

I SPY IN THE KITCHEN

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 and will have 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.)

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1. Be prepared to explain the parts of the MyPyramid symbol and their messages. (A Close Look at MyPyramid handout)
1. Know the food group each color on the pyramid represents, examples of foods from that group, and explain why the colored bars are different sizes. (MyPyramid mini poster front and back)
 1. Be familiar with the abbreviations for cooking measurements. (Page 8)
 1. Be able to explain the things that you should know before you start cooking. (Page 8)
 1. Be able to list some of the things that a recipe will tell you. (Page 8)
 1. Know definitions of common cooking words and be able to identify some common kitchen tools. (Pages 9 & 10)
 1. Know the differences between a measuring cup for liquids and a measuring cup for dry ingredients. (Page 11)
 1. Be able to explain how to measure ingredients for baking (sugar, flour, salt, liquids, vanilla, baking powder, etc.) (Page 11 & 12)
 1. Why should handles of saucepans or frying pans be turned toward the back of the stove while cooking? (Page 15)
 1. What nutrients are found in milk? Why are these nutrients needed? (Page 16)
 1. What is a calorie? What happens if you get more or less calories than you need? (Page 23)
 1. What is a nutrient? (Page 22)
 1. What is the difference between fruit juices, fruit drinks and fruit ades? (Page 35)
 1. Why should you use stick margarine instead of margarine in a tub when making cookies? (Page 38)
 1. Be able to demonstrate how to break an egg. (Page 39)
 1. Be able to explain why it is risky to eat raw cookie dough? (Page 39)
 1. Would a shiny pan or dark pan make cookies more evenly browned? Why? (Page 43)
 1. Be familiar with the manners tips and table time tips. (Page 44)
 1. Know how to properly set a table. (Page 44)