

August 28, 2012

MEMO TO: District 3 CEA-FCS, 4-H, and CEA-Ag in Childress, Dickens, Foard, Kent, Motley, and Throckmorton Counties



FROM: Miles Dabovich
District Extension Administrator

Kelli Lehman
Extension Program Specialist 4-H

SUBJECT: District 3 4-H Food Challenge - October 30, 2012
Jack County Youth Fair Barn, Hwy 59 N, Jacksboro, TX

The District 3 4-H Food Challenge is a unique opportunity for participants in an innovative food and nutrition competition. The 4-H Food Challenge brings fun, learning, application of knowledge and skills, and group competition together at one event.

Deadline: Food Challenge Entry Sheet due to:

Jack County Extension Office along with a \$15 **per team** donation to cover the cost of ingredients/supplies by **October 15, 2012.**

- Email or fax a copy of the Entry Sheet to District Office (Kay White) by **October 15, 2012.**

For more information about the Food Challenge visit

http://texas4-h.tamu.edu/healthy_lifestyles

NOTE* A District Council Meeting will be held prior to the awards program. Please encourage your delegates to attend.

11708 HWY 70 South
PO Box 2159
Vernon, TX 76385-2159

Tel. 940.552.9941
Fax. 940.553.4657
<http://AgriLifeExtension.tamu.edu>

District 3 4-H Food Challenge Guide

District 3 4-H Food Challenge

October 30, 2012

Jack County Youth Fair Barn, Hwy 59 North: Jacksboro, Texas

The District 3 4-H Food Challenge is a unique opportunity to participants in an innovative food and nutrition competition. The 4-H Food Challenge brings fun, learning, application of knowledge and skills, and group competition together at one event.

Deadline: Food Challenge Entry Sheet due to:

- Jack County Extension Office along with a \$15 per team donation to cover the cost of ingredients/supplies by **October 15, 2012.**
- Fax or email a copy of the Entry Sheet to District Office (Kay White) by **October 15, 2012.**

Schedule

9:00 am..... Agents and Leaders Arrive
9:15 am.....Leader Orientation , Team Registration & Box Check
9:45 am.....Food Challenge Teams Report to Orientation
10:00am.....Food Challenge Begins
10:15am..... Judges Orientation
11:00am.....Judging Begins
12:30 pm.....Approximate Time for Awards Program

(Please note: If team entries exceed the space allotted in the Jack County Fair Barn, plans will be put into place for a 2 heat schedule. County Extension Agents will be notified A.S.A.P.)

OBJECTIVES

- Provide opportunities for participants to exhibit their knowledge and skill when preparing and presenting a dish.
- Provide opportunities for participants to learn from other team members.
- Promote teamwork.
- Give participants opportunities for public speaking.
- Provide leadership opportunities.
- Give 4-H members the opportunity to participate in a new, exciting, competitive event.

General Rules- Food Challenge

1. **Participation:** A District 3 Food Challenge contestant must be enrolled in 4-H and have actively participated in a 4-H Food and Nutrition educational project,
2. **Age Division:** Age divisions will be the participant's age as of August 31, 2012 (current 4-H year):
 - Junior/Intermediate- 8 years old and in the 3rd grade, or 9 to 13 years old
 - Senior- 14-18 years old

District 3 4-H Food Challenge Guide

3. **Teams per county.** Each county may enter a maximum of **two** Junior/Intermediate teams and a maximum of **two** Senior teams. The first and second place teams in both age divisions should advance to the district contest. At the county contest, this will require that all teams within one age division be judged against each other and placed (not judged and placed according to food category).
4. **Members per team.** Each team will have at least three and no more than five members. Teams may not include members in different age divisions. See rule #2.
5. **Substitution of team members.** Substitution of team members should be made only if necessary. Only the same number of 4-H members qualifying at the county level will be eligible to participate at the district level. No more than two team members may be substituted, up to the day of the Food Challenge. The substitute 4-H member must have participated in the county Food Challenge to be eligible.
6. **Entry fee.** Each team will provide a **\$15 donation** to cover the cost of ingredients/supplies. Checks will be payable to **JC 4-H Council**. Submit to Jack County Extension Office, 100 North Main, Courthouse, Suite 109, Jacksboro, TX 76458, along with Food Challenge Entry Sheet by October 15, 2012.
7. **Food categories.** There will be four food categories in each age division: Main Dish, Fruits and Vegetables, Bread and Cereal, and Nutritious Snacks. Teams will be randomly assigned to a category, but assignments will not be announced until check-in the morning of the contest.
8. **Attire.** Each team will have the option of wearing coordinated clothing, aprons or hair coverings.
9. **Resource materials provided at contest.** Resource materials will be provided for each team at the contest. These include *Choose My Plate- 10 Great Tips to a Great Plate*, *FightBac-Foodborne Bacteria Brochure*, *Nutrient Needs at a Glance*, *Altering Recipes for Good Health*, *Food Challenge Worksheet*, and copies of grocery receipts. No other resource materials will be allowed. Teams may not use their personal copies of the resources during the contest. ***Junior and Intermediate will use the following additional resource – My Plate Leader Guide included in this packet.***
10. **Supply box.** Each team must supply their own equipment for the challenge. Teams may bring only the supplies listed in the supply box section. Supply boxes will be checked by contest officials as teams check in for the contest. Any extra equipment will be confiscated and the team may be disqualified.
11. **Awards** The top five high scoring food challenge teams in each food category will be recognized with “place ribbons” during the awards program. The top Senior Division team in each food category will advance to state competition, but may not be automatically assigned to the same category as they were at district. Mystery awards may also be given based on sponsorships and committee decision.

