Highland County Nutrition Skillathon Kit

Activities and Resources Binder for Kit #1

DEVELOPED BY:
OSU Extension 4-H Professionals from Highland County

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Beginner Activities

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Beginner Nutrition Skillathon Kit

Nutrition Skillathon Resource and Activity Guide

- This is divided into one section- beginner.
- In this section you will find activities on 9 different topics.
- Complete the activities and then have a family member, friend, or 4-H Advisor use the answer key to check your answers for each activity.
- Feel free to try each activity as many times as you would like. After you complete the activities from the beginner division, you can try the activities for the other age divisions if you would like.

Topics:

- Measuring
- Food Selection/MyPlate
- Table Setting
- Menu Writing
- Cost Comparison
- Reading Food Labels
- Kitchen Gadget Identification
- Nutrients
- Cooking terms and Measuring Equivalents

Nutrition Skillathon Kit Components

- Nutrition Skillathon Resource and Activity Guide Binder
- 1 green plastic plate
- 1 green drinking glass
- Knife, spoon, fork
- Cloth napkin
- Placemat
- Watering pot centerpiece
- 1 set of plastic dry measuring cups and measuring spoons
- 1 2-cup plastic liquid measuring cup
- Metal strainer

Food Selection-MyPlate: Beginner Match the foods with correct food group	
Dairy	
Fruit	
Grains	
Protein	
Vegetables	

Food Selection- My Plate Beginner

Corn	Broccoli	Carrots
Fish	Peanuts	Eggs
Rice	Bread	Pasta
Orange	Apple	Strawberries
Milk	Yogurt	Cheese

Measuring: Beginner

Use the Measuring Guide and the measuring equipment (i.e. measuring spoons, dry measuring cups, and liquid measuring cup) to measure the ingredients below.

1. 1 cup un-sifted flour
2. 1 tablespoon un-sifted flour
3. 1 cup water
4. 1 teaspoon water

Table Setting: Beginner

Use the menu and the serving utensils to correctly set up a place setting. Use the answer key to check that all the utensils are in the correct place.

Menu

Grilled Salmon

Broccoli

Fresh Pineapple

Brown Rice

Chilled Milk

Menu Writing Mad Libs-Beginner

Each meal is missing 1 or more items from each food group. Complete the meals by putting in the missing food groups.

