluate the activity from the time you enter the kitchen until the activity is completed.



As You Start

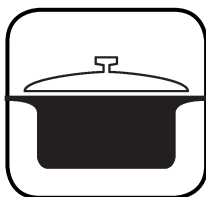
1. Pull your hair back or cover with a scarf or net.
2. Wash your hands in the hand-washing basin.
3. Aprons are required.
4. Any dishes or equipment brought from home must be rinsed in sanitizing solution before using.
5. Preheat oven, if needed.
6. Handle foods properly:

- a. Wash fruits and vegetables.
- b. Refrigerate perishables.
- c. Wash hands after touching certain foods, such as raw meat.
7. Use equipment and utensils with safety and sanitation in mind.
8. If participating as a team, help each other without getting in the way.
9. No licking fingers. A separate tasting spoon may be used.
10. Wipe up spills immediately.
11. Make good use of your time. Don't allow foods that should be served hot to get cold while working on something else.
12. Be aware of foods cooking while preparing other items. If strange smells are coming from the oven, check it out. Check on all items occasionally to avoid burning and boil overs.
13. Rinse used dishes and stack, soak, or wash. Have the kitchen as neat as possible at all times, especially during the meal.



Setting the Table

1. Be sure the table is clean before setting.
2. Set the table during preparation when you have adequate time. Set according to your planned menu.
3. Although Food For All Occasions is the only activity where guests are served, participants are encouraged to set an attractive table for the judge and themselves in the other activities. Use a tablecloth or placemats. Centerpieces, if used, should complement the food being served.
4. Use trays to carry dishes to the table.
5. Arrange silverware, dishes, and napkins appropriately: napkins to left of plate, silverware one inch from table edge, knife blade toward the plate. Handle only the handles of silverware, edges of dishes, and bottoms of glasses.
6. Put flatware serving pieces on the table, not in serving dishes.
7. Allow enough room so the contestant, judge (and guests, if any) can enjoy the meal comfortably.
8. If serving an entire meal, you may choose from a variety of meal services:
 - a. Country or family style—individuals serve themselves
 - b. English—a host or hostess serves
 - c. Russian—plates are dished up in the kitchen
 - d. Compromise—combination of Russian and English
 - e. Buffet—plates and food items are placed on a counter and guests serve themselves
 - f. Refer to EM3443, *Dinner is Served*, for more information.



Serving the Food Product/Meal

1. Turn off the oven and surface burners.
2. Serve foods attractively.
3. Serve hot foods hot, cold foods cold.
4. Remove your apron before sitting down to eat.
5. Seat the judge and guests at the table.

The following steps are primarily for when guests, in addition to the judge, are being served.

6. Take the lead in conversation and food service. Use table manners.
7. Space your eating to finish with guests. Ask if guests want seconds. Say “excuse me” if you have to leave the table.
8. Clear away dishes and large serving bowls before you serve dessert.
9. End the meal by thanking everyone for being guests.



Cleaning Up

1. Begin cleanup after the guests, if any, have been escorted from the table.
2. Use trays to remove food and dishes from the table.
3. Wipe table.
4. Store leftovers properly.
5. Scrape plates and other dishes as needed into the waste container.
6. Use clean, hot water to wash and rinse dishes. Refer to EM4808, *Sanitizing Dishes*, for acceptable procedures.
7. Make sure that the counter, range, oven, and sink are clean.
8. Check to make sure you have packed all items that are yours and return kitchen items to their proper location.
9. Sweep floor. (A broom and dustpan will be provided.)
10. Empty the waste container into a garbage can and reline the container.
11. Allow 10–15 minutes to talk to the judge about your 4-H food activity experience.

BREAD ACTIVITY

Objectives

4-H members will:

- Demonstrate knowledge and skill in planning, preparing, and serving a bread product.
- Identify the leavening agent, explain how it works, and discuss the purpose of each ingredient.
- Discuss principles of meal planning and nutrition and describe the nutritional contribution of breads and cereals to good health and physical fitness.
- Apply principles of food safety and sanitation.
- Apply principles of utensil, equipment, and kitchen safety.

