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# Special Foods Flash Cards



## Created for 4-H Special Foods Contestants

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# What are the 5 food groups?



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**Fruit**  
**Vegetables**  
**Whole 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 the amount of food that you need (based on a 2,000 calorie diet) each day from each food group?**





**2 servings of fruits**  
**3 servings of vegetables**  
**2-4 servings of whole grains**  
**3-4 servings of proteins**  
**3 servings of dairy**



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# How does your recipe match with the food groups?



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



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



**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.



# What are the key messages of the Dietary Guidelines for Americans?



1. Eat the Right Amount for You
2. Prioritize Protein Foods at Every Meal
3. Consume Dairy
4. Eat Vegetables & Fruits Throughout the Day
5. Incorporate Healthy Fats
6. Focus on Whole Grains
7. Limit Highly Processed Foods, Added Sugars, and Refined Carbohydrates



**Name the key elements  
of the Dietary Guidelines  
for Americans and at  
least 1 way to achieve  
each of them?**



## 1. Eat the Right Amount for You

- Pay attention to portion sizes, particularly for foods and beverages higher in calories.

## 2. Prioritize Protein Foods at Every Meal

- Swap deep-fried cooking methods with baked, broiled, roasted, stir-fried, or grilled cooking methods.

## 3. Consume Dairy

- Include full-fat dairy with no added sugars. Dairy is an excellent source of protein, healthy fats, vitamins, and minerals.

## 4. Eat Vegetables & Fruits Throughout the Day

- Eat a variety of colorful, nutrient-dense vegetables and fruits.

## 5. Incorporate Healthy Fats

- Healthy fats are plentiful in many whole foods, such as meats, poultry, eggs, omega-3-rich seafood, nuts, seeds, full-fat dairy, olives, and avocados.

## 6. Focus on Whole Grains

- Prioritize fiber-rich whole grains.

## 7. Limit Highly Processed Foods, Added Sugars, and Refined Carbohydrates

- Avoid highly processed packaged, prepared, ready-to-eat, or other foods that are salty or sweet, such as chips, cookies, and candy that have added sugars and sodium.



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





**90 Minutes**



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





**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?



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# 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?**



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- 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?**





# 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?**





# 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?**





# 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?**





# 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?**





- **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?





# 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)**

*See page 27 of SD 4-H Special Foods Handbook*



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





- **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?





# 145 degrees Fahrenheit

*See page 27 of SD 4-H Special Foods Handbook*



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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?**





**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?



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# 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?**



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# 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?**





# 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?



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# 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!

*See page 29 of SD 4-H Special Foods Handbook*



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**Never use \_\_\_\_\_ to put  
out a kitchen fire.**





# 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.

*See page 29 of SD 4-H Special Foods Handbook*



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





# 911

*See page 29 of SD 4-H Special Foods Handbook*



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