District 3 4-H Food Challenge Guide

12. **Participants with disabilities.** Any competitor who requires auxiliary aids or special accommodations must contact the District Extension Office at least 2 weeks before the competition

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	Knives (2)
Bowls	Liquid measuring cup
Dip size (1)	Measuring spoons
Mixing (2)	Non-stick cooking spray
Serving (1)	Note cards (no larger than 5x7)
Calculator	Paper towels
Can opener	Pancake turner
Colander	Pencil
Cookie Sheet	Plastic box or trash bag for dirty equipment
Cutting boards (2)	Pot with lid
Disposable tasting spoons	Potato masher
Dry measuring cups	Potato peeler
Extension cord	Rolling pin
(Teams should be certain the extension cord is compatible (2 prong/3-prong) with the plugs on their electrical supplies)	Sanitizing wipes (for tables)
First aid kit	Serving platter
Food thermometer	Serving utensil
Fork	Skillet with lid
Gloves	Spatula
Grater	Stirring spoon
Hand sanitizer	Storage bags and/or containers
Hot pads	Tongs
kitchen shears	Two single-burner hot plates or one double-burner plate
Kitchen timer	Whisk

District 3 4-H Food Challenge Guide

DAY OF EVENT RULES OF PLAY

1. Teams will report to the designated location for check-in.
2. An orientation will be provided for all participants.
3. Each team will be directed to a cooking/preparation station. There will be a set of ingredients at each station, but no recipe. The ingredients will represent a recipe from one of the following categories: Main Dish, Fruits and Vegetables, Bread and Cereal, and Nutritious Snacks.
4. General guidelines, resources and instructions will be located at each station to assist the team.
5. Each team will have 40 minutes to prepare the dish, plan a presentation, and clean up the preparation area.
6. Only participants and contest officials will be allowed in food preparation areas.
7. Teams that may experience any equipment malfunction(s) may not replace the equipment with supplies from another team, leaders, volunteers, county Extension agents or contest officials. Instead, team members must work together and be creative in completing preparation without the malfunctioning equipment.
8. Preparation of food and presentation:

Preparation: Each team will be provided with a set of ingredients reflective of the assigned category, and will create a dish using them. The AMOUNTS of ingredients, based upon a recipe, and a CLUE will be at each station to assist the team.

- a. The ingredients provided to each team are based upon a recipe; however, teams are challenged with being creative and developing their own recipe with the ingredients provided.
- b. Teams must incorporate each ingredient into the dish. However, teams may determine the exact amount of ingredient to use.
- c. The ingredients provided to each team may also be used to garnish the dish. Additional garnishing items will not be provided.
- d. Note cards and the Food Challenge Worksheet may be used to write down the recipe that the team invents, along with notes related to nutrition, food safety, and cost analysis. Teams should be exact on ingredients used, preparation steps, cooking time, temperature, etc.

District 3 4-H Food Challenge Guide

9. Food safety: Each station will have food safety resources. Follow the steps listed to ensure proper food safety. Be prepared to discuss food safety practices used in the team presentation to the judges.
10. Nutrition: Each station will have a variety of nutrition resources/references. Each team should name key nutrients in their dish and their functions. Refer to the nutritional information provided at each station.
11. Cost analysis: Prices will be available for each ingredient. Teams will need to find the ingredients on the list and calculate the price of the dish along with the price per serving. Teams will also need to determine the number of servings per recipe.
12. Presentation: When time is called, each team will present their dish, according to the criteria on the score card, to a panel of at least two judges. Teams must be able to communicate with the judges effectively.
 - a. All team members must participate in the presentation, with at least three of them having a speaking role.
 - b. Judging time will include:
 - 5 minutes for the presentation
 - 3 minutes for judges' questions
 - 4 minutes between team presentations for judges to score and write comments.
 - c. Teams are allowed the use of note cards during the presentation but should not read from them, as this minimizes the effectiveness of their communication.
 - d. Judges may ask teams questions that are not directly related to the dish prepared. Instead, some questions may address general knowledge gained through the 4-H members' food and nutrition project learning experiences.
 - e. No talking and no writing is allowed among any team members while waiting to give the team presentation. Team members caught talking and/or writing will receive a warning. The second time, the team may be disqualified and asked to leave the contest facility. Team members should not have pens or pencils in their possession while waiting to give their presentation.
13. Clean-up: Teams must clean up their preparation areas. Clean-up time is included in the 40-minute preparation allotment. Teams should plan to not have access to a kitchen facility; therefore, dirty dishes should be placed in a plastic container or box to be cleaned at home. Left-over food should be disposed of properly.
14. Judges are not allowed to taste the foods prepared. No left-over food should be shared with any participant or the audience.
15. Placing will be based on rankings of teams by judges. Judges' results are final.
16. An awards program will be held at the conclusion of the judging process.

District 3 4-H Food Challenge Guide

PARTICIPANT ORIENTATION

1. Welcome to the Food Challenge!
2. You will have 40 minutes to prepare your dish, plan a presentation, and clean up the preparation area. No talking will be allowed after those 40 minutes. You will receive a 20 minute warning, 10 minute warning, 5 minute warning, and 1 minute warning. We suggest that you start working on your presentation at the 10 minute warning. Remember, NO talking is allowed after the 40 minutes is up.
3. Each team will be provided with a set of ingredients reflective of the assigned category and a clue, and will create a dish using them.
 - a. The ingredients provided to each team are based upon a recipe; however, teams are challenged with being creative and developing their own recipe with the ingredients provided.
 - b. Teams must incorporate each ingredient into the dish. However, teams may determine the exact amount of each ingredient to use.
 - c. The ingredients provided to each team may also be used to garnish the dish. Additional garnishing items will not be provided.
4. Teams that may experience any equipment malfunction(s) may not replace the equipment with supplies from another team, leaders, volunteers, county Extension agents or contest officials. Instead, team members must work together and be creative in completing preparation without the malfunctioning equipment.
5. If electricity goes out during the preparation phase of the contest, teams are asked to turn away from the table immediately. Contest officials will stop the clock so that no preparation time is lost.
6. Ingredients have been divided among teams to minimize the cost and reduce wastefulness. If teams need to see an original food package and/or the nutrition facts label, you may view it at the ingredient table set up in the preparation room. Teams may not take the food package from the table or incorporate any additional ingredients into their recipe.
7. All fresh produce (fruits and vegetables) have been washed prior to the contest.

District 3 4-H Food Challenge Guide

8. After your time is up, your area **MUST** be clean and all the supplies and extra food items must be in your supply box. If you have a hot plate cooling, it may be the only thing out on the table other than the food you are presenting to the judges.
9. After time is called for the 40-minute preparation period, no talking and no writing is allowed among any team members. Team members caught talking and/or writing will receive a warning. The second time, the team may be disqualified and asked to leave the contest facility. Please remain seated once time is up and do not leave the room. If you need to use the restroom, please let your group leader know.
10. Igloos full of water will be located throughout the room if you need it.
11. Trash cans will also be located throughout the room for your use.
12. Each team had the opportunity to include a small first aid kit in your supply box. If you did not bring a first aid kit, contest officials have one. If you happen to need first aid due to a cut or burn, please let your group leader know immediately so they can assist you!
13. After your team presentation, please walk back to your table **QUIETLY** and place your dish on your table.
14. You will be asked to complete an evaluation, giving you the opportunity to share with us your experience in the Food Challenge. When you are done with the evaluation, you are dismissed to leave. Please be quiet when you leave .
15. After the awards program, you will be able to come back and get your food and supply box.
16. If you have any questions, please ask your group leader.
17. Good Luck!!!

