

Food Project 2021

Dr. Julie Gardner, Texas 4-H Youth Development Specialist



Poll Everywhere

- Number: 22333
- Message: PTPP

Reasons Why.....

Don't be afraid to
CHANGE.

You may lose
something good
but you may gain
something better.



Food Show: Preparation, Presentation, & Interview

- Food Show Dish Preparation
 - Categories: Appetizer, Side Dish, Main Dish, Healthy Dessert
 - Recipe must cost less than \$10 to prepare (excluding spices and seasonings)
 - Use edible garnishes
 - Attire with food safety in mind (closed-toed shoes, no jewelry)
- Presentation
 - 5 Minutes
 - Must cover presentation portion of scorecard
- Interview
 - Question and Answer - 4 minutes
 - Serving - 1 minute

Choosing Recipes

RECIPES FOR GOOD HEALTH

When selecting recipes for your family, yourself, and especially for your 4-H foods and nutrition project activities use this guide to help you make smart decisions! Texas 4-H Youth Development is dedicated to improving the health of our youth through project and competitive experiences! Select new, healthier recipes or modify your family favorite!

Reduce Sugar

- Reduce sugar by one-third. For example, if a recipe says to use 1 cup of sugar, use 2/3 cup.
- To enhance the flavor when sugar is reduced, add vanilla, cinnamon, nutmeg or other flavorings.

Reduce Fat

- Reduce fat by one-third. For example, if a recipe calls for 1/2 cup of oil, use 1/3 cup.
- This method works best in gravies, sauces, puddings, and some cookies.

Sneaky Fixes

Many modifications may go unnoticed! Try these easy and sneaky fixes to improve the health of your recipes, yourself, and your family!

Omit or Reduce Salt

- Omit salt or reduce by one-half. For example, if a recipe calls for 1/2 tsp salt, use 1/4 teaspoon.
- Gradually reduce the amount of salt each time.
- Herbs, spices, or salt-free seasoning mixes can also be used as flavor enhancers. Do not eliminate salt from yeast bread or rolls; it is essential for flavor and helps the texture.

Substitute Whole Grains

- Substitute whole grain flour. Whole wheat flour can replace from one-fourth to one-half of the all-purpose flour.
- For example, if a recipe has 3 cups all-purpose flour, use 1 1/2 cups whole wheat flour and 1 1/2 cups all-purpose flour.



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Unsaturated Fat

Unsaturated fat (poly and mono) helps lower bad cholesterol and triglyceride levels. Unsaturated fats provide the essential fat that the body needs to properly function but can't produce itself. Common sources include:

- olive, peanut, canola, sunflower, and corn oils
- avocados
- nuts and seeds such as almonds, hazelnuts, pecans, walnuts, flax seeds, pumpkin seeds, and sesame seeds
- fish

Saturated Fat

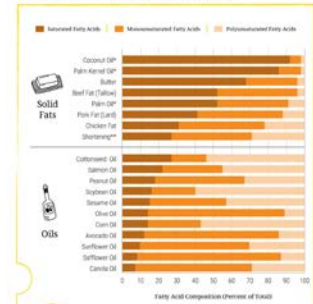
Saturated fat needs to be limited because it can increase the risk of heart disease and raise bad cholesterol levels. Sources:

- Coconut, coconut oil, palm oil, and palm kernel oil
- Whole milk products, butter
- High fat meat products such as bacon or sausage

Fatty Acids of Common Fats & Oils

Use this chart to help guide you in selecting healthier fat and oil options in recipes.

- Select fats and oils for recipes that are highest in mono- or poly-unsaturated fats.
- Avoid fats and oils high in saturated fat.



Source: Dietary Guidelines, 2015-2020. Retrieved from https://health.gov/our-work/food-nutrition/2015-2020-dietary-guidelines/guidelines/chapter-1/a-closer-look-inside-healthy-eating-patterns/food-systems_monounsaturated-fat

Reducing Fat in Recipes

Dietary fats can be found in both plant and animal foods. Not only do fats supply calories, they also help with the absorption of fat-soluble vitamins A, D, E, and K. Although dietary fat has a specific function in the body, you should be careful on the types of fats and oils you choose in your diet and recipes.

