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Special Foods Flash Cards



Created for 4-H Special Foods Contestants

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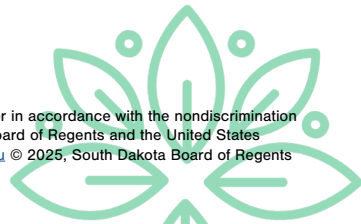
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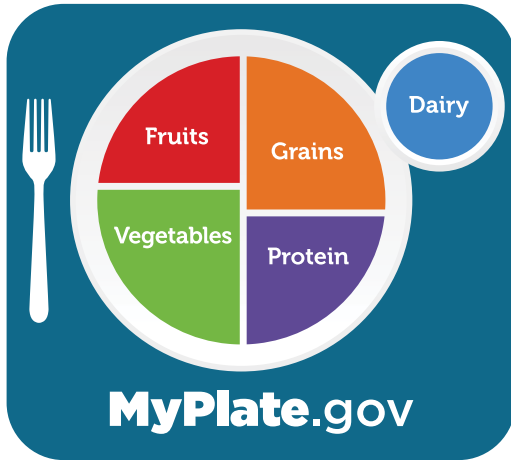


What are the 5 food groups?



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Fruit
Vegetables
Grains
Proteins
Dairy



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What are the 6 main nutrients?



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Minerals
Carbohydrates
Water
Protein
Vitamins
Fats

**(Mom Can
Water Plants
Very Fast)**



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What vitamins and/or minerals are present in your recipe?



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Answer will vary based on
the recipe:

*Vitamin A - Vitamin C -
Vitamin D - Calcium - Iron*



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**How many servings or
what is the amount of food
that you need for your age
and activity level from
each food group?**



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Answer will vary based on
the recipe:

___ cups of fruits
___ cups of vegetables
___ oz. of grains
___ oz. of proteins
___ oz. of dairy



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How does your recipe match with the MyPlate ingredients?



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Answer will vary based on
the recipe:
*fruits, vegetables, grains,
proteins, dairy*



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Junior - 1
Senior - 2

6

**What are the 6 main
nutrients and the
functions in the body
for each nutrient?**



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Junior - 1
Senior - 2

Water: Carries other nutrients to cells in the body and helps keep our body temperate at 98.6 degrees.

Protein: Build and repair muscles and provide calories (energy) for the body.

Carbohydrates: Provides calories (energy) for the body and helps your body eliminate waste products.

Fats: Provide calories (energy) for the body and carries Vitamins A, D, E and K to our cells.

Vitamins: A - Keep our skin healthy | D - Helps our body use calcium to build strong bones and teeth etc.

Minerals: Needed for normal growth and development and help maintain the health of bones and blood.



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What are the 4 dietary guidelines?





1. Follow a healthy dietary pattern at every life stage.
2. Focus on meeting food group needs with nutrient-dense foods and beverages, and stay within calorie limits.
3. Limit foods and beverages higher in added sugars, saturated fats and sodium.
4. Customize and enjoy nutrient-dense food and beverage choices to reflect personal preferences.





**Name the 4 dietary
guidelines and at least
1 way to achieve each
of them?**



1. Follow a healthy dietary pattern at every life stage.
 - Consume a healthy eating pattern that includes all 5 food groups.
 - Limit saturated fat, trans fat, added sugar and sodium
2. Focus on meeting food group needs with nutrient-dense foods and beverages, and stay within calorie limits.
 - Eat a variety of fruits and vegetables.
 - Eat a variety of protein foods.
3. Limit foods and beverages higher in added sugars, saturated fats and sodium.
 - Select fruit for dessert instead of other sugary options.
 - Use spices instead of salt in recipes.
4. Customize and enjoy nutrient-dense food and beverage choices to reflect personal preferences.
 - Expose yourself to different types of food early in life to enjoy a variety of foods.
 - Shop sales and buy in season fruits and vegetables.





For the special foods contest, how many minutes do you have to finish the recipe, set the table, and meet with judges?



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90 Minutes



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**For the special foods
contest, how many
servings should your
recipe serve?**



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2-6 servings



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**For the special foods
contest, how many
ingredients must the
judge see you measure
in your recipe?**





3 ingredients



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**What should you do prior
to cooking any recipe?**



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Wash your hands



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What is a garnish?





An edible decoration for the dish you are serving

See page 14 of SD 4-H Special Foods Handbook



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**For the special foods
contest, what should be
garnished?**





- Place setting with one serving of the prepared recipe
- Serving dish/pitcher
- Sample for tasting judges

See page 14 of SD 4-H Special Foods Handbook



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**For the special foods
contest, how much
space is available for the
place setting?**



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32 inches

See page 15 of SD 4-H Special Foods Handbook



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What is a centerpiece?



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A centerpiece connects your menu and place setting, visible from all angles to everyone at the table.

See pages 15 - 16 of SD 4-H Special Foods Handbook



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For the special foods contest, which age groups (beginner, junior, senior) must include a centerpiece with their table setting?





Junior and Senior

See pages 3 and 15 of SD 4-H Special Foods Handbook



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**Which side of the plate
should the spoon and
knife be placed?**





Right side
Right = 5 letters
Spoon, Knife = 5 letters each

See pages 15 and 17 of SD 4-H Special Foods Handbook



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**Which side of the plate
should the fork be placed?**





Left side
Left = 4 letters
Fork = 4 letters each

See page 15 and 17 of SD 4-H Special Foods Handbook



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**How far from the
edge of the table
should silverware and
tableware be placed?**






1 inch

See page 15 of SD 4-H Special Foods Handbook



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**Where should the
placemat be positioned
on the table?**



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The placemat should be even with the edge of the table

See page 15 of SD 4-H Special Foods Handbook



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**Should the serving
dish or pitcher be part
of the place setting?**



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Yes

See page 16 of SD 4-H Special Foods Handbook



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When preparing a recipe from the protein group, 4-H members must check the internal temperature with what?