Breakfast

Whole Wheat Toast

_____

_____

Tomato Juice

_____

Lunch

_____

_____

Orange

_____

Yogurt

Water

Dinner

Grilled Chicken with Italian Dressing

_____

_____

_____

Milk

Snack

_____

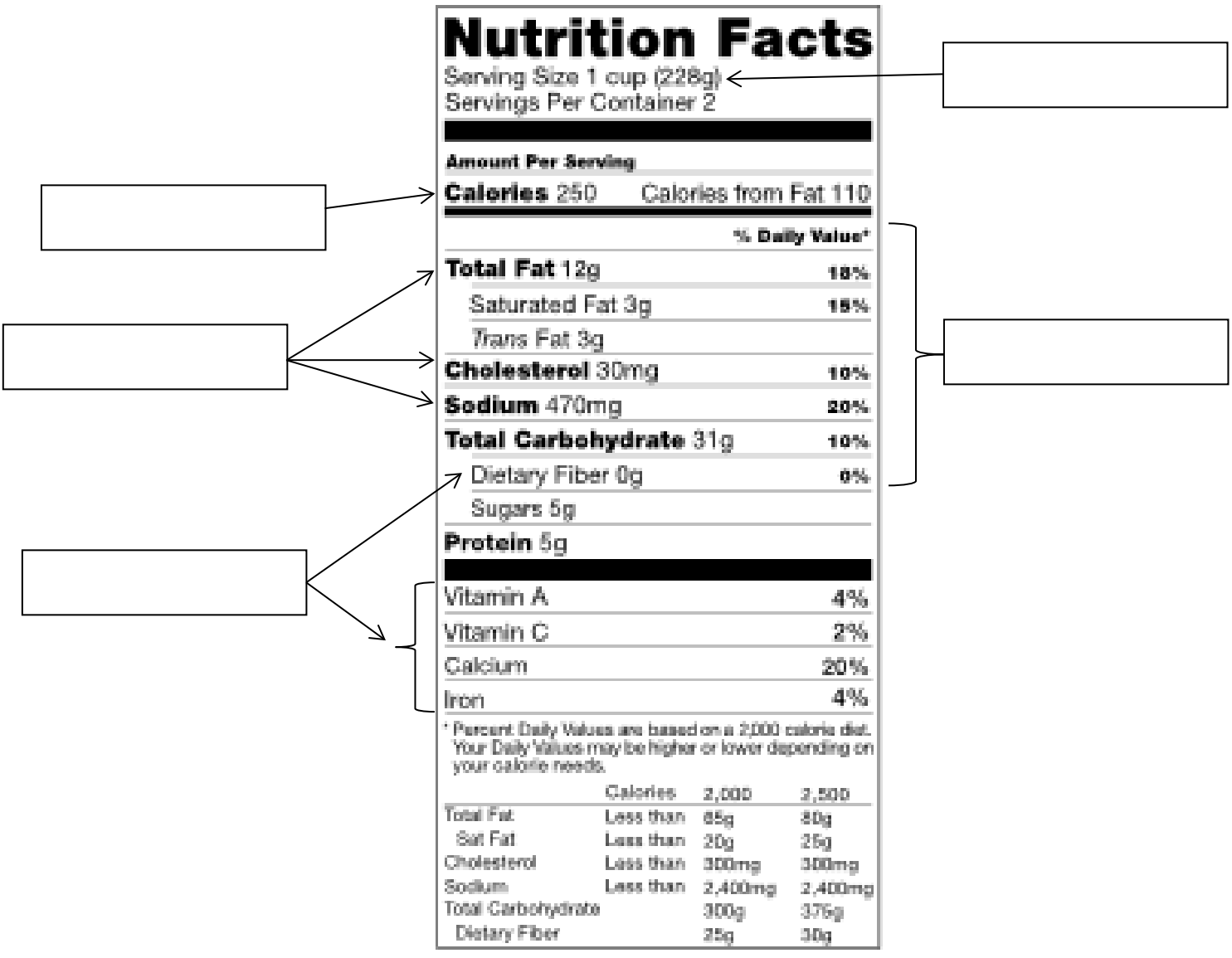
Menu Writing Mad Libs- Beginner
Labels

Strawberries	Milk	Carrots	Muffin
Green Beans	Brown Rice	Sliced Peaches	Popcorn
Roast Beef	Peanut Butter		

Reading Food Labels: Beginner

Match cards with the parts of the food label to their location on the label and also with their definition.

Sample label for
Macaroni & Cheese



Nutrition Facts

Serving Size 1 cup (228g)
Servings Per Container 2

Amount Per Serving

Calories 250 Calories from Fat 110

	% Daily Value*
Total Fat 12g	18%
Saturated Fat 3g	15%
Trans Fat 3g	
Cholesterol 30mg	10%
Sodium 470mg	20%
Total Carbohydrate 31g	10%
Dietary Fiber 0g	0%
Sugars 5g	
Protein 5g	

Vitamin A	4%
Vitamin C	2%
Calcium	20%
Iron	4%

* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Reading Food Labels: Beginner Labels

Serving Size	Calories	Nutrients: Fat, Cholesterol & Sodium
Nutrients: Fiber, Vitamins & Minerals	Percent Daily Value	

The amount of food the Nutrition Facts are based on	Tells you how much energy you get from this food
Tells you if a serving of food is high or low in a nutrient	

Look for foods that are high in these key nutrients. They help fight disease and support a healthy body	Aim low on these nutrients. This will help reduce your chance of heart disease, cancer, and diabetes

Kitchen Gadget Identification-Beginner Match each kitchen gadget term with the correct picture.	
Sifter	
Metal Spatula	
Food Thermometer	
Whisk	
Vegetable Peeler	

Kitchen Gadget Identification- Beginner Labels

Nutrients: Beginner Use the nutrient cards to place each vitamin, mineral, and nutrient in the correct nutrient category.	
Water-Soluble Vitamins (Micronutrients)	
Fat-Soluble Vitamins (Micronutrients)	
Minerals (Micronutrients)	
Macronutrients	

Nutrients: Beginner Labels

Vitamin C	Vitamin B
Vitamin A	Vitamin D
Vitamin E	Vitamin K
Iron	Calcium
Magnesium	Phosphorus
Potassium	
Fat	Protein
Carbohydrates	

