



SELECTING YOUR THEME

As mentioned earlier in this publication, the options you have for a theme are endless.

Birthdays, Casual Settings, Formal Dinners, and even Picnics are categories you can choose.

For a more formal setting, you could choose to use candles (not lit), more than three pieces of flatware, china, table cloth, and cloth napkins.



For casual, picnic, or birthday settings—use your imagination!

Other Theme Ideas:

Easter Brunch
Western Birthday
Summer Picnic
Tea Party
Relaxing Sunday Breakfast at Home

Nascar Birthday
Christmas Dinner
Super Hero Birthday
Valentine's Dinner

What fun & unique ideas can you think of for your favorite foods theme?





MEAL PLANNING

When planning a menu to complement your theme, first decide on the main dish. Select appropriate vegetables, appetizer, soup or salad. Add a bread, dessert and beverage, if desired.

Use My Plate to help plan nutritious meals. Breakfast, party, and picnic menus should contain two or three food groups. Other meals should contain five food groups.

NOTE: The use of alcoholic beverages in any menu will disqualify your table setting.

A well planned menu should:

- ◆ Consider the time required for the main course and total preparation time.
- ◆ Contain a variety of foods to meet the nutritional needs of those for whom it is planned.
- ◆ Be attractive, with a variety of colors, textures, shapes, sizes, and flavors.
- ◆ Be suitable for the meal.
- ◆ Be readily prepared and easily served with equipment on hand.
- ◆ Show wise use of money and time.
- ◆ Utilize food in season, convenience and ready-to-serve foods.
- ◆ Incorporate proper food handling practices. Ex: summer picnic foods have different requirements than a prepared meal at home.

WRITING THE MENU



The menu should be displayed on a 4x6 or larger, your choice of medium (index card, ceramic tile, chalkboard, etc.), and printed or typed by the participant. You may decorate and/or prop up the menu.

- 1) List the foods in the order in which they are served (Every menu will not include all the foods listed.)

Appetizer
Main Dish
Starchy Vegetable
Other Vegetables
Salad
Bread
Dessert
Beverage

Group foods served in one course. Use single line spacing between food items and a double line spacing between courses.

- 2) Use CAPITALS at the beginning of all words except articles, conjunctions, and prepositions. Correct spelling is important.
- 3) When an item on the menu has an accompaniment:
 - ◆ Place the main item to the left and the accompaniment to the right
Braised Pork Chops Applesauce
 - ◆ Or you may center the main item and write the accompanying item underneath
Braised Pork Chops
Applesauce
 - ◆ If more than one accompaniment appears, place one at each side on the same line
Sesame Seed Wafers Tomato Bouillon Saltines
 - ◆ Or place both on the same line below
Tomato Bouillon
Sesame Seed Wafers Saltines

- 4) 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.
- 5) 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.
- 6) List beverages last.
- 7) Plan the spacing and arrangement of the items on the menu so the written menu is symmetrical.
- 8) Consider creativeness 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.

EXAMPLES FOR A FORMAL MEAL

		Broiled Ham		
		Grilled Pineapple Slices		
		Cole Slaw		
		Hot Gingerbread with Applesauce		
		Coffee Milk		

Cream of Broccoli Soup Curried Toast Fingers
Fresh Fruit Salad Plate With Lime Sherbet Crescent Rolls
Glazed Chocolate Roll Coffee Milk



COMMON ERRORS IN PLANNING MEALS

FLAVOR

- ◆ All bland flavors
- ◆ Too many strong flavors
- ◆ Repetition of food or flavor
- ◆ No tart or acid-flavor
- ◆ Too many sweet or too many sour foods

COLOR

- ◆ Too many foods of same color
- ◆ No contrast or variation
- ◆ Clashing or unpleasant color scheme

SIZE

- ◆ Too many mixtures
- ◆ Too many small pieces of the same size and shape
- ◆ Too many similar shapes
- ◆ Lack of variety in shape

NUTRITION

- ◆ Too many foods from one food group
- ◆ Missing food groups (breakfast and snack should contain 2-3 food groups)
- ◆ Other meals should contain at least 5 food groups from the My Pyramid

TEXTURE

- ◆ Too many soft foods
- ◆ Too many chewy foods
- ◆ Too many crispy or crunchy foods
- ◆ Lack of variety in texture

PREPARATION & TYPE OF FOOD

- ◆ Too many foods prepared in the same way, such as fried foods, creamed food, or foods with sauces
- ◆ No main dish
- ◆ More than one main dish
- ◆ Too many starchy foods
- ◆ Same fruit or vegetable more than once
- ◆ Too many high protein foods