Guidelines



1. If you have not already done so, please read the “General Guidelines for All Food Activities” for important information.
2. Before starting the activity, give the judge a completed C1099E, *4-H Food Activity Worksheet*, along with a copy of any recipe(s) you will be using.
3. Prepare a quick bread, yeast bread, or unleavened bread.
 - a. Quick breads include plain fruit or nut breads, muffins, hot-cakes, waffles, biscuits, scones, shortcakes, etc.
 - b. Yeast breads or rolls may be made by any of the following methods: conventional, batter, rapidmix, Danish pastry, or pita bread.

- c. Unleavened breads such as popovers, tortillas, flatbread, and lefse rely on steam during baking.
4. The bread prepared should demonstrate your current level of ability.
5. All preparations must be done in the fair kitchens. This means that products such as refrigerator, CoolRise, and freezer methods will no longer be allowed as they require a batch being prepared at home prior to the activity. Sponge dough and sourdough also will no longer be accepted.
6. Any grain or meal may be used, such as wheat, rye, corn, or oats. If you decide to grind your own wheat, remember the time limits.
7. Use the dishes and utensils supplied in the kitchen. You may bring any equipment or utensils not supplied, such as a food processor or mixer with dough hook.
8. Prepare and serve to the judge a bread product of your choice. When serving, present the entire loaf or batch for evaluation. You may set two place settings (one for the judge and one for yourself). Give the judge a serving plate and napkin or paper towel, as well as a knife and cutting board for slicing. The bread product will be sampled plain as part of the evaluation, but you may offer condiments (butter, jelly, etc.) once the initial tasting is completed. You may also offer a beverage (water is fine).
9. Bring your own apron, hot pads, dishcloth, hand towels, and dishtowels. Wash dishes and equipment by hand. Refer to EM4808, *Sanitizing Dishes*, for acceptable procedures.

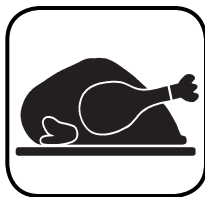
FOOD FOR ALL OCCASIONS

Objectives

4-H members will:

- Demonstrate knowledge and skill in planning, selecting, preparing, serving, and storing attractive, nutritious, economical, and good-tasting meals.
- Discuss nutrition principles and describe the nutritive contribution of the chosen food product(s) as it (they) relate(s) to good health and physical fitness.
- Apply principles of food safety and sanitation.
- Apply principles of utensil, equipment, and kitchen safety.

Guidelines



1. If you have not already done so, please read the "General Guidelines for All Food Activities" for important information.
2. You may not enter both this activity and the "Quick-to-Fix Meals" at the State 4-H Fair.
3. Before starting the activity, give the judge a completed C1099E, *4-H Food Activity Worksheet*, along with a copy of any recipe(s) you will be using.
4. The meal may follow a theme such as a holiday meal, timesaving ideas, low-cost choices, a special diet, or foods from other countries. The foods prepared should demonstrate your current level of ability. Table linens and centerpiece may follow the chosen theme.

5. You are expected to prepare and serve a meal that is attractive, tasty, and nutritionally sound. It may be a simple lunch or a seven-course dinner, but the time planned must be appropriate to the complexity of items served. Commercially prepared frozen, canned, or heat-and-serve foods may be used in the meal, although it would be better if you did not use these types of foods exclusively.
6. Teams will serve six persons (including themselves and the judge). Individuals will serve four persons (including self and the judge).
7. Refer to the current year's 4-H Fair Premium List for the maximum cost of food per person.
8. Bring your own apron, hot pads, dishcloths, dishtowels, and hand towels. Wash dishes and equipment by hand. Refer to EM4808, *Sanitizing Dishes*, for acceptable procedures.

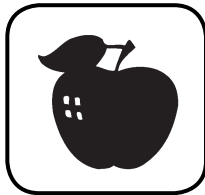
FOODS OF THE PACIFIC NORTHWEST

Objectives

4-H members will:

- Demonstrate knowledge and skill in preparing an attractive, nutritious, and good-tasting recipe that highlights an agricultural product of the Pacific Northwest.
- Discuss the principles of meal planning and nutrition and describe the nutritive contribution of the chosen food product to good health and physical fitness.
- Apply principles of food safety and sanitation.
- Apply principles of utensil, equipment, and kitchen safety.
- Discuss with the judge the production and processing, as well as the historical and cultural aspects of the Pacific Northwest agricultural product highlighted in the activity.