District 3 4-H Food Challenge Guide

GROUP LEADER ORIENTATION

1. Welcome!
2. Introductions and assign each group leader to a category
 - Need 1-2 group leaders per category, depending on facilities and whether contest is run in one or two heats.
3. Objectives of the 4-H Food Challenge:
 - Allow participants to exhibit their knowledge and skills when preparing and presenting a dish.
 - Allow participants to learn from other team members.
 - Promote teamwork.
 - Help 4-H'ers gain experience in public speaking.
 - Provide leadership opportunities for young people.
4. Definition of teams:
 - Made up of three to five members
5. Contest and Judging Procedures (Review so that group leaders understand the process and can answer questions if needed):
 - Groups have been randomly assigned to one of four categories: Main Dish, Fruits and Vegetables, Bread and Cereal, or Nutritious Snacks.
 - Teams do not know what category they have been assigned until they arrive today.
 - Each team will be provided with a set of ingredients reflective of the assigned category, and will create a dish using them. The AMOUNTS of ingredients, based upon a recipe, and a CLUE will be at each station to assist the team.
 - Teams must incorporate each ingredient into the dish. However, teams may determine the exact amount of each ingredient to use.
 - Each team is provided with educational resources on nutrition and food safety. These resources can be used to help the team members prepare their presentation. Teams are not allowed to bring in their own resources.
 - Teams are also provided with a receipt for their ingredients to determine the total cost of the dish and the cost per serving.
 - Teams that may experience any equipment malfunction(s) may not replace the equipment with supplies from another team, leaders, volunteers, county Extension agents or contest officials. Instead, team members must work together and be creative in completing preparation without the malfunctioning equipment.

District 3 4-H Food Challenge Guide

- If electricity goes out during the preparation phase of the contest, teams are asked to turn away from the table immediately. Contest officials will stop the clock so that no preparation time is lost.
- Ingredients have been divided among teams to minimize the cost and reduce wastefulness. If teams need to see an original food package and/or the nutrition facts label, they may view it at the ingredient table set up in the preparation room. Teams may not take the food package from the table or incorporate any additional ingredients into their recipe.
- All fresh produce (fruits and vegetables) have been washed prior to the contest.
- Igloos/jugs full of water are located throughout the room for teams to use if needed.
- Trash cans are located throughout the room for use by teams.
- Please observe teams during the 40-minute preparation period. If you see an accident getting ready to happen, please do your best to step in and prevent it from happening.
- Each team had the opportunity to include a small first aid kit in their supply box. The contest committee also has first aid kits on-hand in case of an injury (burn, cut, etc.). If a 4-H member needs first aid due to a cut or burn, please assist them if they need help.
 - *Let group leaders know where first aid kit is located.*
- After the 40-minute preparation time is up, teams' cooking area **MUST** be clean and all the supplies and extra food items must be in their supply box. If they have a hot plate cooling, it may be the only thing out on the table other than the food being presented to the judges.
- After time is called for the 40-minute preparation period, no talking and no writing is allowed among any team members. Team members caught talking and/or writing will receive a warning. The second time, the team will be disqualified and asked to leave the contest facility. Group leaders are asked to monitor and observe teams for talking and/or writing and are allowed to give warnings, keeping contest officials informed of warnings given.
- *Provide instructions on where to lead teams to waiting area for presentations.*
- After the 40-minute preparation period, teams will give their presentation. There will be:
 - 5 minutes for a presentation
 - 3 minutes for judges' questions
 - 4 minutes between team presentations for scoring and comments
- At least three members of the team must have a speaking role during the presentation and all members must participate.
- Team presentations should highlight the elements provided on the Food Challenge Scorecard as well as additional information the team may feel the judges should know.
- Teams are allowed the use of notecards during the presentation but should not read from them, as this minimizes the effectiveness of their communication.
- Please send in teams to the judging room in order by team number. It's important that we stay on time with the judging of the presentations so the entire contest can stay on time. Teams should follow the guidelines of only having five minutes for their team presentation.
 - *If group leaders are also serving as time keepers for presentations, review responsibilities (i.e., knock on door at 5 minutes and then open door at 3 minutes).*

District 3 4-H Food Challenge Guide

- During the preparation portion of the contest, or while teams are waiting to give their presentation – if any 4-H member has to use the restroom, you may allow them to go. There are hall monitors ensuring they do not talk to other 4-H members, parents, etc., out in the hallway. When releasing a 4-H member to use the restroom, please alert the hall moni

District 3 4-H Food Challenge Guide

TIPS FOR SELECTING AND PREPARING FOOD CHALLENGE RECIPES

- Pick recipes that require about 30 minutes for preparation AND cook time so that 4-H'ers can prepare the item in their 40-minute time frame.
- Recipes with fewer than ten ingredients typically work best.
- Locate recipes from the Internet, food network, ADA, books, magazines, etc. Remember: Keep it healthy. Modify recipes when necessary, replacing high-fat ingredients with substitutions.
- Make sure that if the recipe requires an oven your facility has one! It is better to choose recipes that can be prepared on a portable burner, skillet, griddle, etc.

- Category selection:

Main Dish Category

Foods classified as main dishes usually contain a meat or meat alternate such as cheese, eggs, dry beans or peas, or peanut butter. They may also contain other foods. Dishes in this category may include: beef, veal, pork, variety meats, poultry, eggs, fish and shellfish, dry beans, etc. Consider buying pre-cooked chicken for recipes that call for chicken.

Fruit and Vegetable Category

These are side dishes or foods that are usually served along with a main dish or as accompaniments to the main course.

Bread and Cereal Category

Suggested dishes in this category are quick breads, rice dishes and pastas. Consider buying pre-cooked rice and pastas to shorten preparation time.