TEMPERATURE

- ◆ Not enough time allotted for preparation
- ◆ Too many foods of the same temperature
- ◆ Need to keep hot foods hot and cold foods cold
- ◆ Food not stored at safe temperatures

MEAL PLANNING						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY

MEAL IDEAS:	OTHER IDEAS:
<ul style="list-style-type: none"> ◆ Baked Potatoes ◆ Burritos ◆ Casserole ◆ Chicken ◆ Chili ◆ Chinesebangas ◆ Chow Mein ◆ Enchiladas ◆ Hamburgers ◆ Lasagna ◆ Meatballs ◆ Meatloaf ◆ Omelets ◆ Pasta ◆ Pita Pockets (veggies/meat) 	<ul style="list-style-type: none"> ◆ Pizza ◆ Pork/Lamb Chops ◆ Pot Pie ◆ Ribs ◆ Sandwiches (meat/cheese) ◆ Seafood (crab, fish) ◆ Sloppy Joes ◆ Soup/Stew/Chowder ◆ Souvlates (skit or tortilla) ◆ Spaghetti ◆ Steak ◆ Stir Fry ◆ Stroganoff ◆ Tacos
	<ul style="list-style-type: none"> ◆ Beans (baked/lima/frozen) ◆ Cabbage/Coleslaw ◆ Chips & Salsa/Dip ◆ Corn Bread ◆ Cottage Cheese & Fruit ◆ Dressing ◆ Eggs (hard baked/stuffed) ◆ Fruit (canned/fresh) ◆ Muffins ◆ Peppers (fresh/stuffed) ◆ Pickles ◆ Potatoes (cheese/hash/mashed) ◆ Quiche (cheese/zucchini) ◆ Rice
	<ul style="list-style-type: none"> ◆ Pasta/Biscuits/ Breakfasts ◆ Salad (green/fruit/ pasta/Tella) ◆ Scram ◆ Shrimp ◆ Squash/Yams ◆ Stuffed Mushrooms ◆ Vegetables (steamed/ fresh/frozen) ◆ Zucchini

By Rachel Woods, About.com LDS Guide, 10/2007.com

WRITING THE RECIPE



An important part of food preparation is recipe selection. A recipe tells which ingredients to use and how to put them together. Knowing how to interpret the symbols and terms and how to use the recipe will help create a successful product. Be sure to choose recipes that fit your food preparation skills.

There are many ways to write a recipe, however, the most common and easiest to understand style is the Standard Form.

Standard Form gives the ingredients first, then the method. The list shows what is needed to make the recipe. Exact measurements and terminology should be given.

1. The most widely used and easily read form. Excellent for recipes containing many ingredients.
2. List all ingredients first, including any modifications of the ingredient. For instance, if your recipe requires 1 cup chopped nuts — the nuts should be measured after chopping. However, if the ingredients list is 1 cup nuts chopped — the nuts are measured first, then chopped.
3. The method of combining the ingredients follows the listing. It may be stated in paragraph or number steps.

Example of a recipe written in the standard form:

WAFFLES

1 3/4 cups sifted enriched flour	1 1/4 cups milk
3 teaspoons baking powder	1/2 cup melted shortening
1/2 teaspoon salt	2 stiff-beaten egg whites
2 beaten egg yolks	

Preheat waffle iron. Sift dry ingredients; stir in combined egg yolk, milk and shortening. Fold in egg whites. Bake in hot waffle iron. Makes 8

OR

1. Preheat waffle iron.
 2. Sift dry ingredients into bowl.
 3. Combine egg yolks, milk and shortening.
 4. Stir into dry ingredients.
 5. Fold in beaten egg whites.
 6. Bake in hot waffle iron.
- Makes 8 waffles

CHARACTERISTICS OF A GOOD RECIPE

- ◆ It should be accurate and complete.
- ◆ It should be simple and clear.
- ◆ It should list all ingredients in the order used.
- ◆ It should give exact measurements in the easiest unit of measure (i.e. 1/4 cup, not 4 Tablespoons)
- ◆ If possible, in the space allowed, do not abbreviate.
- ◆ Use weights for meat, when possible.
- ◆ Use weight or fluid measure of canned foods (don't say "one can pineapple," say "one 12 ounce can of pineapple")
- ◆ Use short sentences and clear, simple descriptions of methods.
- ◆ Give word pictures, if possible (foamy, syrupy, lemon-colored).
- ◆ Specify pan sizes.
- ◆ Give total yield of number of servings and state serving size.