Guidelines



1. If you have not already done so, please read the “General Guidelines for All Food Activities” for important information.
2. Before starting the activity, give the judge a completed C1099E, *4-H Food Activity Worksheet*, along with a copy of any recipe(s) you will be using.
3. Prepare and serve to the judge a recipe that highlights an agricultural product from the Pacific Northwest. You may set two place settings (one for the judge and one for yourself). The place settings should be attractive and appropriate for the food served.
4. The food product should be attractive, tasty, and nutritionally sound. It may be a simple snack or a more advanced dish, but the time planned must be within the time limit. The food prepared should demonstrate your current level of ability.
5. Bring your own apron, hot pads, dishcloths, dishtowels, and hand towels. Wash dishes and equipment by hand. Refer to EM4808, *Sanitizing Dishes*, for acceptable procedures.
6. Discuss with the judge the preparation, quality, and any processing of the food product used in the activity, as well as some of its nutritional, historical, and cultural aspects. You may look in your *Foods of the Pacific Northwest* project materials and other

resources for historical and cultural aspects of the food. If you use Internet information, be sure the source is reliable.

7. Prepare to explain:
 - a. Is the featured agricultural product native to the Pacific Northwest?
 - b. How, when, why, and by whom was it introduced to the Pacific Northwest?
 - c. How was it used in the past?
 - d. Has its usage changed? How? Why?
 - e. What cultural significance, if any, has it had for the inhabitants of the Pacific Northwest?
 - f. Is it or has it been a food used for celebrations? Medicine? Religious ceremonies?

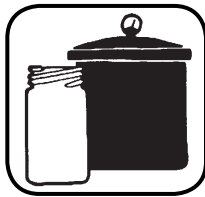
FOOD PRESERVATION ACTIVITY

Objectives

4-H members will:

- Demonstrate knowledge and skills in planning, selecting, and preparing preserved food.
- Describe how the home food supply is supplemented with home-preserved foods and how the nutritive contribution of the chosen food product promotes good health.
- Discuss and demonstrate the scientific principles of safe food preservation.
- Apply principles of food safety and sanitation.
- Apply principles of utensil, equipment, and kitchen safety.
- Compare the cost of home-preserved foods with purchased foods.

Guidelines



1. You must be enrolled in a food preservation project in order to participate in this activity.
2. If you have not already done so, please read the “General Guidelines for All Food Activities” for important information.
3. Before starting the activity, give the judge a completed C1099E, *4-H Food Activity Worksheet*, along with a copy of any recipe(s) you will be using.
4. You may can, dry, or freeze fruits, vegetables, meats, fish, poultry, pickles, preserves, jams, or jellies. Processing methods must follow current WSU and USDA recommendations. The *Ball Blue Book of Preserving* is now using USDA standards and is an acceptable source of recipes if the current edition is used. ***Do not use processing times from other sources!***
5. Prepare a product for freezing or drying, or can one food (maximum of two containers, except for jam or jelly where one recipe may be made). The product will not be tasted. Describe how the preserved food may be served. The product being prepared should demonstrate your current level of ability.
6. Exhibitors demonstrating drying should prepare a food for drying during the allotted time for the activity. Since there will not be time for the drying to be completed, a sample of the same food should be dried at home, packaged, and brought in for discussion with the judge. ***Drying of raw meats will not be***

permitted. Use approved recipes for pre-cooking meats before drying.

7. Bring your own containers as appropriate for the product being prepared. The 4-H kitchen superintendent will have a water bath canner and a pressure canner available.
8. Bring your own apron, hot pads, dishcloths, dishtowels, and hand towels. Wash dishes and equipment by hand. Refer to EM4808, *Sanitizing Dishes*, for acceptable procedures.
9. Evaluation will be only on the preservation method demonstrated. Discuss the scientific principles of safely using that method, describe how home-preserved foods supplement the home food supply, and compare the cost of home-preserved and purchased items.

EXPLORING FOOD AROUND THE WORLD

Objectives

4-H members will:

- Demonstrate knowledge and skill in preparing an attractive, nutritious, and good-tasting food product that is characteristic of the country chosen.
- Discuss the principles of meal planning and nutrition and describe the nutritive contribution of the chosen food product to good health and physical fitness.
- Apply principles of food safety and sanitation.
- Apply principles of utensil, equipment, and kitchen safety.
- Be able to discuss with the judge the origin of the food product, including its associated cultural, geographical, political, historical, agricultural, or industrial features.