Nutritious Snacks Category

Snacks are commonly eaten between meals by those with higher energy needs (such as teens and children). Snacks should provide energy and enhance diet quality. Suggested dishes for this category are milk drinks and floats, fruit drinks, dips and dippers, fondues, custards, sandwiches, party foods and refreshments, appetizers, pizzas, and nutritious no-bake cookies.

- Split up ingredients among teams to keep your costs down. If this is done, teams will need to be provided with a copy of or access to the original food package and nutrition facts label. Include a simple clue to guide Include a simple clue to guide teams in using the ingredients. Do not give them preparation steps.

District 3 4-H Food Challenge Guide

JUDGES' ORIENTATION

- **Introductions and divide into judging groups**

- **Objectives of the 4-H Food Challenge:**
 - Allow participants to exhibit their knowledge and skills when preparing and presenting a dish.
 - Allow participants to learn from other team members.
 - Promote teamwork.
 - Help 4-H'ers gain experience in public speaking.
 - Provide leadership opportunities for young people.

- **Definition of teams – made up of three to five members**

- **Procedures:**
 - Each team will bring a box of equipment that they will use to create and prepare a recipe.

 - Groups have been divided into four categories: Main Dish, Fruits and Vegetables, Bread and Cereal, or Nutritious Snacks.

 - Teams do not know what category of recipe they will be preparing until they arrive at their preparation table today.

 - Each team is given a brown bag that holds their ingredients, resources, and a clue to what they will prepare. You have a copy of the clue the teams have, as well as a copy of the actual recipe used to determine the ingredients. However, it should not be counted against the team if they do not prepare the recipe EXACTLY as it is written. Creativity is encouraged.

 - Each team will be provided with a set of ingredients reflective of the assigned category, and will create a dish using them. The AMOUNTS of ingredients, based upon a recipe, and a CLUE will be at each station to assist the team.

 - Teams must incorporate each ingredient into the dish. However, teams may determine the exact amount of each ingredient to use.

 - Each team is provided with educational resources on nutrition and food safety. These resources can be used to help the team members prepare their presentation. Teams are not allowed to bring in their own resources.

 - Teams are also provided with a receipt for their ingredients to determine the total cost of the dish and the cost per serving.

 - Judges will receive:
 - A copy of the ingredient list and clue the teams have been given. The ingredients provided to each team are based upon a recipe; however, teams are challenged with being creative and developing their own recipe with the ingredients provided.

District 3 4-H Food Challenge Guide

- A copy of the receipt and cost analysis for the set of ingredients provided to the teams in the category you are judging.
- A copy of the educational resources teams are given to reference as needed.

- Teams will prepare their dishes and also prepare presentations. There will be
 - 5 minutes for a presentation
 - 3 minutes for judges' questions
 - 4 minutes between team presentations for scoring and comments
- At least three members of the team must have a speaking role during the presentation and all members must participate.

- Team presentations should highlight the elements provided on the Food Challenge Scorecard as well as additional information the team may feel the judges should know.
 - *If time allows, review the scorecard with the judges.*
- Teams are allowed the use of notecards during the presentation but should not read from them, as this minimizes the effectiveness of their communication.
- When asking questions of the teams, please be sure to keep them age-appropriate. While each presentation will vary, it's also important to try your best to be consistent with the questions you ask each team.
- Please be sure to provide comments on the scorecard for each team. This will help them improve their presentation in the future. Constructive feedback gives young people a positive learning experience.

- Judges are not allowed to taste the foods prepared.

- Placing will be based on the order in which you rank teams. Judges' results are final upon announcement.

- Please stay on time with the judging of the presentations so the entire contest can stay on time. Teams should follow the guidelines of only have five minutes for their team presentation.
- Provide instructions on time: Group leaders will serve as timekeeper, knocking on door after 5 minutes and then opening the door after another 3 minutes – OR – each judging team will be given a timer and asked to monitor time.

Thank you!

District 3 4-H Food Challenge Guide

4-H FOOD CHALLENGE SCORECARD

TEAM NUMBER		ENTRY CLASS	
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CATEGORY	COMMENTS	OUTSTANDING	GOOD	FAIR	POOR
Knowledge of MyPlate food group of individual ingredients Serving amount needed from each group daily Food group that dish falls into Number of servings provided by an individual serving of the dish					
Nutrient Knowledge: Key nutrients Function of key nutrients Ingredient providing nutrients Healthy substitutions					
Food Preparation and Safety: Steps in preparation Food safety concerns Food safety practices					
Serving Size Information: Number of servings in dish Size of serving Cost of entire dish Cost per serving					
Food Appearance/Quality: Appearance of food Garnishing					
Presentation Skills: Voice Poise Number of members presenting Overall effectiveness of communication					

4-H FOOD CHALLENGE TEAM WORKSHEET - Use back of sheet for additional space

Knowledge of MyPlate (Write the food and in what food group it belongs):		
Food	MyPlate	Number of servings needed each day

Nutrient Knowledge (Know what this dish contributes to the diet):		
Food	Nutrients/Vitamins	What do they do for my body?

Food Preparation (Know the steps in the preparation of the food):		
Steps		What was prepared/performed in this step?

Food Safety (List food safety concerns associated with this dish):

Serving Size Information (Accurately calculate the cost of the dish and the cost per serving):		
Ingredient	Total cost of ingredient	Cost per measurement
TOTAL		
Total cost per serving		

District 3 4-H Food Challenge Guide

2012 DISTRICT 3 FOOD CHALLENGE TEAMS ENTRY SHEET

COUNTY _____

DUE: October 15, 2012 to Jack County, along with \$15 donation per team for ingredients/supplies

Fax: 1 copy of this entry sheet to District Office by October 15.

