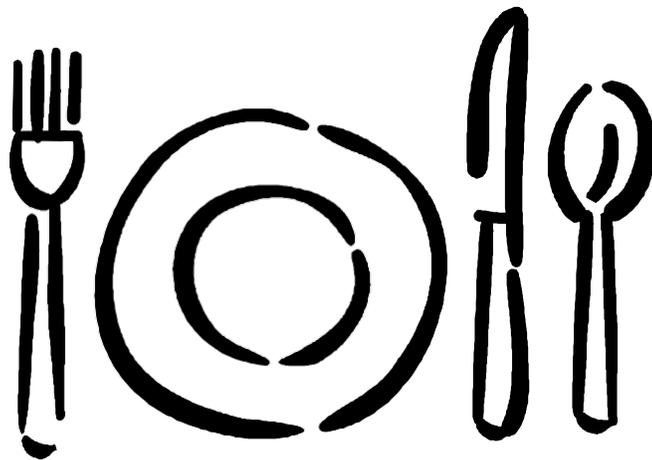


Preparing For Foods Revue



Adapted from:

*Eau Claire County UW-Extension
Dunn County UW-Extension
2006*

Why is there a Foods Revue?

A Foods Revue gives you a chance to show and tell how the food you prepared fits in with a meal you have planned. It also gives you a chance to see what others have done and gain new ideas from them. It will give you a chance to prepare and evaluate foods other than the types shown at the fair. You will also have an opportunity to speak with the judge and learn more about your project.

What Will You Do?

1. Be sure to read the rest of this handout for more information.
2. Select one of the foods that you have especially enjoyed preparing in your foods project or one you would like to learn to prepare. You may find a recipe in a cookbook, online or a magazine, but it should be one that fits within your grade category. Remember to consider using seasonal foods and try new ideas. Here are some reminders of **possibilities**:
 - Desserts
 - Main Dishes
 - Salads and Relishes
 - Sandwiches
 - Nutritious Beverage
3. Plan a menu for a meal using your favorite food, if required for your grade category. Try out and serve the meal.
4. Plan the table service you will need. Some things you need are dishes, silverware, linen, and the centerpiece that will make an attractive setting for your food. You do not need to buy new things. Try using what you have at home (be sure to get your parent's permission first.)
5. Practice preparing the recipe until you have good results each time.
6. The day of the show, prepare the food at home. Take it with the menu and one place setting (dishes, glassware, silverware, linen) and a centerpiece to the Revue. See rules for specific requirements.)



7. Be prepared to explain to the judge and others how you prepared the food, planned the menu, and what things you considered about food safety and preparation.

Setting the Table

Individual Table Setting

1. **Cover** – width of table setting (20" – 30").
2. **Tablecloth** – overhang of 12" – 15".
3. **Placemats** – flush with edge of table or not more than 1 ½" from table edge.
4. **Napkin** – preferred shape for folded napkin is rectangle rather than square.
 - Usually placed to the left of cover beside fork, **not under fork**. If lack of space it may be placed on plate.
 - Place napkin so open corner is at lower right so it can easily be put on lap.
5. **Table Decorations**
 - Keep decorations low so people can see across the table.
 - Table decorations need not always be placed at center of table.
 - With the exception of a tea table, candles are placed and lighted only after dusk. Flames on lighted candles should not be at eye level of people seated at the table. They create an uncomfortable glare. Use tall or low candles to keep glare out of people's eyes.
6. **Silverware**
 - Place on table; setting only what is needed to eat food. If only a fork is necessary, it may be placed on the right side of the plate.
 - Lay pieces in order of use from outside toward plate.
 - When a placemat is used and is flush with the table edge, the line made by handles of silverware is approximately 1" from the mat edge. When the mat is away from the edge of the table, the silverware is placed so that the ends of the pieces are aligned with the edge of the mat.