Guidelines



1. If you have not already done so, please read the “General Guidelines for All Food Activities” for important information.
2. Before starting the activity, give the judge a completed C1099E, *4-H Food Activity Worksheet*, along with a copy of any recipe(s) you will be using.
3. Prepare and serve to the judge a food product that is representative of the country chosen. You will serve two persons (the judge and yourself) using the appropriate table setting for the food served, including dishes, silver, and linens. A centerpiece is optional, but would help carry out the theme. Wearing clothing that reflects the culture of your chosen country would also aid in carrying out the theme.
4. The food product should be attractive, tasty, and nutritionally sound. It may be a simple snack or a more advanced dish. The food prepared should demonstrate your current level of ability.
5. Discuss with the judge the preparation, qualities, nutritional value, and origin of the food product, and some features of your chosen country such as cultural, geographical, political, historical, agricultural, industrial, religious, or social customs.
6. Prepare to explain:
 - a. Is this food served for a special celebration? Given as a gift?
 - b. Is it used for medicinal purposes? To improve health or cure disease?
 - c. Is it used for religious ceremonies?

d. How was it used in the past? Has its usage changed? How? Why?

Suggestions for foods from other countries:

- Shish kebabs—Turkey
- Tabouli, hummus—The Middle East
- Scones—England
- Bobotie, peanut bread—South Africa
- Guacamole, tacos—Latin America
- Spaghetti bolognese, pizza—Italy
- Irish stew—Ireland
- Moussaka—Greece
- Dahi, cucumber raita—India

FAVORITE FOOD ACTIVITY

Objectives

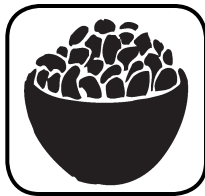
4-H members will:

- Demonstrate knowledge and skill in preparing and serving an attractive, nutritious, and good-tasting food that is a personal or family favorite.
- Discuss the principles of meal planning and nutrition and describe the nutritive contribution of the chosen food product to good health and physical fitness.
- Apply principles of food safety and sanitation.
- Apply principles of utensil, equipment, and kitchen safety.

Resources:

- Any 4-H foods and nutrition project curriculum.
- Reliable recipe sources.

Guidelines



1. If you have not already done so, please read the “General Guidelines for All Food Activities” for important information.
2. Before starting the activity, give the judge a completed C1099E, *4-H Food Activity Worksheet*, along with a copy of any recipe(s) you will be using.
3. Select a tested recipe of a favorite food from a reliable cookbook. Consider a main dish, salad, bread, dessert, sandwich, snack, or beverage. The food prepared should demonstrate your current level of ability.
4. Practice preparing the recipe until it can be done easily and a good product is achieved.
5. Plan a balanced meal for two people using *MyPyramid*, <http://www.mypyramid.gov/>, that includes the favorite food. Family celebrations may be the theme.
6. Prepare a pleasant table setting for two using tablecloth or placemats, centerpiece, dishes, glassware, eating utensils, and serving dishes.
7. Bring your own apron, hot pads, dishcloths, dishtowels, and hand towels. Wash dishes and equipment by hand. Refer to EM4808, *Sanitizing Dishes*, for acceptable procedures.
8. Tell the judge for what occasion the food would be served and explain what you are doing and why, as well as what ingredients are in the favorite food. You should have knowledge of the food groups used and the nutritional value of the food being served.

Suggestions for salads:

- Cottage cheese salad topped with canned fruit
- Torn lettuce salad with pre-cut vegetables
- Fruit halves on a bed of lettuce—make bunnies or faces using raisins, etc.
- Jell-O with fruit
- Mixed fruit with yogurt
- Tossed salad
- Coleslaw
- Taco salad
- Layered Jell-O salad with filling
- Caesar salad
- Potato salad
- Pasta salad
- Salads that can be used as a meal

Suggestions for snacks:

- Salsa with chips
- Popcorn
- Quesadillas
- Sandwiches
- Decorated rice cakes
- Ants on a log
- Vegetable tray with dip
- English muffin or bagel pizzas
- Vegetable animals
- Tacos
- Breadsticks with sauce
- Potato skins
- Buffalo wings
- Pizza
- Fondue
- Pasta salad

