

Kitchen Activity Hints

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Here are a few hints to add to the information you will find in the 4-H publication *Food Activities* (EM4733 – modified for Walla Walla County).

- ☞ Be sure you come prepared with all your supplies and the completed activity worksheet. Answer worksheet questions in complete sentences. Bring 2 copies of your recipe (one for the judge and one for your own use).
- ☞ You should bring your own hot pads, dish cloths, dish towels, paper supplies, and dish soap. For the Walla Walla County contest you may bring your own dishes to use or use the dishes available at the Extension office.
- ☞ You will need to bring any special equipment that may not be available in the contest kitchen.
- ☞ **APRONS ARE REQUIRED.**
- ☞ Wear clean clothes and have clean table accessories such as tablecloths, place mats, napkins. Tablecloths should be neatly folded to avoid wrinkles.
- ☞ Tie back long hair.
- ☞ You should arrive 5-10 minutes prior to your scheduled time. Your leader or parent may help you carry your supplies in but may not assist in any way after that.
- ☞ A sanitizing solution of 1 tablespoon bleach to 1 gallon of water should be used to sanitize counter and work areas before starting and when finished. A spray bottle is convenient for this. See the 4-H publication *Sanitizing Dishes* EM4808 for specific information.
- ☞ Electric appliances should be plugged in and then turned on. Cords should be kept away from burners and water.

- ☞ Handle knives carefully; never drop into a sink of soapy water; never cut toward yourself; always use a cutting board.
- ☞ Wipe off table before setting.
- ☞ Introduce your guests and the judge. Suggest where each should sit.
- ☞ Ahead of time, practice a few questions to get the conversation started. When speaking with others carefully listen to their answers.
- ☞ Avoid talking with food in your mouth or asking questions of others when they have food in their mouth.
- ☞ Pass food in one direction – usually to the right.
- ☞ When everyone has finished eating, indicate the meal is over by rising from the left side of your chair and thank everyone for coming.
- ☞ Put leftover food away before you start to wash dishes.
- ☞ Be sure to allow 15 minutes during your allotted time to talk with the judge.
- ☞ The 4-H member should have knowledge of the approximate cost per serving.
- ☞ Be sure to bring the place settings and food service for the number of individuals specified for your activity. Settings include table covers and centerpieces. The member practices their best table manners as the host/hostess during the meal.
- ☞ In Walla Walla County, the extra guests for the Foods for All Occasions activity are invited by the 4-H member. The member may invite their parents, brothers or sisters, the contest superintendent, other judges, or other parents. (For the contest at the State Fair, guests are provided by the fair.)
- ☞ My Favorite Food and Food for All Occasions activities may be done by a team. For state fair contests, team members must be of the same 4-H age division.
- ☞ Bread making machines may not be used.

- ☞ No homegrown, home preserved foods, or foods prepared at home may be used for any of the food activities except the Food Preservation activity. All food items used for the My Favorite Food, Quick Fix Meals, Foods of the Pacific Northwest, Foods for All Occasions, Exploring Food Around the World, and Bread Baking must be purchased at a grocery store or other approved food source.

- ☞ For information on proper measuring techniques, cooking terms, and kitchen and food safety, see the 4-H publication *The Home Food Specialist Guide* (EM4762). For table setting and etiquette help, see the 4-H publication *Dinner is Served* (EM3443). *Sanitizing Dishes* (EM4808) gives the proper method for clean-up and washing dishes. To learn about the nutrients in different foods and how they help you, read *Making Healthy Food Choices* (HG250).

- ☞ Blue ribbon winners at the Walla Walla County contest may enter the Washington State 4-H Fair contest in Puyallup in September. Notify the Extension office at 524-2685 if you wish to participate in the State 4-H Fair. Transportation, adult supervision, and trip costs are the responsibility of the participant.

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