Cooking Terms &Measuring Equivalents-Beginner

Bake	
Stir	
Toss	
Pinch	
Boil	

3 teaspoons	
1 pint	
4 quarts	
1 quart	
4 cups	

Cooking Terms & Measuring Equivalents-Beginner Labels

To cook by dry heat, usually in an oven	To mix ingredients in a circular motion until well blended
To combine ingredients with a lifting motion	An amount you can hold between your thumb and forefinger.
To heat a liquid until bubbles break continuously on the surface.	1 Tablespoon
2 cups	1 gallon
2 pints	1 quart

Cost Comparison: Beginner

Look at the food labels for green beans. Use the information to determine the cost per serving for each food.

1. **What is the unit price for Brand A Green Beans ($1.69 for a 28 ounce can)?**

   _____

2. **What is the unit price for Brand A Green Beans ($1.19 for a 14.5 ounce can)?**

   _____

3. **What is the unit price for Brand B Green Beans ($0.79 for a 14.5 ounce can)?**

   _____

4. **Which <u>size</u> product has the lower unit price?** _____
   a. Brand A Green Beans ($1.69 for a 28 ounce can)
   b. Brand A Green Beans ($1.19 for a 14.5 ounce can)

5. **Which <u>brand</u> product has the lower unit price?** _____
   a. Brand A Green Beans ($1.19 for a 14.5 ounce can)
   b. Brand B Green Beans ($0.79 for a 14.5 ounce can)

Cost Comparison: Beginner Labels

Brand A Green Beans ($1.69 for a 28 ounce can)	$0.06 per ounce
	$0.08 per ounce
Brand B Green Beans ($0.79 for a 14.5 ounce can)	$0.05 per ounce

Highland County Nutrition Skillathon Kit

Intermediate Activities

Activities and Resources Binder for Kit #1

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Intermediate Nutrition Skillathon Kit

Nutrition Skillathon Resource and Activity Guide

- This is divided into one section- beginner.
- In this section you will find activities on 9 different topics.
- Complete the activities and then have a family member, friend, or 4-H Advisor use the answer key to check your answers for each activity.
- Feel free to try each activity as many times as you would like. After you complete the activities from the beginner division, you can try the activities for the other age divisions if you would like.

Topics:

- Measuring
- Food Selection/MyPlate
- Table Setting
- Menu Writing
- Cost Comparison
- Reading Food Labels
- Kitchen Gadget Identification
- Nutrients
- Cooking terms and Measuring Equivalents

Nutrition Skillathon Kit Components

- Nutrition Skillathon Resource and Activity Guide Binder
- 1 green plastic plate
- 1 green drinking glass
- 1 clear plastic plate
- Knife, spoon, fork
- Cloth napkin
- Placemat
- Watering pot centerpiece
- 1 set of plastic dry measuring cups and measuring spoons
- 1 2-cup plastic liquid measuring cup
- Metal strainer

Food Selection-MyPlate: Intermediate Match the MyPlate Key Message to the correct food group.	
Food Group	MyPlate Key Message
Dairy	
Fruit	
Grains	
Protein	
Vegetables	

Food Selection- MyPlate: Intermediate Labels

Make at least half your grains whole.	Eat more red, orange, and dark green vegetables.
Make half your grains whole wheat products.	Eat more purple, blue, and dark green vegetables.
Avoid white bread.	Choose only fresh vegetables.
Make half your plate fruits and vegetables.	Switch to skim or 1% milk.
Choose only fresh vegetables.	Switch to vitamin D milk.
Eat fruit for a healthy snack.	Get your calcium from milk.
Vary your protein food choices.	Focus on nonmeat protein choices.

Only choose fish or poultry for protein.

Measuring: Intermediate

Use the Measuring Guide and the measuring equipment (i.e. measuring spoons, dry measuring cups, and liquid measuring cup) to measure the ingredients below.

1. 1 cup un-sifted flour
2. 1 tablespoon un-sifted flour
3. 1 cup water
4. 1 teaspoon water
5. 1 cup sifted flour
6. ½ cup shortening, margarine, butter, or peanut butter

Table Setting: Intermediate

Use the menu and the serving utensils to correctly set up a place setting. Use the answer key to check that all the utensils are in the correct place.