Table Settings YOU THE DESIGNER



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Do you know you can be a designer each time you set the table? A designer chooses and arranges things according to a plan for beauty and order. Anyone can sling dishes on the table so it looks like disaster struck. Or the table can be attractively set with everything neatly in place. A neat, clean and attractive table setting makes any meal more enjoyable. Can you set such a table? Let's learn how.

Actually, there is more than one way to set a table. The usual way to set a table is to put all the dishes, flatware, and food on the table before anyone sits down. When there is company or for a special meal, part of the food may be left in the kitchen and served later. The way to set your table depends upon the way the meal is to be served. Be creative & have fun!

Table appointments include any item used to set a table. Tablecloth, placemats, dinnerware, glassware, flatware, serving dishes, and the center piece are table appointments. Choose table appointments to fit the occasion. Paper plates, plasticware, and paper napkins may be used for a picnic but they would not be appropriate for a formal dinner.



The Table Cover -

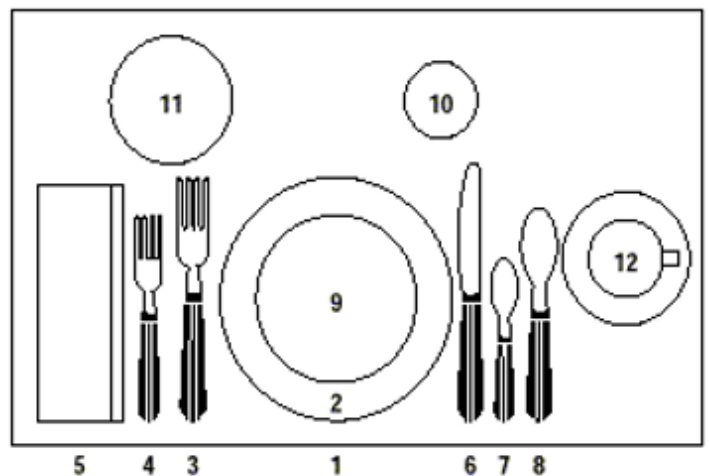
The table covering is the background for the food and table appointments placed on it. It protects the table and makes for less noise. Placemats or tablecloths may be used. Sometimes the table is left bare. Be sure that the covering or table is clean.

Choose a cover that is appropriate for the occasion and the other table appointments. You may match or blend cloths and textures in the dishes or use something quite different for contrast.

Place Setting -

Allow at least 20 inches for each person's dishes. This is called a "cover" and each cover is set exactly the same. A cover contains only the dinnerware and flatware for the meal served.

- ◆ Put the plate, china, pottery, paper, glass, etc. (1, 2, 9) in the center of the cover about 1 inch from the edge of the table.
- ◆ Place the knives and spoons (6, 7, 8) on the right side, the forks (3, 4) on the left about 1 inch from the edge of the table. Turn the cutting edge of the knife towards the plate. If there is more than one piece in each cover, such as one dinner fork and a salad fork or one teaspoon and a soup spoon, determine which one will be used first and place it outside the other one.
- ◆ The napkins (5) are usually folded oblong and placed next to the forks. The fold of the oblong should be to the left so it opens like a book. Decorative and creative folds are encouraged. Placement of napkin may vary.
- ◆ The beverage glass (10) is placed about 1 inch above the tip of the knife.
- ◆ If coffee or tea (12) is served, the cup is placed on the saucer and set to the right of the spoon 1 inch from the edge of the table. Have the handle pointing to the right.
- ◆ Salad, bread and/or dessert plate or bowl (11) may be placed left of the forks and napkin or at the tip of the fork.



Serving Pieces -

1. Place the main dish in front of the family head. If it is hot, it will need a table protector or trivet underneath it.
2. Foods that are used together should be placed together, such as potatoes and gravy, bread and butter.
3. Serving spoons should be placed on the table beside the food bowls rather than in them until you begin serving the food.

Centerpiece -

The centerpiece should be coordinated with the table appointment and be appropriate for the occasion. If a centerpiece is used, it should not obstruct anyone's view. When candles are used, they should be lit with the flame above eye level. For the Favorite Foods Revue, candles **should not** be lit.

INTERVIEW JUDGING

Participants will give a 5-minute presentation about the preparation of the menu, recipe, selection and management of the menu, nutritional information of food and menu, and experience in preparing the meal. After the 4-Hers' presentation, the judge may ask questions.

Possible questions the judge may ask:

- ◆ How did you decide upon the theme for your table?
- ◆ Where did you find the recipe you used today?
- ◆ Did you use the Food Guide MyPyramid in planning your menu?
- ◆ How often have you prepared this menu?
- ◆ In what order would the food be prepared?
- ◆ What nutrients do the foods provide?
- ◆ Does your menu have variety in color, texture, and flavor?

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