*information adapted from
Meal Management
by Faye Kinder, the MacMillian Company

Meal Planning in a Nutritious Attractive Way

In meal planning, we try to achieve meals that are nutritious and attractive. Pleasing combinations of foods are important. Remember to consider the following factors to help you plan a better menu:

Color

- Variety is important. Part of the eye appeal of a meal lies in your choice of colorful food combinations. For example, a baked chicken served with mashed potatoes and cauliflower are foods similar in color. However, switch to a baked potato with broccoli for the vegetable, and the picture brightens. Add a garnish of spiced apple ring or orange wedges and your plate glows with color.
- Try to include at least one brightly colored food in your meal. When you use garnishes, keep them simple and edible, complementary in flavor as well as color.
- The way you arrange food on the plate helps too. Always try to place contrasting colors next to one another.
- When preparing food, try to maintain or develop their best possible color.
- Colors should harmonize with the dishes and other table appointments.

Size and Shape

- Variety in size and shape of food adds interest to a meal. Do not include too many foods of the same shape in a meal because the meal becomes monotonous. A good rule is to combine foods that are small or cut in small pieces with foods that come in large serving portions.

Texture

- Texture is the way food feels when you chew it – crisp, dry, crunchy, smooth, hard, stringy, soft. Variety of textures adds a pleasing contrast.

Flavor

- What about FLAVOR? Flavor is the sum total of our taste, smell, feel, sight, and sound reactions to a food. Some flavors are sharp and robust like those of garlic, onions, well-ripened cheese, sauerkraut, and sausages; others are delicate and mild like those of peas, carrots, mushrooms, eggplant, potatoes, strawberries, and peaches.

Temperature

- For variety, some foods should be hot, or cold, or room temperature. Hot foods should be served hot; cold foods should be served cold! Serving something hot in a cold meal and something cold in a hot meal provides good contrast.

Color and Texture at the Table

A well-chosen place setting can be a pleasant background for a tempting meal!

Use Color

Soft shades of pastel, warm colors, bright lively colors, or maybe a print. Add texture and interest with appropriate accents – china, earthenware, metal, wood, or maybe even plastic.

Make the Most of a Theme

It is somebody's birthday or a holiday maybe. For a birthday celebration, consider the honored guest's favorite foods. For a holiday, tie in with traditional colors– like red, white and blue streamers for decorating on the 4th of July.

Table Coverings

Try placemats, tablecloths, or runners. Sizes and colors vary – depending on the effect you wish to create.

Do Your Own Thing with Centerpieces

Fresh flowers from the garden are always nice. Or check the refrigerator for a centerpiece – shiny red apples for a basket, or lemons in an open-design, wrought-iron holder. Look around – a piece of pottery, some fruit, a candle, a shallow dish with flowers afloat. Create something special! Remember, centerpieces should be lower than eye level when seated, so conversation can readily flow. In addition, it must be attractive from all sides of the table. You take it from here. Use these thoughts for starters, and then dream up ideas of your own. That is what adds your own personal touch and makes setting the table fun.

As you choose your place setting, keep these questions in mind:

- Is it attractive? Is there good color relationship between the table covering, dishes, and glassware?
- Are there too many colors so that you have a feeling of confusion?
- Is there too much design in the setting – printed cloth, patterned dishes, and patterned glassware?
- Does the type of table covering coordinate with the type of dishes and centerpiece?



Menu Writing – Secrets to Success!

1. Every word of the menu should be capitalized with the exception of “and,” “or,” “the,” “a,” and “with.”
2. List courses according to the sequence in which they are served except for the beverage, which should be listed last.
Example:



*Tomato Soup
Hamburger Steak with Mushroom Sauce
Buttered Peas and Carrots
French Fried Potatoes
Milk*

3. When a course has more than one item, list the most important food first.
Example:

*Roast Beef and Horseradish Sauce
French Toast and Syrup*

4. If a salad is served as a first course, then it is written first.
Example:

*Tossed Green Salad
Fried Chicken Mashed Potatoes*

5. Generally, such items as a salad dressing, butter, cream, etc., are not listed on a menu. When they make a unique contribution to the total meal, they may be included.
Example:

*Tossed Salad and Green Goddess Dressing
Corn Bread Squares with Honey Butter*

6. Space the items on the menu in a symmetrical pattern, allowing extra space between foods listed on the same line. If you have more than one course, allow extra space between.
Example:

*Fresh Fruit Cup
Roast Cornish Game Hen
Wild Rice with Mushrooms
Broccoli Buttered Carrots
Dinner Rolls
Chocolate Mousse
Coffee*

7. Always mention the **specific** food in your menu (buttered peas instead of green vegetable).
8. State the **type** of food in the menu (“roast beef” not beef).
9. Make your menu sound appetizing and appealing.