Menu

Savory Roast Beef

Asparagus

Orange Slices

Whole Wheat Biscuit

Chilled Milk

Menu Writing Mad Libs-Intermediate

Creamy	Crispy	Savory	Popped
Ice-cold	Strawberries	Milk	Carrots
Brown Rice	Green Beans		

Menu Writing Mad Libs-Intermediate

Let's make a menu for a 9-13 year old girl who gets less than 30 minutes per day of moderate physical activity, beyond normal daily activities. Use the cards to identify descriptive words and any missing food groups from each meal.

Breakfast

_____ Whole Wheat Toast

(descriptor word)

_____ Peanut Butter

_____

_____ Tomato Juice

(descriptor word)

_____

Lunch

_____ Roast Beef

(descriptor word)

_____

Orange

Muffin

Water

Dinner

Grilled Chicken with Italian Dressing

_____

Honey-Glazed Sliced Peaches

_____

Milk

Snack

_____ Popcorn

(descriptor word)

Reading Food Labels: Intermediate

Look at the nutrition facts labels for skim milk and 2% milk.
Use the food labels to answer the questions about the two foods below.

Skim Milk

Nutrition Facts
Serving Size 8 fl oz (245g)
Servings Per Container 8

Amount Per Serving	
Calories 90	
	%Daily Value*
Total Fat 0g	**0 %**
Saturated Fat 0g	**0 %**
Trans Fat 0g	
Cholesterol < 5mg	**0 %**
Sodium 125mg	**5 %**
Total Carbohydrate 12g	**4 %**
Dietary Fiber 0g	**0 %**
Sugars 11g	
Protein 8g	
Vitamin A 10% • Vitamin C 4%	
Calcium 30% • Iron 0%	

* Percent Daily Values are based on a 2,000 calorie diet.

2% Milk

Nutrition Facts
Serving Size 8 fl oz (244g)
Servings Per Container 8

Amount Per Serving	
Calories 120	Calories from Fat 40
	%Daily Value*
Total Fat 4.5g	**7 %**
Saturated Fat 3g	**15 %**
Trans Fat 0g	
Cholesterol 20mg	**6 %**
Sodium 120mg	**5 %**
Total Carbohydrate 12g	**4 %**
Dietary Fiber 0g	**0 %**
Sugars 11g	
Protein 8g	
Vitamin A 10% • Vitamin C 4%	
Calcium 30% • Iron 0%	

* Percent Daily Values are based on a 2,000 calorie diet.

1. Which type of milk has more caloriesper serving? _____

2. Which milk would be considered “fat free”? _____

3. Which milk would be considered “saturated fat free”? _____

4. For an 8 fluid ounce serving, which food is a better source of calcium?

_____

5. True or False: According to the Percent Daily Value, milk is an “excellent” source of calcium?

_____

Reading Food Labels: Intermediate Labels

Skim Milk	2% Milk
Skim Milk	2% Milk
Skim Milk	2% Milk
Skim Milk	2% Milk
Skim Milk	2% Milk
Both Skim Milk and 2% Milk	Both Skim Milk and 2% Milk
Both Skim Milk and 2% Milk	Both Skim Milk and 2% Milk
True	False

Kitchen Gadget Identification-Intermediate Match the 10 kitchen gadgets listed below to the card that tells what you would use the gadget for in the kitchen.	
Pastry Blender	
Lemon Zester	
Meat Tenderizer	
Pastry Brush	
Potato Masher	

Kitchen Gadget Identification-Intermediate Match the 10 kitchen gadgets listed below to the card that tells what you would use the gadget for in the kitchen.	
Egg Slicer	
Apple Corer and Peeler	
Oven Thermometer	
Mandolin	
Grater	

Kitchen Gadget Identification- Intermediate Labels

Used to mix a hard (solid) fat into flour in order to make pastries

A utensil used for obtaining zest from citrus fruit

A mallet that is used to tenderize slabs of meat in preparation of cooking

Used to slice peeled, hard-boiled eggs quickly and evenly

A thermometer that registers the temperature inside an oven

Used to puree soft foods for making dishes that require a smooth textured ingredient

A utensil used to spread oil or glaze on food.

A device used to peel the skin and remove the core from an apple.

A device having a surface covered with holes edged by slightly raised cutting edges, used for grating cheese and other foods.

A utensil consisting of a base into which adjustable blades are set, used to slice or cut fruits and vegetables

A utensil used to spread oil or glaze on food. Also used as an egg wash

Nutrients- Intermediate

Use the nutrient card to match the pictures of food with the vitamins and minerals that these foods are known to contain.

