

Dining with Your Project

Tuesday, July 24, 2018

Set-up 12-12:30 pm, Conference Judging 1:00 pm

Morris County Fair Building

This contest is open to **ALL** 4-H members enrolled in any project. Participants will select a theme and display one place setting; including table covering, dishes, glassware, silverware, centerpiece and menu. This is a fun way to learn how to:

- Properly set a table
- Plan nutritious meals
- Express originality and creativity choosing a theme around a project
- Present to the judge

A neat, interesting, clean and attractive table setting makes any meal more enjoyable. Color, texture, design, and creativity are important. You will design a menu and have it printed and setting on the table. **DO NOT PREPARE THE FOOD** for the contest. You may prepare it at home and take a picture that could be displayed on your plate (optional). You must provide a card table to put the display on.

Start with a THEME

What is the occasion... a family dinner, a holiday, or lunch with friends? Will you have an informal, casual theme or a formal one? Sometimes choosing a theme is the easiest way to get started on a table setting. Here are a few examples. Whatever you choose, be creative and have fun with it!

- Picnic
- Birthday party
- Graduation party
- Family breakfast, lunch or dinner
- Holiday meals
- Luau
- Western
- Wedding Reception

Tie in your Theme with at least one Project...

Choose one or more of your 4-H projects and tie it in to your theme. **BE CREATIVE!** Be able to present your table setting to the judge by telling about your ideas and why you chose this particular theme. Some examples of ways to include your project are listed below:

Foods – menu could include items you will make for the fair

Wildlife – could be a camo theme

Livestock – menu could include a meat item from your species

Visual Arts – use one of your creations as the theme for your table

Turn your project into the theme – i.e. horses, rabbits, etc.

Table Settings

Centerpiece

Make sure your centerpiece coordinates with your theme and adheres to the basic rules that formal centerpieces follow:

- Don't let a centerpiece overwhelm a table;
- Don't have a centerpiece that blocks the view of people sitting across from one another;
- Don't create a centerpiece that hinders serving and dining.

Look through magazines for centerpiece ideas.

Be creative and think of items you have at home that could be put together to make an attractive centerpiece.

Place Settings

Be creative! Be sure to include any item that would be used to set a table: tablecloth, placemats, dinnerware, glassware, flatware and centerpiece. The table covering is the background for which items are placed on. You may use a table cloth, fabric, a bare table, placemats. Think about using colors that mix and match or add color and contrast. Choose items that fit the occasion and theme. i.e. Paper products could be used for a picnic but would not be appropriate for a formal dinner. All items that would be used for food must be safe to eat from (i.e. no glitter, glue, etc is to be used on eating surfaces). Table setting guidelines are listed below. No part of your menu should include

Attire

Participant's attire should complement the theme/occasion of their table setting. Participants may come dressed or change in the restrooms.

Food Choices

Pick a "favorite food" item to start with, and then plan your menu around that item. Keep the following in mind while planning:

1. Menu should be nutritious. Use ChooseMyPlate to help with the nutritional aspects. This is a 4-H learning experience, so plan to choose nutritious foods that represent each of the five main food groups. Resource: <http://www.ChooseMyPlate.gov>
2. Food on a menu should vary in temperatures- hot, warm and cold. A variety of temperatures is appetizing and adds interest to your menu.
3. Food should vary in colors. Choose colorful foods that will add interest and variety to your plate. Current nutrition information reminds us to eat a variety of colors of fruits and vegetables because of the phytochemicals found in the colors. Think about using contrasting colors and whether the foods will look attractive and appetizing when served together.
4. Flavor: is there a combination of mild and strong flavored foods?
5. Texture: is there a combination of soft and crisp food items? Imagine these foods on one plate: Applesauce, mashed potatoes, cottage cheese, cooked cauliflower- all soft foods of similar color and not very appetizing.
6. Shape: A variety of shapes of food is also important.
7. Have your menu displayed on your table in some way. This might be free standing as a décor element or printed and lying flat.
8. Be familiar with the foods that you are including on your menu.

Menu Writing

Use descriptive terms that give information about the temperature, texture, color or other special characteristics of the food. Words like fresh-picked or homemade sound appetizing and indicate freshness.

1. Write menus in symmetrical arrangement on the page, listing foods in the order that they are served. Group foods served in one course. Use single line spacing between food items and double line spacing between courses.
2. Use capital letters at the beginning of all words except articles, conjunctions, and prepositions. Correct spelling is important.
3. When a food is commonly prepared in more than one way, avoid confusion by describing the method of cooking, such as: Roast Turkey or French Fried Potatoes.
4. List each food with the exception of butter, cream, sugar or salad dressing, unless it is something special, such as Honey Butter or Poppyseed Dressing.
5. List beverages last.
6. Consider creativity when choosing names of menu items (except for formal menus). Formal menus must use original names of items. Ex. Using Patriotic Punch for a 4th of July theme and Cherry Punch for a formal theme.