JUNIOR/INTERMEDIATE TEAM 1		JUNIOR/INTERMEDIATE TEAM 2	

SENIOR TEAM 1		SENIOR TEAM 2	

District 3 4-H Food Challenge Guide

VOLUNTEER JUDGES/HELPER INFORMATION FORM

Due to: Jack County Extension office October 15, 2012

Please list adult leaders from your county who have confirmed they will be willing to judge or assist as a helper on October 15, 2012. Be sure to list category division their child is entered in where applicable

NAME: _____

ADDRESS: _____

EMAIL: _____

CITY AND ZIP: _____

CIRCLE ALL THAT APPLY: 4-H LEADER HOME ECONOMIST FORMER 4-HER

PREFER TO SERVE AS A: JUDGE HELPER

AVOID: JUNIOR/INTERMEDIATE DIVISION SENIOR DIVISION

NAME: _____

ADDRESS: _____

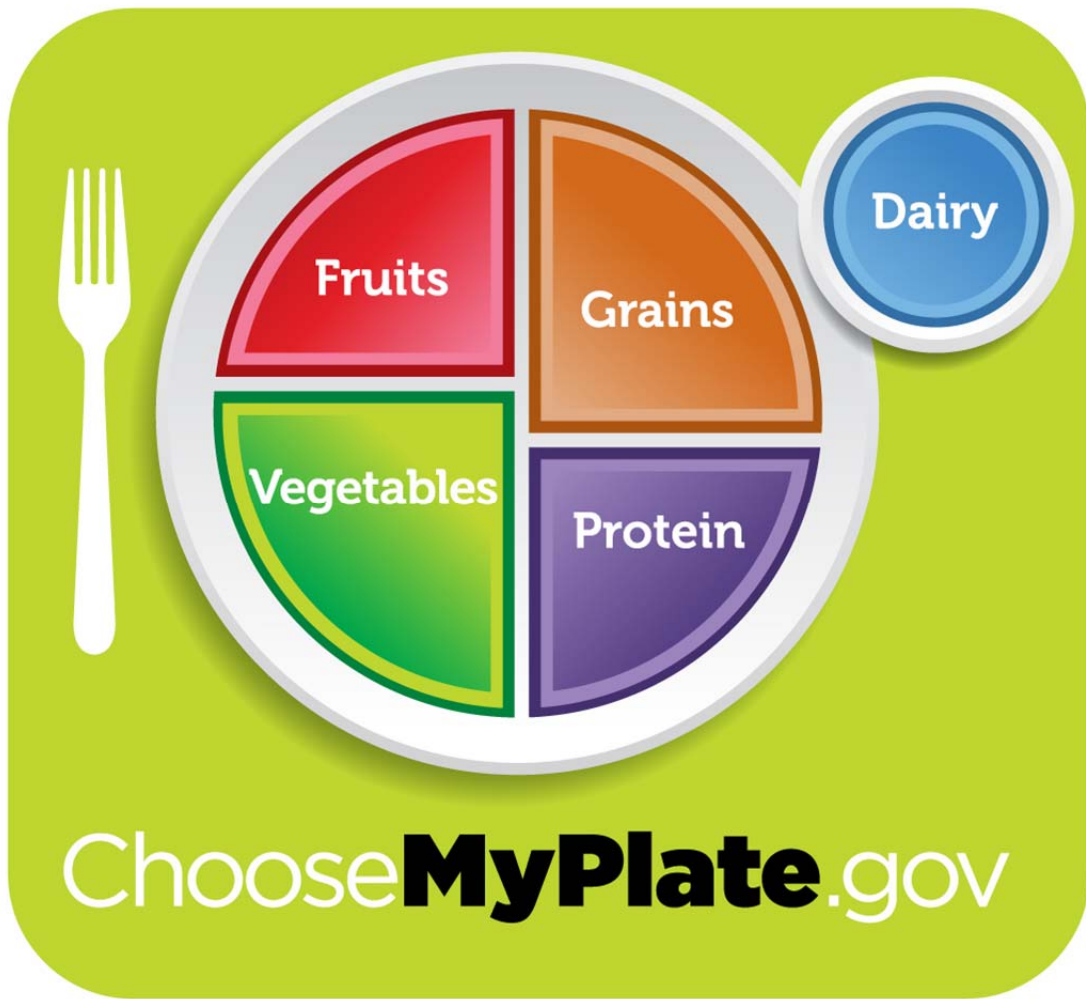
EMAIL: _____

CITY AND ZIP: _____

CIRCLE ALL THAT APPLY: 4-H LEADER HOME ECONOMIST FORMER 4-HER

PREFER TO SERVE AS A: JUDGE HELPER

AVOID: JUNIOR/INTERMEDIATE DIVISION SENIOR DIVISION



4-H Leader Guide



Compiled by: Rusty Hohlt
Project Specialist, Texas Grow! Eat! Go!

MyPlate was developed as an effort to promote healthy eating. The MyPlate icon is easy to understand and it helps to promote messages based on the 2010 Dietary Guidelines for Americans. The new MyPlate icon builds on a familiar image — a plate — and is accompanied by messages to encourage consumers to make healthy choices. MyPlate is based on a 9 inch plate. Many plates that we eat off of are much larger!

Resources:

<http://www.choosemyplate.gov>

<http://fcs.tamu.edu/>

<http://www.fruitsandveggiesmorematters.org/>

Nutrient Needs at a Glance handout – check with your local agent, FCS website (<http://fcs.tamu.edu/>), or http://texas4-h.tamu.edu/library/files/healthy_lifestyles_foodchallenge_nutrients.pdf

Overview

MyPlate uses a 9 inch plate and breaks it into 5 sections. The sections include 4 on the plate which show how much of your plate should be made up of fruits, vegetables, protein, and grains; and one to the side of the plate that represents the dairy group.

Notable Changes:

- Change from a pyramid to a 9 inch plate to model healthy eating at mealtimes.
- Omits the physical activity component (person climbing stairs on MyPyramid). Although it is not shown physical activity is still an important part of a healthy lifestyle.
- Changed the title of the milk group to dairy group. These titles recognize the greater variety of foods with similar nutrient content that are included in each group.
- Changed the title of the meat and bean group to protein foods. These titles recognize the greater variety of foods with similar nutrient content that are included in each group.

What has stayed the same?

- Based on Dietary Guidelines for Americans as were previous food models (Food Pyramid and MyPyramid)
- Portion sizes (for most foods) and recommended daily amount from each food group have stayed the same. This concept might seem difficult to understand because the image (dinner plate divided into food groups) is intended as a reminder to eat healthfully and provides an illustration of the five food groups; however, there are still recommended amounts to eat each day (aside from the $\frac{1}{4}$ of your plate) and portion sizes to help reflect that. This will be addressed on the handouts.

Key Messages:

- Enjoy your food, but eat less.
- Avoid oversized portions.
- Make half your plate fruits and vegetables.
- Switch to fat-free or low-fat (1%) milk.
- Make at least half your grains whole grains.
- Compare sodium in foods like soup, bread, and frozen meals—and choose foods with lower numbers.
- Drink water instead of sugary drinks.