	
	
	
	
	
	

Nutrients- Intermediate Labels

Calcium	Vitamin D	Protein
Protein	Iron	Vitamin D
B Vitamins	Protein	Iron
Fiber	B Vitamins	Iron
Vitamin C	Potassium	Fiber
Vitamin C	Vitamin A	Potassium

Cooking Terms & Measuring Equivalents-Intermediate Labels

To cook under strong direct heat	To combine sugar and fat or shortenings by working them together until the mixture is smooth and creamy.
To beat rapidly to incorporate air and produce expansion	To work and press dough with the palms of the hands or mechanically
To cut or tear in small, long, narrow pieces	16 Tablespoons
1 gallon	4 cups
3 teaspoons	1 quart

Cooking Terms & Measuring Equivalents-Intermediate

Broil	
Cream	
Whip	
Knead	
Shred	

1 cup	
4 quarts	
1 quart	
1 Tablespoon	
2 pints	

Cost Comparison: Intermediate

You would like to serve peaches as a snack for your 4-H club meeting. You only have a small amount of money to spend so you are trying to decide whether fresh, frozen, canned, dried, or individually packaged peaches will be the best buy. Calculate the unit cost (i.e. cost per ounce of the food) for each of the foods below and correctly place the cost per ounce card in the box.

Food	Unit Price
Fresh Peaches ($2.09 for 16 ounces) 	
Frozen Peaches ($3.9 for 12 ounces) 	
Canned Peaches ($1.79 for 14.5 ounces) 	
Dried Peaches ($7.99 for 16 ounces) 	
Snack Pack Peaches ($2.59 for 16 ounces) 	

Which is the best buy for the club snack? _____

Cost Comparison: Intermediate Labels

Fresh Peaches	$0.13 per ounce
Frozen Peaches	$0.29 per ounce
Canned Peaches	$0.12 per ounce
Dried Peaches	$0.50 per ounce
Snack Pack Peaches	$0.16 per ounce
	$1.00 per ounce
	$0.75 per ounce
	$0.02 per ounce
	$1.10 per ounce
	$0.25 per ounce

Highland County Nutrition Skillathon Kit

Senior Activities

Activities and Resources Binder for Kit #1

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Senior Nutrition Skillathon Kit

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Topics:

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- 1 green drinking glass
- 1 clear plastic plate
- Knife, spoon, fork
- Cloth napkin
- Placemat
- Watering pot centerpiece
- 1 set of plastic dry measuring cups and measuring spoons
- 1 2-cup plastic liquid measuring cup
- Metal strainer

Food Selection/MyPlate: Senior Identify the correct ounce and cup equivalents in each food group. (You may have leftover cards.)	
Food Group	What equals a 1-ounce or 1-cup equivalent?
Dairy	
Fruit	
Grains	
Protein	
Vegetables	

Measuring: Senior

Use the Measuring Guide and the measuring equipment (i.e. measuring spoons, dry measuring cups, and liquid measuring cup) to measure the ingredients below.

1. 1 cup un-sifted flour
2. 1 tablespoon un-sifted flour
3. 1 cup water
4. 1 teaspoon water
5. 1 cup sifted flour
6. ½ cup shortening, margarine, butter, or peanut butter
7. 1 teaspoon syrup or honey
8. ¼ cup brown sugar

Table Setting: Senior

Use the menu and the serving utensils to correctly set up a place setting. Use the answer key to check that all the utensils are in the correct place.

Menu

Oven-Baked Chicken

Steamed Carrots

Sliced Peaches

Leafy Greens Salad

Hot Dinner Roll

Chilled Milk

Water

Food Selection/MyPlate: Senior Labels

2 slices of cheese	8 ounces of Milk	8 ounces of yogurt
2 cups of frozen yogurt	1 slice of cheese	½ cup of cottage cheese
32 seedless grapes	1 small Apple	8 large strawberries
½ cup of Applesauce	1 large plum	1 small banana
1/2 of an English Muffin	1/2 cup of cooked rice	5 whole wheat crackers
2 regular slices of bread	1 large bagel	10 square crackers
1 egg	1 sandwich slice of turkey	1 Tablespoon of Peanut Butter
1 small lean hamburger	3 egg whites	6 almonds
12 baby carrots	1 large ear of corn	2 cups of raw iceberg lettuce
2 cups of green peas	1 cup of raw spinach	1 large stalk of celery

Menu Writing Mad Libs
Senior Labels

1/2 Cup	1 small	2 ounces	1/2 Cup
3 Cups	Peanut Butter	Popcorn	Carrots
Milk	Sliced Peaches		

Menu Writing Mad Libs-Senior

Let's make a menu for a 9-13 year old girl who gets less than 30 minutes per day of moderate physical activity, beyond normal daily activities. Use the cards to identify the correct amounts of food she should have and any missing food groups in each meal.