Dietary fats are comprised of a mixture saturated, polyunsaturated, and monounsaturated fatty acids. Some of these fatty acids are more desirable than others. You can make a healthier choice by replacing saturated fats with poly- and mono-unsaturated fats in recipes when possible.

HEART SMART SUBSTITUTIONS

Try making a few substitutions and changes in your recipes to reduce calories, fat, and cholesterol while not sacrificing taste!

INSTEAD OF	TRY	BEST CHOICE
Butter	60/40 margarine-butter blend	Margarine or reduced calorie margarine
Sour Cream	Lite sour cream	Fat-free sour cream
2 Whole Eggs	1 whole egg, plus 2 egg whites	4 egg whites
Whole Milk	2% milk	Skim milk
Cream	Evaporated milk	Evaporated skim milk
Cream Cheese	Light cream cheese	Yogurt cheese
Cottage Cheese	Low-fat cottage cheese	Non-fat ricotta or cottage cheese
Mayonnaise	Lite mayonnaise	Half cholesterol free mayonnaise and half non-fat yogurt
Salad Dressing	Reduced-fat dressing	Fat-free dressing
Chicken with Skin	Remove skin after cooking	Remove skin before cooking
Regular Ground Beef (80/20)	Lean ground beef	Extra lean ground beef

REMEMBER: Modifying recipes or substituting ingredients may change some characteristics of the dish such as texture or density. Let your family or audience guide the acceptability of your changes!

Resources

Texas A&M AgriLife Extension Service (2012, May). Altering recipes for good health. Retrieved from: https://agrifloday.tamu.edu/wp-content/uploads/2019/11/healthy_food_challenge_altering_recipes.pdf

American Heart Association (2018, June). Fats. Retrieved from: <https://www.heart.org/en/healthy-living/healthy-eating/eat-smart/fats>

American Heart Association (2016, June). 10 easy ways to swap out salt and lower sodium while cooking. Retrieved from: <https://sodiumbreakup.heart.org/10-easy-ways-swap-salt-lower-sodium-cooking>



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Reducing Added Sugars in Recipes

Sugar is a necessary ingredient in many products because it provides sweetness and bulk; but, it also provides extra calories and few nutrients. Reducing added sugars in recipes can help lessen the calories and improve the healthfulness of the recipe.

- Reduce amount of sugar called for by one-third or even one-half.
- Substitute half of the sugar in baked goods with applesauce.
- Use low-sugar versions of ingredients such as low-sugar jams or jellies.
- Make your own sauces such as tomato sauce or apple sauce.
- To add flavor, use flavorings such as vanilla extract or other sweet or savory spices that complement the other recipe ingredients.

- Select non-nutritive sweeteners (artificial sweeteners), such as: saccharin (Sweet'N'Low™), aspartame (Equal® or NutraSweet™), acesulfame-K (SweetOne™), sucralose (Splenda®) or neotame. Follow directions for use as these high intensity sweeteners may call for you to use less in the recipe. **Saccharin, sucralose, or acesulfame-K can be used for cooking because they are not destroyed by heat. Aspartame is a protein-derivative and is destroyed by heat, losing its flavor.
- For baking, select a "baking blend" which allows for cup for cup substitution.

Reducing Salt in Recipes

Too much salt has been linked to high blood pressure. It is recommended to eat no more than 2300 mg/day. Eating even less is better! To help reduce salt intake, consider making these adjustments in recipes:

- Reduce the amount of salt called for in a recipe. Better yet, reduce salt all together!
- Use onions, garlic, herbs, spices, citrus juices, or vinegars in place of some or all the salt to add more flavor.
- Use low- or no-sodium versions of ingredients.
- Drain and rinse canned beans and vegetables before using.
- Use fresh or frozen products without salt in place of canned products when possible.
- Cook pasta, rice, and hot cereals without salt.
- Avoid using processed or cured meats and products in recipes.