Sample menu patterns:

Breakfast	Lunch	Supper
Fruit or Juice	Entrée	Entrée
Hot or cold Cereal	Vegetable	Vegetable
Eggs	Salad	Salad
Breakfast Meat	Bread or Roll	Bread or Roll
Toast, Biscuit, Pancake or	Fruit or Dessert	Fruit or Dessert
French Toast	Choice of Beverage	Choice of Beverage
Choice of Beverage		

Capitalize all words except words like *or, or, and, with*.

General Table Setting Guidelines

The lower edges of the utensils should be aligned with the bottom rim of the plate, about one inch from the edge of the table.

To avoid hiding a utensil under the rim of a plate or bowl, lay it approximately one inch away from the plate's side.

The water glass should be placed approximately one inch from the tip of the dinner knife.

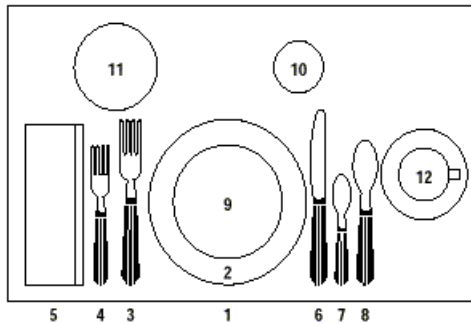
Utensils are placed in the order they are used. As you eat, you work from the outside, in. Place knives with blades facing the plate.

Do not place over three pieces of flatware on either side of the plate at one time (except forks if an oyster fork is used).

Set only what you will use – only set the utensils that will be used throughout the meal. If there is no soup served; there is no need to set a soup spoon.

At an informal meal, the table setting is not cluttered and all the flatware is laid on the table at one time. The dessert utensils may be brought to the table on the dessert plate.

The following is a **standard table setting** for a three-course meal. Note the basic “outside-in” rule (the utensils used first are on the outside, the piece used last is placed directly next to whatever plate you are using).



Forks: the forks are placed on the left of the plate. The fork furthest from the plate is for salad. The fork next to the plate is for dinner. In American style, the fork is laid on the table tines upward.

Dinner Plate: Large plates, such as the dinner plate and luncheon plate, are laid about one inch from the edge of the table.

Salad Plate: The salad plate is placed to the left of the forks. Small plates, such as the salad plate are laid about two inches from the edge of the table.

Dinner Knife: The dinner knife is placed on the right side, one inch away from the plate. The blade should face the plate. If the main course requires a steak knife, it may be substituted for the dinner knife.

Spoon: The soup spoon is on the far right of the outside knife.

Butter Plate with Butter Knife: A small bread plate is placed above the forks, above and to the left of the service plate. The butter spreader is laid on the bread-and-butter plate.

Water Goblet: The water glass goblet is placed in a position closest to the hand, approximately one inch above the tip of the dinner knife.

Wine Glass: If there was a wine glass, it should sit to the right and possibly above the water glass. Remember 4-Hers should probably not have a wine glass on their table unless they have an excellent reason for using it.

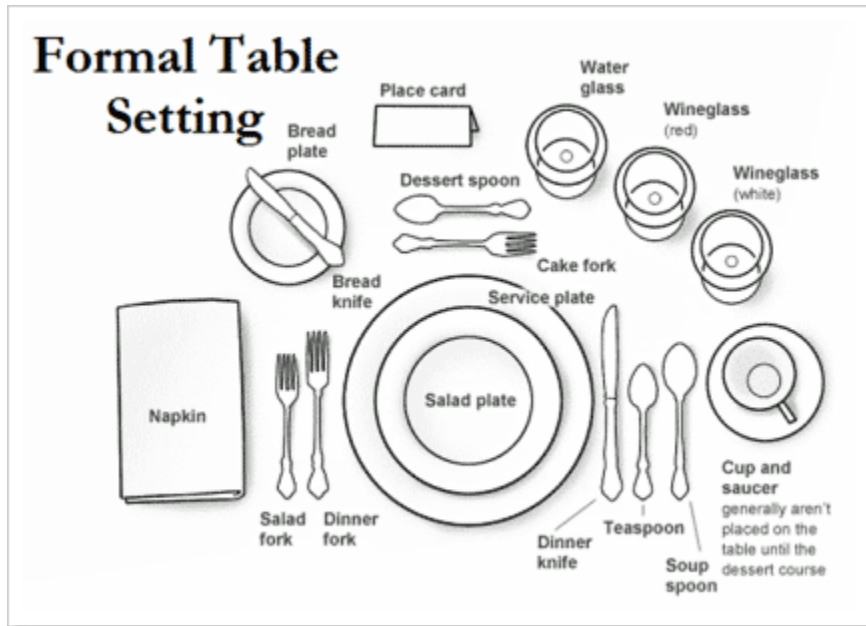
Napkin: Place the napkin in the place setting's center, or left of the last fork.