Whipped potatoes sound more exciting than potatoes.

Garnishes

What makes the difference between plain food and something special? It may be nothing more than a slice of lemon or a sprig of parsley or perhaps a dash of nutmeg or cinnamon. The finishing touches placed on or around food are called **garnishes**. Garnishes add a touch of color or flavor to the food.

Some general suggestions for using garnishes are the following:

1. Use garnishes that can be eaten. However, little figures, flags or flowers may be used for special occasions.
2. A garnish should improve the appearance of the food with which it is served, but should not overpower it.
3. Balance the placement of garnishes on the platter or use the garnish in several spots. Odd numbers are usually more pleasing. For example, three lemon slices on a platter of fish are more interesting than four.
4. Experiment with garnishes, considering color, size and texture. How would it look to use sliced beets on a plate of baked salmon? Or a maraschino cherry on a strawberry dessert? There should be a contrast between the garnish and the food.
5. Colorful, natural foods can be used to give very pleasing effects. Examples are paprika, pimento, lemon slices, fresh green onions and stuffed olives.
6. Avoid using artificial colors. Blue and purple are not considered very appetizing.
7. Use fresh garnishes of high quality. There is nothing attractive about wilted parsley or dried lemon wedges.
8. Avoid garnishes with liquid sauces that run into the foods they accompany.
9. Try to keep the temperature of the garnish near the temperature of the food, or “protect” the garnish to keep it at the correct temperature. For example, placing cranberry jelly on a candied apple ring or mint jelly on an orange slice keeps the jelly from melting on a hot plate.
10. Avoid toothpicks in garnishes unless they can be seen easily.
11. Garnishes can be prepared ahead of time and placed in a refrigerator for use just before the main food item is to be served.



Reference:

Cornelius, Ethelwyn G., *Food Service Careers*, Peoria, Illinois Chas. A. Bennett Co., Inc., 1974. pp. 130-133

Food Garnishing

Garnishes:

1. Should be edible unless they do not come in direct contact with the food.
2. Complement the flavor of the food.
3. Add color or interest to the food; they give eye appeal or "eat me" appeal to the food.
4. May add texture and flavor to the food.
5. Should not look too handled.
6. Should not resemble birds, animals or other grotesque objects; except for children's or costume parties.
7. Should be scaled in dimension to the size of the food they are being served with, e.g. large bunches of parsley may be overbearing to beef patties, but good with a whole roasted turkey.
8. Should be clean and in the best state possible.
9. Should be used to enhance -- not to mask or cover up an inferior product.
10. Should not interfere with carving or serving of the food.
11. Should be easily served onto individual plates.
12. Remember that not all foods need a garnish; simplicity of food service is just as important as is simplicity of dress!

Condiments

Some dishes are served with special sauces or accompaniments called **condiments**. A condiment is a seasoning for food, such as a sauce or a relish or even salt and pepper. Some condiments can be added in the kitchen.



Examples of condiments include cocktail sauce with seafood; lemon with seafood; catsup and pickles with hamburger; steak sauce with steak; mustard and relish with hot dogs; cranberry sauce with turkey; syrup with pancakes; dressing with salads; butter with bread and rolls; crackers with soup; soy sauce with oriental dishes; butter, sour cream and chives with baked potato; melted butter with lobster; cream and sugar with coffee; and lemon and sugar with tea.



Possible Questions a Foods Revue Judge Might Ask



Food Preparation Questions

1. What is one thing you learned by preparing food for today?
2. How did you make this food?
3. What was the hardest thing to do in the recipe?
4. What was the easiest thing to do in the recipe?
5. What would you change if you made this recipe again?
6. What food on your menu for this meal would you make first? Why?
7. What food on your menu for this meal would you make last? Why?
8. What could you prepare ahead of time?
9. How can you prevent cross contamination?
10. Discuss some food group have safety issues such as proper temperature, using proper equipment, good hygiene, etc.

Nutrition of the Food presented

1. Which of the My Plate Food Groups does this food fit into?
2. What are the major nutrients found in this food?
3. What food preparation technique used to make this food caused the greatest loss of nutrition?
4. Explain how your menu uses the My Plate Food Guide.
5. How can you modify this recipe to make it healthier?