For more information or additional program resources, please contact your local County Extension Office:



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Classifying Recipes

Appetizer Examples

- Hummus
- Kale Chips
- Spinach Stuffed Mushrooms
- Zesty Guacamole
- Roasted Veggie Flatbread
- Bruschetta
- Caprese Salad Kabobs

Main Dish Examples

- Veggie Stir Fry
- Zucchini Boats
- Shrimp Tacos
- Italian Spinach Meatballs
- Beef Kabobs

Classifying Recipes

Side Dish Examples

- Balsamic Glazed Carrots
- Melon Salad
- Tortellini Salad
- Honey Squash Dinner Rolls
- Garden Veggie Cornbread
- Apple Quinoa Spoon Bread

Healthy Dessert Examples

- Grilled Strawberries
- Roasted Pineapple with Greek Yogurt
- Puffed Millet and Brown Rice Treats
- Sautéed Bananas
- Baked Apples with Oatmeal and Yogurt



Food Show: Skill Showcase

- Age Appropriate
- Realistic and Common
- Scoreable
- Score based upon correct procedures, safety and other information related to skill
- Materials provided at judging table
- Time limit will be announced at orientation

Skill Showcase Samples

Knife Skills

- Select the correct knife and demonstrate how to bias cut a carrot.

Knife Skills

- Select the correct knife and demonstrate how to cut french bread into 1-inch slices.

Measuring Skills

- Your recipe calls for flour 1 cup of flour. Demonstrate how to correctly measure the flour.

Measuring Skills

- Your recipe calls for 1 $\frac{3}{4}$ cup water. Correctly measure out this amount.

Menu Planning

- You have \$20 to spend at the grocery store for week. How will you use this to plan 5 meals?

Kitchen Gadget Skills

- Juice a lemon or lime.

Kitchen Gadget Skills

- Using a micro plane, zest a lime.

Etiquette Skills

- Set a standard place setting.

Kitchen Gadget Skills

- Peel a potato.

Product Identification

- A healthy salad is great for summer! Select two cruciferous vegetables you would add to your salad.

A close-up photograph of a hand holding a pencil, writing on a scantron form. The scantron has green bubbles for marking answers. The background is slightly blurred, focusing on the hand and pencil.

Food Show: Knowledge Showcase

- Designated time either before or after presentation & interview
- 10 Multiple Choice or True/False Questions
 - No study materials provide
 - Contestants encouraged to review resources provided on the Texas 4-H Food & Nutrition page
- Electronic scantron format to be used at state contest
 - Univ A - <https://www.judgingcard.com/go/default.html?E=81026&A=88899>



Vegetable juice is considered part of the vegetable group



True

False

Niacin is an example of:

An essential amino acid

A water soluble vitamin

A fat soluble vitamin

A mineral



What is the main function of flour when used in a recipe?



To provide
framework or
structure

To provide
tenderness

Helps ingredients
react with each
other

Acts as a
leavening agent



When shopping on a budget:



Stick to your
list and plan
ahead

Shop for
name brands
only

Throw away
leftovers

Eat out often

Where should you take the temperature of a food?