Included in this guide:

- One page activity guides on MyPlate and each of the five food groups
- My Dinner Evaluation activity guide
- Create Your Own MyPlate activity guide
- What size is that plate? activity guide
- Frequently Asked Questions about MyPlate
- A PowerPoint Quiz Show on MyPlate

MyPlate

- The MyPlate symbol is supposed to remind us to eat healthy.
- Sometimes our dinner foods might not look like the foods described on MyPlate. At other times we may be eating breakfast, lunch or a snack and would not necessarily eat foods from all the food groups at the same time.
- MyPlate should help us to understand about how much of what we eat daily needs to be fruits and vegetables, grains, protein foods and dairy.
- Each food group still has recommended total daily servings that vary depending on each person.
- The name of the Milk Group has been changed to the Dairy Group.
- The name of the Meat and Bean Group has been changed to the Protein Group.

MAKE AT LEAST HALF YOUR GRAINS WHOLE.

Choose 100% whole-grain cereals, breads, crackers, rice, and pasta. Check the ingredients list on food packages to find whole-grain foods.

SWITCH TO SKIM OR 1% MILK.

They have the same amount of calcium and other essential nutrients as whole milk, but less fat and calories.

Dairy

Fruits

Grains

Vegetables

Protein

MAKE HALF YOUR PLATE FRUITS AND VEGETABLES.

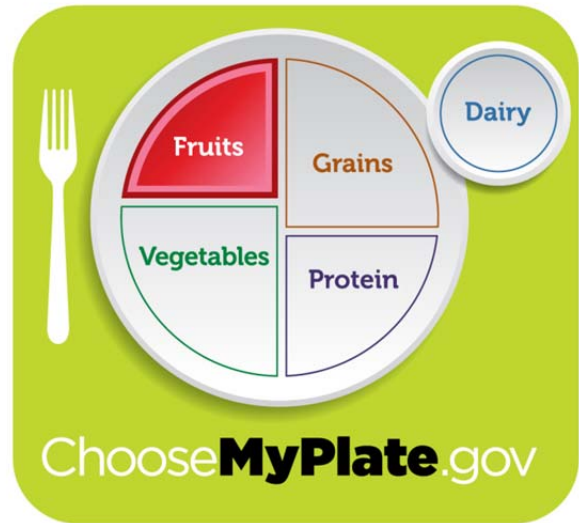
Eat red, orange, and dark-green vegetables, such as tomatoes, sweet potatoes, and broccoli, in main and side dishes.

VARY YOUR PROTEIN FOOD CHOICES.

Twice a week, make seafood the protein on your plate. Eat beans, which are a *natural* source of fiber and protein. Keep meat and poultry portions small and lean.

Fruit Group

List some of your favorite fruits:



How much do you need to eat each day?

Daily recommendation		
Children	2-3 years old	1 cup
	4-8 years old	1 to 1 ½ cups
Girls	9-13 years old	1 ½ cups
	14-18 years old	1 ½ cups
Boys	9-13 years old	1 ½ cups
	14-18 years old	2 cups
Women	19-30 years old	2 cups
	31-50 years old	1 ½ cups
	51+ years old	1 ½ cups
Men	19-30 years old	2 cups
	31-50 years old	2 cups
	51+ years old	2 cups

The amount of fruit you need to eat depends on age, sex, and level of physical activity. Source: choosemyplate.gov.



What counts?

Any fruit or 100% fruit juice counts as part of the Fruit Group. Fruits may be fresh, canned, frozen, or dried, and may be whole, cut-up, or pureed.

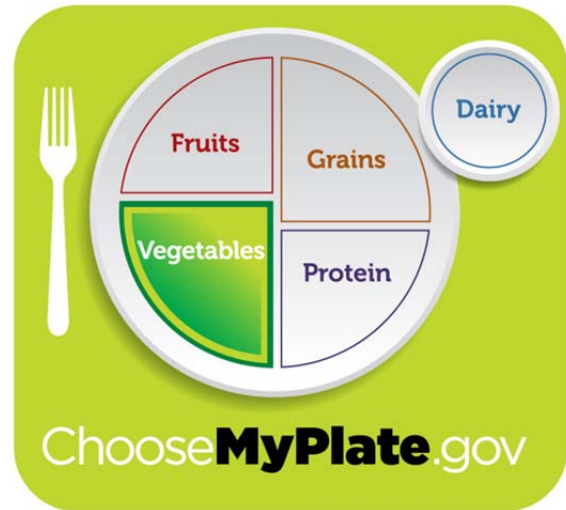
In general, 1 cup of fruit or 100% fruit juice, or ½ cup of dried fruit can be considered as 1 cup from the Fruit Group. Fruit juice should be limited, choose whole fruits so you get the benefit of natural fiber.

Benefits of fruits:

- Most fruits are naturally low in fat, sodium, and calories. None have cholesterol.
- Vitamin C is important for growth and repair of all body tissues, helps heal cuts and wounds, and keeps teeth and gums healthy.
- Eating a diet rich in vegetables and fruits as part of an overall healthy diet may reduce risk for heart disease, including heart attack and stroke.
- Eating a diet rich in some vegetables and fruits as part of an overall healthy diet may protect against certain types of cancers.

Vegetable Group

List some of your favorite vegetables:



How much do you need to eat each day?

	Daily recommendation*	
Children	2-3 years old	1 cup
	4-8 years old	1½ cups
Girls	9-13 years old	2 cups
	14-18 years old	2½ cups
Boys	9-13 years old	2½ cups
	14-18 years old	3 cups
Women	19-30 years old	2½ cups
	31-50 years old	2½ cups
	51+ years old	2 cups
Men	19-30 years old	3 cups
	31-50 years old	3 cups
	51+ years old	2½ cups

The amount of vegetables you need to eat depends on your age, sex, and level of physical activity. Source: choosemyplate.gov.

Make sure to select a rainbow of colors when eating vegetables. Different colored vegetables have different nutrients. Check out <http://www.fruitsandveggiesmorematters.org/>

Vegetable choices should be selected from among the vegetable subgroups. It is not necessary to eat vegetables from each subgroup daily. However, over a week, try to consume the amounts listed from each subgroup as a way to reach your daily intake recommendation. Check out www.choosemyplate.gov for recommended weekly amounts from each vegetable subgroup.