Appearance of the Place setting

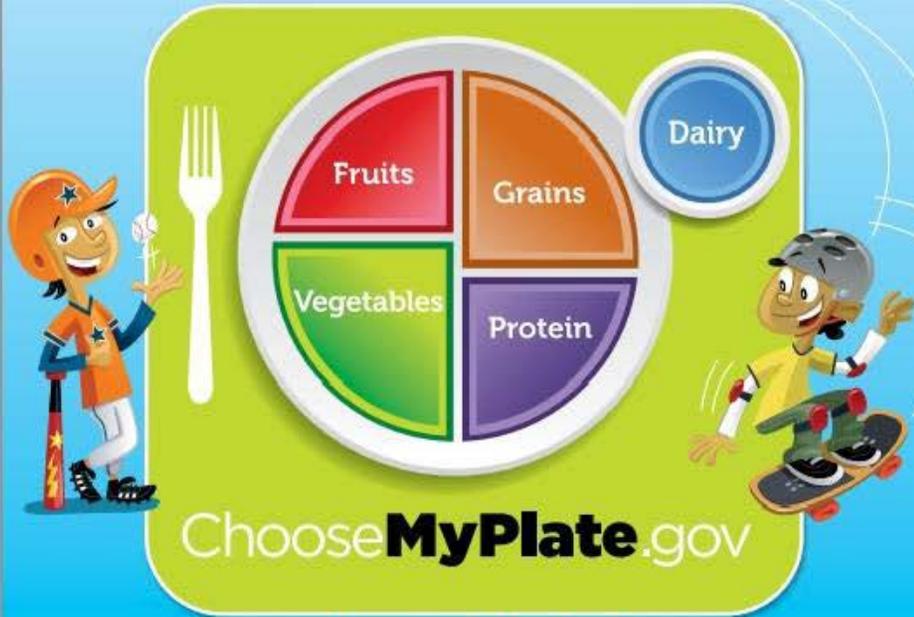
1. How did you select the place setting pieces?
2. When do you plan to serve this menu with the place setting?
3. Do you have any other garnish ideas?
4. Does the formality of the place setting match the type of food served?
5. Do you have enough silverware to eat with or do you have silverware pieces that are not needed?
6. Is your place setting set correctly?

Taste

1. Do you like this food?
2. Does your family like this food?
3. How many times have you made this meal?
4. What could you do to improve the taste, if anything?
5. What is your favorite flavor?
6. Who do you plan to serve this food to?

Eat Smart To Play Hard

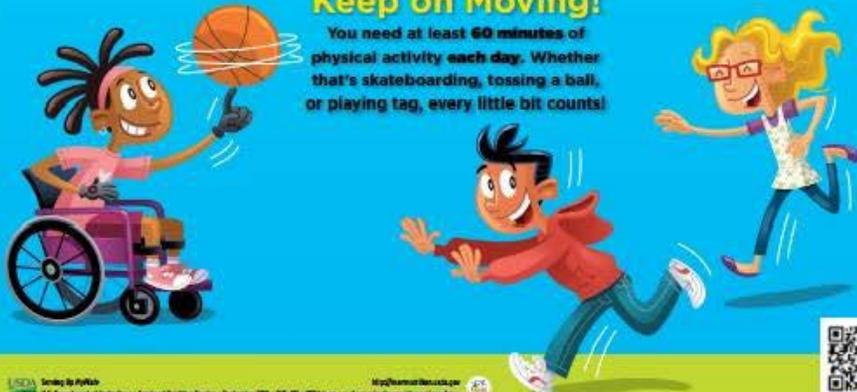
Use **MyPlate** to help you fuel up with foods from each food group.



Choose **MyPlate.gov**

Keep on Moving!

You need at least **60 minutes** of physical activity each day. Whether that's skateboarding, tossing a ball, or playing tag, every little bit counts!



FRUITS Fuel Up With Fruits at Meals or Snacks

Oranges, pears, berries, watermelon, peaches, raisins, and applesauce (without extra sugar) are just a few of the great choices. Make sure your juice is 100% fruit juice.



