

GLOBAL GOURMET NUTRITION SKILL-A-THON STUDY GUIDE

Nutrition Skill-a-thon will take place at the fair. Check your yellow guideline sheet that you received with your project book for the exact day and date. Advisors will receive a detailed schedule of specific times for each project later in the summer.

Skill areas in which youth will participate are based on information from their project book. Activities will evaluate consumer skills, lifestyle (table setting, fitness, manners), meal management, safety, nutrition, and preparation skills.

This guide gives information about the stations that will be included in the nutrition skill-a-thon.

1. Each participant should bring a food prepared from a recipe in the project book, a serving utensil, if needed, and completed project book.
2. Participants will have an interview with a judge to discuss their project, 5 questions to answer (based on information from the project book) and a menu/MyPyramid activity to complete.
3. There will be 3 skill areas for members to demonstrate what they have learned from the project. Some members will be interviewed first and then complete the skills, others will complete the skills first.
4. Please arrive 10 to 15 minutes prior to your scheduled judging time to register. A Polaroid picture will be taken of each member with their food when they set it up for the judge. (Please do not bring table setting and centerpiece. You will not be allowed to use them.) Photographs will be displayed in the Armory to represent the nutrition projects.
5. Ribbons and vouchers will be presented as each 4-H'er completes the skill-a-thon. Awards will be announced at the 4-H Awards Ceremony near the end of fair week. (See the fair schedule for specific day and time.)

GLOBAL GOURMET

1. What can be done to keep cold smorgasbord foods safe (below 40 degrees F.)? (Page 59)
2. What can be done to keep hot smorgasbord foods safe (about 140 degrees F.)?(Page 59)
3. What is the difference between the way Americans and Scandinavians eat sandwiches (Page 53)
4. Many Mexican recipes call for fresh chiles. What ingredient can be substituted for fresh chiles? (Page 8)
5. Why are corn tortillas important as part of the milk group in the Mexican diet? (Page 7)
6. What is just as important about food to the Japanese as the way it tastes? (Page 24)
7. What 2 things can be conserved with cooking methods like stir-frying? (Page 23 & 29)
8. What are lentils? (Page 34)
9. Why is wine often served as the beverage in Italy? (Page 38)
10. Is mozzarella cheese higher or lower in fat than cheddar cheese? (Page 41)
11. Are pasta products high in calories? (Page 44)
12. What are 2 moist heat methods of cooking? What is the advantage of using a moist heat method? (Page 47)
13. What are 3 dry heat methods of cooking? (Page 47)
14. What factors should be considered when decided whether to purchase fresh or canned fruit? (Page 56)
15. Why is meat not widely used as the main source of protein in Mexico? What sources of protein are more popular? (Page 7)
16. What food safety practices should be used when handling meat? Why? (Page 11)

17. What foods are commonly used in Africa to provide servings from the grain group? (Page 15)
18. How is ugali eaten in the traditional African Manner? (Page 16)
19. What is food irradiation? (Page 20)
20. What are the most common cooking methods used in Japan? (Page 23)
21. Since Japanese do not drink or cook with milk, how do they get calcium? (Page 24)
22. What is a way to cool foods quickly? (Page 26)
23. What is Tofu? (Page 30)
24. What are the 2 most common religions in India? How does each of these religions affect their diet? (Page 31)
25. What food do Indians use to form complete (or complimentary) proteins? (Page 32)
26. Which are generally lower in calories - red (tomato) sauces or white (cheese) sauces? (Page 41)
27. How are knives and forks handled when eating continental style? (Page 45)
28. What kinds of breads are most widely eaten in Germany? (Page 46)
29. How should ground meat be handled for optimum food safety? Why? (Page 48)
30. What is the recommended percent of calories that we should get from fats? (Page 52)
31. The nutrients required on a nutrition panel are _____. (Page 52)
32. Be able to answer questions about a product based on information found on the nutrition label.
33. How do Scandinavians lengthen their growing season? (Page 53)
34. Be prepared to discuss information on pasta (Page 44)
35. Explain how to buy and ripen an avocado? (Page 9)
36. Explain how to buy and store green onions and dry onions (page 29)
37. Familiarize yourself with the information in the "Your Personal Path to Health" brochure. Be able to give examples of how to 1.) "get the most nutrition for your calories," 2.) "make smart choices from every food group," and 3.) "find your balance between food and physical activity."

For Your Information

Several of the pages that describe the food pyramid for each country mention combinations of foods that make complete proteins. The individual foods are incomplete proteins but when combined or eaten together they complement each other and meet our requirement for protein just as animal products do. The following is additional information about these types of combinations. (Source: 4-H project book, Great Grains)

Protein

Protein is essential for tissue growth and repair. Among grains, oats have the greatest amount of protein. One cup of oatmeal contains 5 grams protein or about 10 percent of the protein needed daily for 15 to 19 year olds. Wheat, barley and rye have slightly less protein and corn, rice and buckwheat have the lowest of all. For instance, one cup of cooked rice contains 3.5 grams protein and thus provides only about 8 percent of the daily protein requirement. Yet, grains are the major source of protein in many countries.

Protein is made of chains of smaller units called amino acids. The body digests protein into amino acids and reconstructs the proteins as needed by the body. The body can make some but not all of the amino acids. Essential amino acids are obtained for the body's use by eating the protein foods that contain them. Animal products such as meat, eggs and milk are considered complete proteins because they contain all of the essential amino acids in a favorable ratio for building protein in the human body.

Cereal or grain proteins do not contain the essential amino acids in a favorable ratio, so they are referred to as incomplete proteins. The body can have a better balance of essential amino acids if grains are combined with other protein foods. These special combinations are called complementary proteins because the amino acids that are low in one type protein are found in the other proteins. Therefore, one protein complements the other. Some food combinations that form complementary proteins are:

**Grains plus Animal Products*
(Macaroni and cheese, cereal and milk)

**Grains plus Legumes*
(Rice-bean casserole, pea soup with toast)

**Legumes plus Seeds*
(Peanut butter with sunflower seeds)

Proteins can be used by the body for energy if needed, but because grains also contain carbohydrates, grains are considered to be "protein-sparing" foods.