

Home Ec. Field Day 2007

You will determine the year you are by what year in cooking you are currently enrolled in. (For ex., you just finished your first year in cooking, and are stating your second; you are a second year cooking member.)

Your dish must include at least 50% of what your assigned ingredient is. ALL members still MUST include a recipe card for your dish.

1st year cooking – You will be making a dish using fruits or vegetables. You MUST include a menu card ONLY to include one meal; it MUST have your dish included in it.

2nd year cooking – You will be making a grain dish with 4 or more ingredients. You MUST include a menu card ONLY to include one meal; it MUST have your dish included in it.

3rd year cooking – You will be making an appetizer (hors d'oeuvres) OR dessert that must include 6 or more ingredients. You MUST include a menu card ONLY to include one meal; it MUST have your dish included in it.

4th year cooking – You will be making a dish using any kind of meat or bean dish. You MUST include a menu card with a **WHOLE DAY** of meals, including snacks.

5th year cooking and above – A whole meal, must include three or more dishes. (ex. Main dish, side dish, salad.) Your meal needs to be balanced designed around the Food Guide Pyramid. You MUST include a menu card with a **WHOLE DAY** of meals, including snacks.

Theme Contest Setting – This category can be entered by any year member. It is an extra that you can take part in if you choose. You MUST have your single place setting **MATCH** the type of food you cooked. (ex. If you cooked a Mexican food dish, you could have a fiesta place setting.)

Judging

This year after the judge's and member's orientation, the members will get their plate (or bowl) get in line, and place a small portion of food on their plate. They will take their plate back to their setting, and go to their assigned sessions. The judges will go through and taste all food, scoring and making notes as they go. After the judges are finished runners will start bringing members in for the interview process. When they are finished the members will take their plates to the kitchen to wash off, and then they will put their plate back, and go back to their sessions.

Awards

Specialty awards will possibly be given in the following categories:
(A Best Overall or Gloria Runyon Award MAY be given out in each category.)

1st Year Cooking

Best Fruit
Best Vegetable

2nd Year Cooking

Best Rice/Pasta Dish
Best Whole-grain Dish (This dish must be made using whole grain-pasta, rice, or tortillas)

3rd Year Cooking

Best Appetizer
Best Dessert

4th Year Cooking

Best Meat
Best Bean

5th Year & Above Cooking

Aesthetic Value – (good use of color in your food)
Most Well Rounded (this would be the meal that best utilized the whole Food Guide Pyramid.)