What counts?

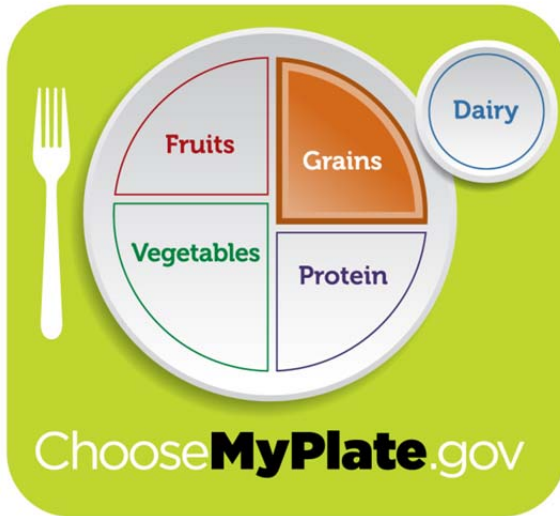
Any vegetable or 100% vegetable juice counts as a member of the Vegetable Group. Vegetables may be raw or cooked; fresh, frozen, canned, or dried/dehydrated; and may be whole, cut-up, or mashed.

In general, 1 cup of raw or cooked vegetables or vegetable juice, or 2 cups of raw leafy greens can be considered as 1 cup from the Vegetable Group.

Benefits of vegetables:

- Diets rich in foods containing fiber, such as some vegetables and fruits, may reduce the risk of heart disease, obesity, and type 2 diabetes.
- Eating vegetables and fruits rich in potassium as part of an overall healthy diet may lower blood pressure, and may also reduce the risk of developing kidney stones and help to decrease bone loss.
- Vitamin A keeps eyes and skin healthy and helps to protect against infections.

Grain Group



List some of your favorite grains:

How much do you need to eat each day?

	Daily recommendation	
Children	2-3 years old	3 ounce equivalents
	4-8 years old	5 ounce equivalents
Girls	9-13 years old	5 ounce equivalents
	14-18 years old	6 ounce equivalents
Boys	9-13 years old	6 ounce equivalents
	14-18 years old	8 ounce equivalents
Women	19-30 years old	6 ounce equivalents
	31-50 years old	6 ounce equivalents
	51+ years old	5 ounce equivalents
Men	19-30 years old	8 ounce equivalents
	31-50 years old	7 ounce equivalents
	51+ years old	6 ounce equivalents

The amount of grains you need to eat depends on your age, sex, and level of physical activity. Source: choosemyplate.gov.

What counts?

In general, 1 slice of bread, 1 cup of ready-to-eat cereal, or ½ cup of cooked rice, cooked pasta, or cooked cereal can be considered as 1 ounce equivalent from the Grains Group.

Benefits of grains:

- Grains are important sources of many nutrients, including dietary fiber, several B vitamins (thiamin, riboflavin, niacin, and folate), and minerals (iron, magnesium, and selenium). Grains also provide carbohydrates for energy.
- Dietary fiber from whole grains or other foods, may help reduce blood cholesterol levels and may lower risk of heart disease, obesity, and type 2 diabetes.

Grains are divided into 2 subgroups, **whole grains** and **refined grains**.

Whole grains contain the entire grain kernel — the bran, germ, and endosperm. Examples include:

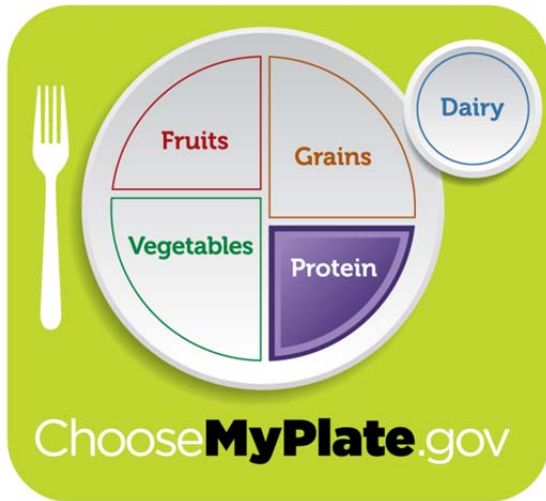
- whole-wheat flour
- bulgur (cracked wheat)
- oatmeal
- whole cornmeal
- brown rice

Refined grains have been milled and the bran and germ have been removed. Examples include:

- white flour
- white rice
- white bread

At least half of all the grains eaten should be whole grains.

Protein Group



List some of your favorite protein foods:

How much do you need to eat each day?

Daily recommendation		
Children	2-3 years old	2 ounce equivalents
	4-8 years old	4 ounce equivalents
Girls	9-13 years old	5 ounce equivalents
	14-18 years old	5 ounce equivalents
Boys	9-13 years old	5 ounce equivalents
	14-18 years old	6 ½ ounce equivalents
Women	19-30 years old	5 ½ ounce equivalents
	31-50 years old	5 ounce equivalents
	51+ years old	5 ounce equivalents
Men	19-30 years old	6 ½ ounce equivalents
	31-50 years old	6 ounce equivalents
	51+ years old	5 ½ ounce equivalents

The amount of food from the Protein Foods Group you need to eat depends on age, sex, and level of physical activity. Source: choosemyplate.gov.

Choose seafood at least twice a week as the main protein food. Look for seafood rich in omega-3 fatty acids, such as salmon, trout, and herring. Eating omega-3 fatty acids may help to reduce the risk of heart disease. Some ideas are:

- Salmon steak or filet
- Salmon loaf
- Grilled or baked trout

What counts?

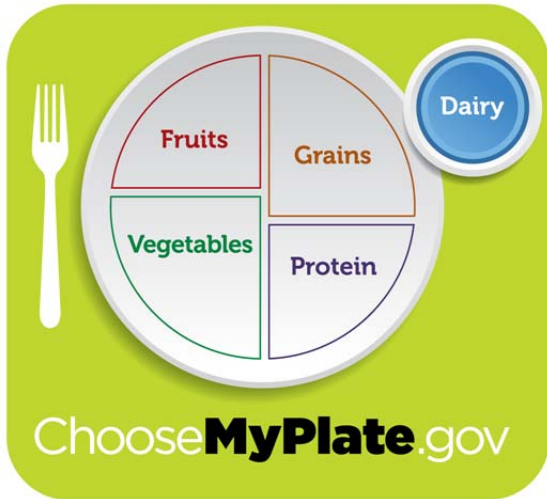
All foods made from meat, poultry, seafood, beans and peas, eggs, processed soy products, nuts, and seeds are considered part of the Protein Foods Group. Beans and peas are also part of the Vegetable Group.