In the thinnest part of the food

In the thickest part of the food

On the surface of the food

All of these are correct places to take temperature

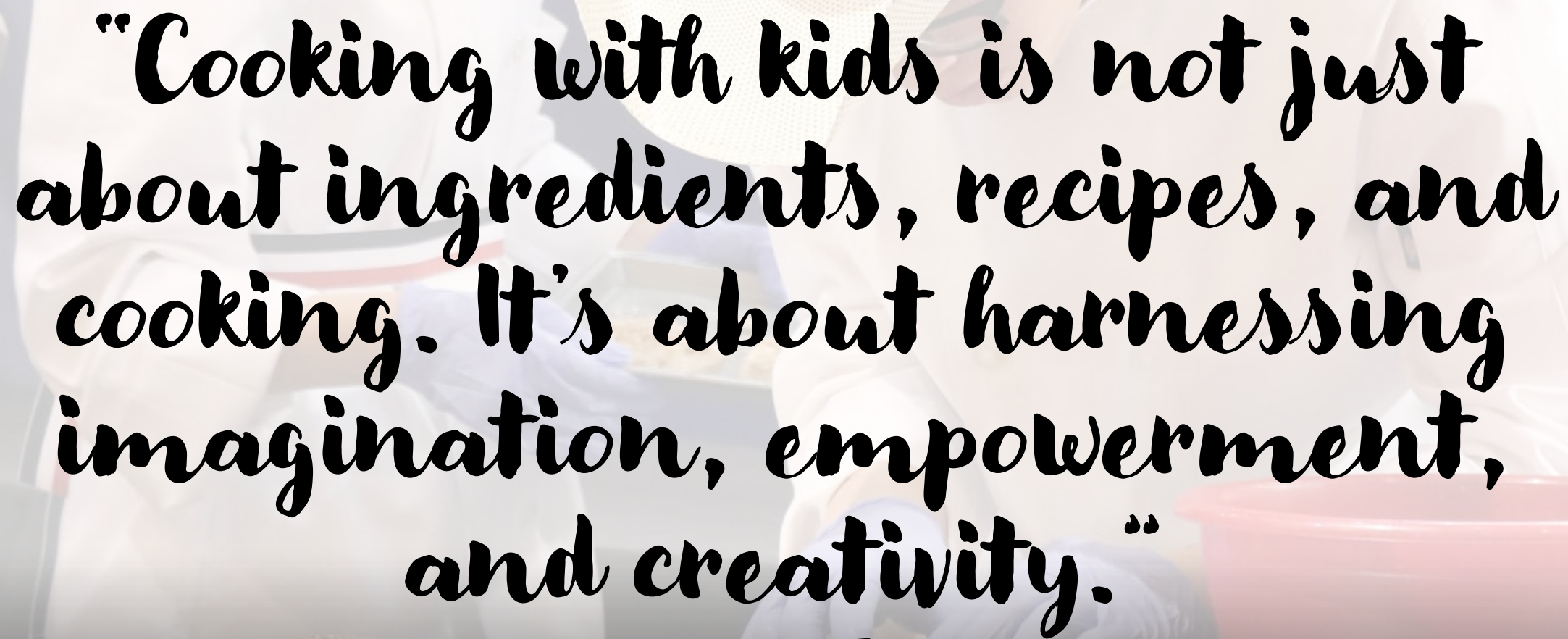
Food Challenge 2021: Cooking Up Learning

Dr. Julie Gardner, Texas 4-H Youth Development Specialist



2020-2021
Rules & Guidelines

The members of Texas A&M AgriLife will provide equal opportunities in programs and activities, education, and employment to all persons regardless of race, color, sex, religion, national origin, age, disability, genetic information, veteran status, sexual orientation or gender identity and will strive to achieve full and equal employment opportunity throughout Texas A&M AgriLife.



"Cooking with kids is not just about ingredients, recipes, and cooking. It's about harnessing imagination, empowerment, and creativity."

~Guy Fieri



The Basics

- Teams
- Timeframe
- Preparation
 - Food Safety
 - Resources
 - Categories
 - Equipment
- Presentation
- Scoring

Food Safety

- Food Safety
- Equipment Safety
- Hygiene
 - Gloves
 - Hair Restraints



Boost Practices KITCHEN & FOOD SAFETY FACT SHEET

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BASIC GUIDELINES

- No running around the preparation area
- Keep trash off the floor and counters
- Sanitize all work surfaces prior to starting food preparation
- Start with clean utensils, totes, and equipment/supplies
- Place eggs in a small bowl to prevent them from rolling onto the floor before you can use them
- Before preheating an oven, move oven racks to the needed positions
- Keep raw foods separate from ready to eat foods
- Be sure an appliance is in the "off" position before plugging it in.
- Keep portable appliances unplugged when not in use
- Avoid using any appliance with a frayed or worn cord
- Use a barrier when handling foods if possible. (Gloves, spoons, spatulas, tongs, deli tissue, wax paper etc.) Both gloves and a utensil are not necessary when serving/preparing food, only one barrier is needed.
- Gloves may only be used for one task and must be changed if damaged or anytime they become contaminated. This includes if a participant touches a part of their exposed skin, raw meats and unwashed foods, or if they perform a task such as touching trash, cords, cleaning tools, etc.
- Hold by the edges to put on hands, do not blow into them or roll them up your hands
- Have gloves that fit, and are not too big
- Wipe up all spills immediately with paper towel, cloth or mop
- Keep cupboard doors and drawers closed unless in use
- Turn handles of sauce pans away from the walk area when being used
- Clean and sanitize utensils between uses
- Dry hands well before using electric cords or appliances
- Use only dry hot pads or oven mitts, damp ones conduct heat
- Always open oven, stove or microwave door/lick a crack to vent some steam before looking and tilt lid away from you so steam is released away from your face
- Use a thermometer to determine doneness of foods, clean and sanitize after each use.
- Insert thermometer at least two inches into the thickest part of the food avoiding fat and bones.
- For thinner foods, place the thermometer through the side of the food or between two pieces.
- Thermometers are not designed to remain in the food while it is cooking but should be used near the end of the estimated cooking time to check for final cooking temperatures.
- Color and texture are not indicators of doneness.
- Have a plan for where you'll go with a pan when you take it out of the oven or off the stove top.
- Have cooling racks and counter savers in place
- Always turn the burners/skillet off when finished
- Disconnect appliances by pulling out the plug, not by tugging on the cord
- Unplug small appliances before cleaning
- Always use a cutting board to protect yourself and the counter
- Do not hold the food in your hand to cut it, even if it is only an apple
- Wash knives and sharp objects separately
- Never place knives in sink filled with soapy dish water
- Store knives in a special compartment or holder