Coffee Cups: Place a cup and saucer to the right of the place setting. The coffee spoon goes to the left or right of the saucer. Place approximately one inch beyond the outermost piece of flatware. The top edge of the saucer is aligned with the top rim of the plate or bowl. Cup handles are faced in the four o'clock position for easy access.

Dessert spoon and fork: At an informal meal, when two utensils are provided for dessert, the utensils are laid on the table or presented on the dessert plate. The dessert spoon (or dessert knife) is laid on the table above the dinner plate in a horizontal position, handle facing right.

The dessert fork is laid beneath the dessert spoon (or dessert knife), handle facing left. The dessert utensils may also be presented on the dessert plate in the same way as formal service.

The Formal Table Setting



To avoid clutter, the general rule for any table setting is to include no more than three utensils on either side of the dinner plate at a time. The exception is the oyster (or seafood) fork, which may be placed to the right of the last spoon even when it is the fourth utensil to the right of the plate. The initial table setting for a typical formal dinner should look something like this:

- Glasses
 - Water Glass: The water goblet is placed above each guest's dinner knife. The other glasses are then arranged around the water glass as follows:
 - Champagne Glass:
 - Red Wine Glass: Should not be used
 - White Wine Glass: at a 4-H event.
 - Sherry Glass:
- Forks
 - Salad Fork: Directly to the left of the plate. One inch from the plate.
 - Dinner Fork: Left of the salad fork.
 - Fish Fork: Left of the dinner fork.
- Knives
 - Dinner Knife (Or meat knife if meat will be served): Directly to the right of the plate. One inch from the plate.
 - Fish Knife: To the right of the dinner knife.
 - Butter Knife: On the butter plate, diagonally with the handle toward the guest
- Spoons
 - Soup Spoon and/or Fruit Spoon: Right of the knives.
- Oyster Fork (Seafood fork): If present, on the right of the soup (or fruit) spoon. The only fork placed on the right side of the place setting. The fork tines are placed in the bowl of the soup spoon with the handle at a 45 degree angle. It may also be laid next to the soup spoon in a parallel position.

- Dessert Spoons and Forks:
 - A dessert fork and/or spoon may be placed horizontally above the dinner plate. These utensils may also be provided when dessert is served.
- Salt and Pepper:
 - Salt Shaker: The salt shaker is placed to the right of the pepper shaker.
 - Pepper Shaker: The pepper shaker is to the left of the salt shaker, and is angled slightly above the salt shaker.
- Salt Cellars:
 - At formal affairs, salt is always applied from a salt cellar, a method that provides controlled use of salt. A small spoon is presented in the salt cellar and used to sprinkle salt over food.
- Finger bowls:
 - Finger bowls may be placed on the table at the end of the meal.

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BEFORE THE EVENT:

- Sign-up with the Extension Office by July 3rd if you would like to participate!
- Plan your theme around one or more of your projects
- Plan and prepare your Table Setting
- Create your menu
- Research nutritional value and food safety concerns of the foods on your menu

ITEMS

- Card Table
- Table Covering
- Centerpiece
- Appropriate dishes
- Appropriate silverware
- Napkin
- Menu

EXHIBITOR

- Attire
 - Looks clean, clothing corresponds with the theme/occasion of the table setting
- Knowledge
 - Knowledge of foods on menu
 - Nutritional value of the meal
 - Food safety considerations for this menu
- Traits
 - Be friendly, confident, and excited about what you are presenting!
 - Don't forget to SMILE!!! ☺
- Time
 - Arrive to the Fair Building by 12:30 pm so you have ample time to set up!
Conference Judging begins at 1:00pm.

Dining with Your Project

Name _____ 4-H Age _____

Project(s) Chosen _____

Scoring	Points Possible	Points Received	Comments
Theme -Creativity and originality -Use of project in theme and explanation -Overall appearance	30		
Table Service -Appropriate pieces used for the menu -Attractive- color scheme, dishes, food, placemats, linen, etc. -Appropriate centerpiece	20		
Menu -Menu is a minimum of 4"x6"; can be typed or hand written. Correct use of spelling, use of capital letters and foods in correct order served. -Do the food choices complement each other? -color, flavor, texture, and shape. -Are the foods suitable for the occasion and theme? -Has the 4-Her considered nutrition of the meal and any food safety concerns?	20		
Participant -Is the 4-H'er well groomed? Neatly and appropriately dress? -Interview skills: How 4-Her presents themselves (eye contact, clarity, volume of voice). -Does the 4-Her demonstrate an understanding of table setting techniques, etiquette, and the menu? -4-Hers conduct and sportsmanship	30		

Examples

Surf's Up Theme



Camo Theme



Spring Theme



Canadian Fishing Theme



Dressing for the Theme