Suggestions for beverages:

- Smoothie
- Milkshake
- Tea
- Hot chocolate
- Punch

Suggestions for breads/sandwiches:

- Breadsticks
- Quick breads
- English muffins
- Egg salad sandwiches
- Tuna fish sandwiches
- Peanut butter and jelly sandwiches

LUNCH ON THE GO

Objectives

4-H member will:

- Demonstrate knowledge and skill in planning and preparing a lunch that will be eaten later in the day.
- Discuss the principles of meal planning and nutrition and describe the nutritive contribution of the packed lunch to good health and physical fitness.
- Apply principles of food safety and sanitation, especially as they relate to a packed lunch.
- Apply principles of utensil, equipment, and kitchen safety.

Resource:

- EB1490, *Pack a Safe Lunch*

Guidelines



1. If you have not already done so, please read the “General Guidelines for All Food Activities” for important information.
2. Before starting the activity, give the judge a completed C1099E, *4-H Food Activity Worksheet*, along with a copy of any recipe(s) you will be using.
3. Make the lunch from beginning to end during the activity. Lunch preparation should demonstrate food and kitchen safety, appropriate preparation skills, and knowledge appropriate for your age and experience.
4. Consideration of how and where the lunch will be stored prior to eating, where it will be eaten, and good safety practices related to storage is of greatest importance.
5. Bring all the food and packing equipment needed to prepare the lunch. Include napkins, sanitized wipes, utensils, and condiments for serving.
6. Lunches may contain some commercially prepared foods or foods prepared at home prior to the activity such as cookies, cupcakes, and puddings.
7. Items such as sandwiches, tortilla wraps, bagel sandwiches, and fruit salads should be prepared during the activity.
8. Bring your own apron, hot pads, dishcloths, dishtowels, and hand towels. Wash dishes and equipment by hand. Refer to EM4808, *Sanitizing Dishes*, for acceptable procedures.
9. Tell the judge what food groups (as shown in *MyPyramid*), <http://www.mypyramid.gov/>, are represented in your lunch and the nutrients provided by each group. Strive to have all food groups represented.
10. The prepared lunch will be your responsibility at the end of the activity. (You will not serve the lunch to the judge.)

QUICK-TO-FIX MEALS

Objectives

4-H member will:

- Demonstrate knowledge and skill in planning, preparing, and serving a simple meal that can be prepared quickly, and is attractive, nutritious, economical, and good tasting.
- Discuss the principles of meal planning and nutrition and describe the nutritive contribution of the chosen meal to good health and physical fitness.

- Apply principles of food safety and sanitation.
- Apply principles of utensil, equipment, and kitchen safety.

Resources

- Any 4-H foods and nutrition project curriculum
- Any easy-to-fix recipe from a reliable source

Guidelines



1. If you have not already done so, please read the “General Guidelines for All Food Activities” for important information.
2. You may not enter both this activity and the “Foods for All Occasions” activity at the State 4-H Fair.
3. Before starting the activity, give the judge a completed C1099E, *4-H Food Activity Worksheet*, along with a copy of any recipe(s) you will be using.
4. Prepare and serve to the judge and yourself a simple meal that can be quickly completed using basic preparation skills. Use an appropriate table setting for the food served.
5. The simple meal should demonstrate food and kitchen safety, appropriate preparation skills, and knowledge appropriate for your age and experience.
6. Bring your own apron, hot pads, dishcloths, dishtowels, and hand towels. Wash dishes and equipment by hand. Refer to EM4808, *Sanitizing Dishes*, for acceptable procedures.
7. Tell the judge what food groups are represented in this meal and what are the most important nutrients provided.

Suggestions for Quick-to-Fix Meals:

- Boiled eggs, toast, fruit (canned or fresh), milk
- Boxed macaroni and cheese, cooked frozen vegetables, milk
- Hot dog, canned BBQ beans, raw veggies, beverage
- Sandwich, fruit (canned or fresh), beverage
- Scrambled eggs with ham and cheese, toast, fruit, beverage
- Spaghetti with sauce from a jar, bag salad, bread, milk
- Pizza using prepared crust, sauce, and toppings, beverage

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