Be a BAC Fighter

Make the meals and snacks from your kitchen as safe as possible. **CLEAN:** wash hands and surfaces often; **SEPARATE:** don't cross-contaminate; **COOK:** to safe temperatures; and **CHILL:** refrigerate promptly. Be a BAC Fighter and reduce your risk of food borne illness!

Visit "Ask Karen" at FoodSafety.gov to ask a food safety question
Call the USDA Meat & Poultry Hotline: 1-888-MPHotline (1-888-674-6854)
FDA Food Information Line: 1-888-SAFEFOOD (1-888-723-3366)

See www.fightbac.org for free downloadable brochures, fact sheets, stickers, and other great stuff! Materials for educators can be ordered through the on-line BAC store!

The mission of the non-profit Partnership for Food Safety Education is to end illness and death from food borne infection.

Please go to www.fightbac.org for more information on how you can get involved and to sign up to receive food safety e-cards!

Sign up to be a BACFighter at www.fightbac.org

Apply the heat... and Fight BAC!

Cooking food to the safe temperature kills harmful bacteria. So **FIGHT BAC!** by thoroughly cooking your food as follows:

SAFE MINIMAL INTERNAL TEMPERATURES <i>As measured with a food thermometer</i>	
Beef, pork, veal and lamb (roast, steaks and chops)	145°F with a 3-minute "rest time" after removal from the heat source.
Ground Meats	160°F
Poultry (whole, parts or ground)	165°F
Eggs and egg dishes	160°F Cook eggs until both the yolk and the white are firm. Scrambled eggs should not be runny.
Leftovers and casseroles	165°F
Fin Fish	145°F

Guidelines for Seafood

Shrimp, Lobster, Crabs	Flesh pearly and opaque
Clams, Oysters and Mussels	Shells open during cooking
Scallops	Milky white, opaque and firm

2011 PFSE

FIGHT BAC!

FIGHT FOODBORNE BACTERIA

Four Simple Steps to Food Safety

www.fightbac.org

USDA
United States Department of Agriculture

MyPlate, MyWins: Make it yours

Find your healthy eating style. Everything you eat and drink over time matters and can help you be healthier now and in the future.

Choose **MyPlate.gov**

Limit

Limit the extras.
Drink and eat beverages and food with less sodium, saturated fat, and added sugars.

MyWins

Create 'MyWins' that fit your healthy eating style.
Start with small changes that you can enjoy, like having an extra piece of fruit today.