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Meat Thermometer

See pages 25 - 27 of SD 4-H Special Foods Handbook



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**In addition to a
complete place setting,
what 2 items should be
displayed next to the
place setting?**





Recipe & Meal/Snack Menu written/typed on index cards

See pages 2 - 4 of SD 4-H Special Foods Handbook



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**What are 3 tips for
keeping hands,
surfaces, and utensils
squeaky clean?**





The Big 3

1. Wash hands, utensils, and surfaces in hot, soapy water before and after food preparation
2. Cutting boards should be run through the dishwasher or washed in hot, soapy water after each use.
3. Consider using paper towels to clean up kitchen surfaces.

See page 25 of SD 4-H Special Foods Handbook



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Is bacon a suitable main ingredient for a recipe in the protein group?





No, bacon can enhance flavor and serve as a garnish, but it's not suitable as a main ingredient due to its high saturated fat content.

See pages 2 and 34 of SD 4-H Special Foods Handbook



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**What is the recommended
protein cooking
temperature for ground
meat/meat mixtures?**



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- 160 degrees Fahrenheit: ground beef, pork, veal, & lamb
- 165 degrees Fahrenheit: ground turkey and chicken

See page 27 of SD 4-H Special Foods Handbook



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**What is the recommended
protein cooking
temperature for fresh beef,
pork, lamb, and veal?**





145 degrees Fahrenheit

See page 27 of SD 4-H Special Foods Handbook



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What is the recommended protein cooking temperature for poultry?



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165 degrees Fahrenheit

See page 27 of SD 4-H Special Foods Handbook



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**What is the recommended
protein cooking
temperature for ham?**






- 145 degrees Fahrenheit:
fresh (raw) ham
- 140 degrees Fahrenheit:
pre-cooked (to reheat)

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What is the recommended protein cooking temperature for eggs & egg dishes?



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- Eggs: cook until yolk & whites are firm
- Egg dishes: 160 degrees Fahrenheit

See page 27 of SD 4-H Special Foods Handbook



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What is the recommended protein cooking temperature for fish?



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145 degrees Fahrenheit

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Use clear measuring cups for what kind of ingredients?





Liquid

See page 23 of SD 4-H Special Foods Handbook



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**Use metal or plastic
measuring cups for what
kind of ingredients?**





Dry

See page 23 of SD 4-H Special Foods Handbook



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**What do you prepare at
the special foods contest?**



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**You only prepare the
MAIN DISH, which is the
selected recipe.**

See page 23 of SD 4-H Special Foods Handbook



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What is wrong with this table setting?





Placemat, knife, fork and napkin fold.



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**What should
contestants cover their
work surface with?**



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Work surfaces should be covered with parchment or waxed paper.

See page 22 of SD 4-H Special Foods Handbook



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**What is the preferred way
to crack an egg in the
special foods contest?**





For the special foods contest, please use the following steps to safely crack eggs into a separate bowl:

1. Using a clean, flat surface, such as your kitchen counter, grasp the egg in your hand and in one swift, decisive motion tap the egg once against it.
2. Use your thumbs to separate the egg shell where it's cracked and tip the egg into a bowl.

It is best to always crack your eggs into a separate bowl before adding it to the main ingredients or pan. This ensures that the egg is still fresh and no bits of shell remain.

See page 23 of SD 4-H Special Foods Handbook



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When is the best time to cook?





When you are wide awake.

See page 29 of SD 4-H Special Foods Handbook



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Why is it important to clean the stove, oven, and exhaust fan?





To prevent grease buildup.

See page 29 of SD 4-H Special Foods Handbook



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What type of shirt sleeve is best for cooking?





Short or fitted sleeves

See page 29 of SD 4-H Special Foods Handbook



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**What should you
always have nearby
when cooking?**






A pan lid and dry potholders or oven mitts.

See page 29 of SD 4-H Special Foods Handbook



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**What direction should
you turn the pan
handles on the stove?**



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Towards the back of the stove.

See page 29 of SD 4-H Special Foods Handbook



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What cookware is safe for microwave use?



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Microwave-safe cookware that allows steam to escape.

See page 29 of SD 4-H Special Foods Handbook



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**What should you
allow food to do before
removing it from the
microwave?**





Allow food to rest.

See page 29 of SD 4-H Special Foods Handbook



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**Why should you use a
pan lid or splash guard
when frying food?**





To prevent grease splatter.

See page 29 of SD 4-H Special Foods Handbook



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**What should you do if
you leave the kitchen
while cooking?**





Turn off the stove.

See page 29 of SD 4-H Special Foods Handbook



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**If you are simmering,
baking, roasting,
or boiling food, you
should...**





**Stay home while cooking
and set a timer to check on
the food.**

See page 29 of SD 4-H Special Foods Handbook



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What should you do after cooking?





**Ensure all burners and
appliances in the kitchen are
turned off.**

See page 29 of SD 4-H Special Foods Handbook



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**What should you do
with a pan lid if your
food catches fire?**





Cover the pan with the lid.

See page 29 of SD 4-H Special Foods Handbook



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**What should you do
to the heat if your food
catches on fire?**



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Turn the heat off!

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**Never use _____ to put
out a kitchen fire.**



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Water

See page 29 of SD 4-H Special Foods Handbook



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**If there is a fire in the
oven or microwave,
what should you do?**





Keep the door closed and turn off the heat.

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**If the fire gets out of
control, what number
should you call?**



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911

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