In general, 1 ounce of meat, poultry or fish, ¼ cup cooked beans, 1 egg, 1 tablespoon of peanut butter, or ½ ounce of nuts or seeds can be considered as 1 ounce equivalent from the Protein Foods Group.

Benefits of protein foods:

- Meat, poultry, fish, dry beans and peas, eggs, nuts, and seeds supply many nutrients. These include protein, B vitamins (niacin, thiamin, riboflavin, and B6), vitamin E, iron, zinc, and magnesium.
- Proteins function as building blocks for bones, muscles, cartilage, skin, and blood. They are also building blocks for enzymes, hormones, and vitamins. Proteins are one of three nutrients that provide calories (the others are fat and carbohydrates).

Dairy Group



List some of your favorite dairy foods:

How much do you need to eat each day?

Daily recommendation		
Children	2-3 years old	2 cups
	4-8 years old	2 ½ cups
Girls	9-13 years old	3 cups
	14-18 years old	3 cups
Boys	9-13 years old	3 cups
	14-18 years old	3 cups
Women	19-30 years old	3 cups
	31-50 years old	3 cups
	51+ years old	3 cups
Men	19-30 years old	3 cups
	31-50 years old	3 cups
	51+ years old	3 cups

The amount of food from the Protein Foods Group you need to eat depends on age, sex, and level of physical activity. Source: choosemyplate.gov.

What counts?

All fluid milk products and many foods made from milk are considered part of this food group. Most Dairy Group choices should be fat-free or low-fat. Foods made from milk that retain their calcium content are part of the group. Foods made from milk that have little to no calcium, such as cream cheese, cream, and butter, are not. Calcium-fortified soymilk (soy beverage) is also part of the Dairy Group.

In general, 1 cup of milk, yogurt, or soymilk (soy beverage), 1 ½ ounces of natural cheese, or 2 ounces of processed cheese can be considered as 1 cup from the Dairy Group.

Benefits of dairy foods:

- Intake of calcium rich dairy products is linked to improved bone health, and may reduce the risk of osteoporosis.
- The intake of dairy products is especially important to bone health during childhood and adolescence, when bone mass is being built.

My Dinner Evaluation

Supplies needed:

- Copies of the attached blank MyPlate sheet
- Colors, markers, pencils, pens
- Measuring cups, spoons

Directions:

1. Using the attached blank MyPlate sheet, have each person draw a picture of their dinner from the previous night.
2. After everyone has completed the drawing, ask them to list next to each food which food group it belongs to.
3. Ask the youth to look at the measuring cups and spoons provide an estimate how much of each food group they ate.
4. Ask the youth to evaluate how closely their dinner plate matches MyPlate.
5. Ask what suggestions does each person have for how they can improve their plate?

Create Your Own MyPlate

Supplies needed:

- Nine inch paper plates
- Colors, markers, pencils, pens
- Magnets

Directions:

1. Have each person use the nine-inch paper plate to draw a dinner that fits the MyPlate model. Encourage youth to use their favorite foods and draw them in the correct place on the plate.
2. Glue or stick a self-adhesive magnet to the back of each plate, so that member may take the plate home and display it on their refrigerator.
3. Ask each member to show the group their plate and describe which foods they used.

What size is that plate?

Supplies needed:

- Various size dinner/salad plates (including one that is 9 inches)
- Rulers

Directions:

1. In order to emphasize that MyPlate encourages using 9 inch plates, place out several different size plate and ask youth to identify which plate is most similar in size to the plate they eat off of at home and when eating out.
2. Have the youth measure the plates using a ruler to determine which is the 9 inch plate.
3. Encourage youth to go home and measure their plates to see what size they are eating off of.

Frequently asked questions:

Where do mixed dishes go?

Many popular foods don't fit neatly into one food group. For example, a cheese pizza counts in several groups: the crust in the grains group, the tomato sauce in the vegetable group, and the cheese in the milk group. MyPlate is putting together a chart for their website that can provide estimates for common mixed dishes.

Is a tomato a fruit or a vegetable?

Tomatoes are fruits — botanically speaking. But so are eggplants, cucumbers, green peppers, and several other fruits that you'd hardly expect. The botanical definition of a fruit has to do with its seeds. USDA classifies botanical fruits that are **sweet and/or tart** as fruits for nutritional purposes. USDA groups foods according to their nutritional value, how they are used in meals, and how they taste rather than their botanical definitions. **Tomatoes are eaten as vegetables (as parts of salads, sandwiches, sauces), so they are in the Vegetable Group.** Check out <http://www.fruitsandveggiesmorematters.org/> for more information.

What is a whole grain?

Whole grains consist of the entire grain seed, usually called the kernel. The kernel is made of three components — the bran, germ, and endosperm. If the kernel has been cracked, crushed, or flaked, then it must retain nearly the same relative proportions of bran, germ, and endosperm as the original grain to be called “whole grain.” Check out choosemyplate.gov for more information.

Why are beans in both the Protein Foods Group and the Vegetable Group?

Beans and peas can be counted in either the Vegetable Group (beans and peas subgroup) or in the Protein Foods Group. This is because beans and peas contain nutrients similar to foods in both groups. Beans and peas are excellent sources of plant protein, and also provide other nutrients such as iron and zinc, making them similar to meats, poultry, and fish found in the protein foods group. However, they are also considered part of the vegetable subgroup because they are excellent sources of dietary fiber and nutrients such as folate and potassium. Generally, individuals who regularly eat meat, poultry, and fish would count beans and peas in the Vegetable Group. Individuals who seldom or never eat meat, poultry, or fish (vegetarians and vegans) would first count the beans and peas they eat in the Protein Foods Group, and then any remaining would be counted in the Vegetable Group. Check out choosemyplate.gov for more information.

Where do calories come from?

Calories come from protein, fat, and carbohydrates.

Do vitamins and minerals have calories?

No. Calories come from protein, fat, and carbohydrates.



Choose**MyPlate**.gov