Contest Resources



Know Your Nutrients

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Healthy Lifestyles
4-H Youth Development
Texas A&M AgriLife Extension

Reviewed by:
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Minerals

Calcium
Chromium
Copper
Flouride
Iodine
Iron
Magnesium
Phosphorus
Selenium
Zinc

Electrolytes

Sodium
Chloride
Potassium
Water

Fat Soluble Vitamins

Vitamin A
Vitamin D
Vitamin E
Vitamin K

Macro Nutrients

Protein
Fat
Carbohydrates
Fiber

Water Soluble Vitamins

Vitamin C
Vitamin B1 (Thiamin)
Vitamin B6
Niacin

Water Soluble Vitamins

Vitamin B2 (Riboflavin)
Vitamin B12
Folate

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Categories

Appetizer

Main Dish

Side Dish

Healthy Dessert



Equipment Box

2021 Changes:

- Sanitizing Solution
- Pantry Items
- Gadget of the Year

SUPPLY BOX

Each team will bring an equipment box containing only one each of the following items, unless a different quantity is noted:

Beverage glass	Measuring spoons (1 set)
Bowls Dip Size (1) Mixing (2) Serving (1)	Non-stick cooking spray
Calculator	Note cards (1 package - no larger than 5 X 7)
Can Opener	Paper towels (1 roll)
Cookie sheet	Pancake turner
Colander	Pencils (no limit)
Cutting Boards (3)	Plastic box and trash bag for dirty equipment
Disposable tasting spoons (no limit)	Pot with lid
Dry measuring cups (1 set)	Potato masher
Electric Skillet	Potato peeler
Extension cord <i>(Teams should be certain the extension cord is compatible (2-prong/3-prong) with the plugs on their electrical supplies)</i>	Sanitizing wipes (1 container) or bleach solution spray <i>*recipes available at: https://agrifetoday.tamu.edu/2020/03/25/texas-am-experts-offer-covid-19-cleaning-disinfection-guidelines/</i>
First aid kit	Serving platter or plate
Food thermometer	Serving utensil
Fork	Skewers (1 set)
Gloves	Skillet with lid
Grater	Spatulas (2)
Hand sanitizer	Stirring spoon
Hot pads (up to 5)	Storage bags (1 box)
Kitchen shears (1 pair)	Tongs
Kitchen timer	Two single-burner hot plates or
Knives (4)	One double- burner plate (electric only!)
Liquid measuring cup (2 cup size)	Whisk

NEW

Pantry Items

Salt
Pepper
Oil (16 oz)
1 jar chicken bouillon
1 medium onion
2 (14 oz) cans
vegetables and/or fruit
(team choice)
Rice (white or brown)
or pasta (16 oz)
(team choice)

Gadget of the Year:

Teams may have the following kitchen gadget in their box for the 2020-21 Contest Year:

Spiralizer (manual only)



Key Ingredients

- Think Creatively
- Think Realistic
- Use Your Skills
- Think Healthy



The "Grocery Store"




- Think about the category
- Purchasing Power
- What's on the shelf?
- In-stock Items
- Spices, seasonings, etc.
- Grocery Store versus Pantry
- Think effective and efficient





What is the most used tool in the equipment box?





Category: Appetizer Key Ingredient: Tomatoes (3)
Grocery Store Items: Basil, Jalapenos, Red onions,
Cilantro, Apples, Cheddar Cheese, French Bread,
Balsamic, Red Wine Vinegar



Category: Main Dish Key Ingredient: Round Steak
Grocery Store: Broccoli, Mushrooms, Grape Tomatoes,
Zucchini, Lettuce, Canned Asparagus, Ginger, Polenta,
Quinoa





Category: Side Dish Key Ingredient: Elbow Macaroni Grocery

**Store: Broccoli, Carrots, Mushrooms, Cheddar Cheese,
Gouda Cheese, Milk, Canned Chicken, Italian Dressing**



Category: Healthy Dessert Key Ingredient: Blueberries

**Grocery Store: Raspberries, Apples, Mint, Granola,
Canned fruit, Greek Yogurt, Corn Chex Cereal, Sugar,
Margarine**



EXPLORE

FOOD AND NUTRITION PROJECT



FOOD AND NUTRITION
SAFETY AROUND THE KITCHEN

texas4-h.tamu.edu



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Teaching Resources

- MyPlate.gov
- [Dietary Guidelines for Americans](#)
- [Texas 4-H Youth Development - Food and Nutrition](#)
- [Explore Guides](#)
 - [Kitchen Safety](#)
 - [Food Safety](#)
 - [Dollars and Sense](#)
 - [Food Challenge](#)
 - [Cooking in the Kitchen](#)
- Dinnertonight.tamu.edu
- [Other Cooperative Extension Sites](#)

Questions