VEGETABLES Color Your Plate With Great-Tasting Veggies

Try to eat more dark-green, red, and orange vegetables, and beans and peas.



GRAINS Make at Least Half Your Grains Whole Grains

Choose whole-grain foods, such as whole-wheat bread, oatmeal, whole-wheat tortillas, brown rice, and light popcorn, more often.



PROTEIN Vary Your Protein Foods

Try fish, shellfish, beans, and peas more often. Some tasty ways include a bean burrito, hummus, veggie chill, fish taco, shrimp or tofu stir-fry, or grilled salmon.



DAIRY Get Your Calcium-Rich Foods

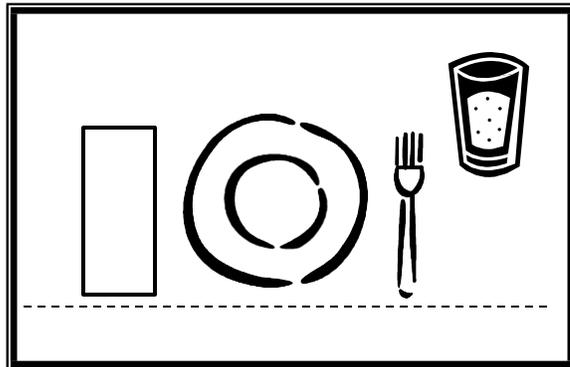
Choose fat-free or low-fat milk, yogurt, and cheese at meals or snacks. Dairy foods contain calcium for strong bones and healthy teeth.



Know Your "Sometimes" Foods Look out for foods with added sugars or solid fats. They fill you up so that you don't have room for the foods that help you eat smart and play hard.

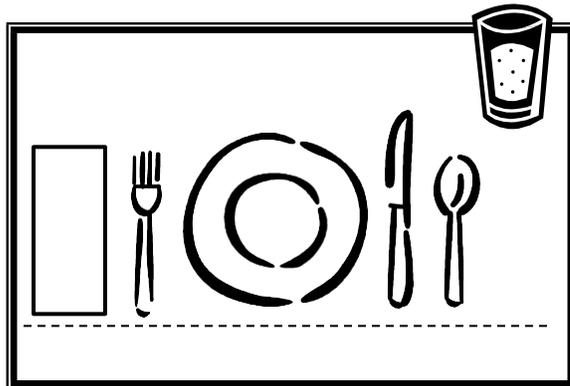


Table Settings



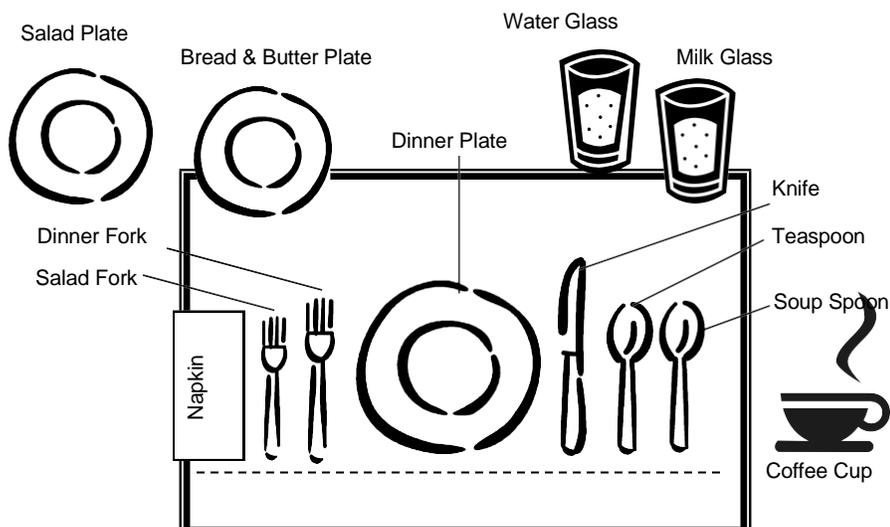
Most Basic Table Setting
No spoon or knife are required to eat this snack or lunch

Table Edge



Simple Table Setting
Often used for family-style meal where no dessert or salad is served separately.

Table Edge



Formal Individual Table Setting
Often used for meal at holiday times, parties, etc.

Table Edge