Breakfast

2 Slices Crispy Whole Wheat Toast

1 Tablespoon Creamy _____

_____ Strawberries

8 Ounces Ice-cold Tomato Juice

8 Ounces _____

Lunch

2 Ounces Savory Roast Beef

½ Cup _____

_____ Orange

1 Small Muffin

8 ounces Yogurt

8 oz. Water

Dinner

_____ Grilled Chicken with Italian Dressing

½ Cup Green Beans

½ Cup Honey-Glazed _____

_____ Brown Rice

8 oz. Milk

Snack

_____ _____

Reading Food Labels: Senior

Look at the nutrition facts labels for white bread and whole wheat bread. Use the food labels to answer the questions about the two foods below.

1. Which bread is considered a whole grain?

   _____

2. What is the best way to determine if a food is a whole grain?

   _____

3. Which bread is considered an "excellent" source of dietary fiber?

   _____

4. If you were to eat a sandwich that contains 2 slices of bread, which bread would contribute fewer calories to the meal?

   _____

5. What are the Percent Daily Values(% DV) are based on?

   _____

Reading Food Labels: Senior Labels

White Bread

White Bread

White Bread

Whole Wheat Bread

Whole Wheat Bread

Whole Wheat Bread

2,000 calorie diet

1,800 calorie diet

They are not based on anything

The calorie needs for 50% of Americans

Words on the front of the package saying it is 100% whole wheat or multigrain

The color of the food

The amount of fiber in the food

Having whole grain listed as the first ingredient in the ingredient list

Pictures of wheat on the package

Kitchen Gadget Identification-Senior Use the list of kitchen gadgets below to identify two other common household items that you could use for the same purpose.	
Pastry Blender	
Whisk	
Biscuit Cutter	
Lemon Zester	
Potato Masher	

Kitchen Gadget Identification-Senior Use the list of kitchen gadgets below to identify two other common household kitchen items that you could use for the same purpose.	
Sifter	
Electric Mixer	
Grater	
Cookie Cutter	
Baster	

Kitchen Gadget Identification Senior

Fork	Two knives	Fork
Electric Beater	Large Cup	Canning Jar Ring
Vegetable Peeler	Grater	Pastry Blender
Electric Mixer	Strainer	Wire Whisk
Blender	Whisk	Vegetable Peeler
Zester	Pastry Brush	Ladle
Butter Knife	Lids	

Nutrients: Senior Use the nutrient cards to match each nutrient with its function in the table below.	
Vitamin A	
Vitamin B	
Vitamin C	
Vitamin D	
Vitamin E	
Vitamin K	
Iron	

Nutrients: Senior Use the nutrient cards to match each nutrient with its function in the table below	
Calcium	
Magnesium	
Phosphorus	
Potassium	
Fat	
Protein	
Carbohydrates	

Nutrients Labels Senior

Needed for new cell growth, healthy skin, hair, & tissues, and vision

Needed for building proteins in the body, red blood cells & normal function of nervous tissue

Needed for the formation of collagen to hold cells together for healthy teeth, gums, & blood vessels; improves iron absorption and resistance to infection

Promotes absorption and use of calcium and phosphate for healthy bones and teeth

Protects red blood cells and helps prevent destruction of vitamins A and C.

Necessary for normal blood clotting and synthesis of proteins found in plasma, bone, & kidneys

Needed for the formation of hemoglobin, which carries oxygen from the lungs to the body cells

Needed for healthy bones and teeth, normal blood clotting, & nervous system functioning

Needed for healthy bones & teeth, proper nervous system functioning, & energy metabolism

Needed for healthy bones & teeth, energy metabolism, & acid/base balance in the body

Needed for maintaining proper fluid balance, nerve impulse function, muscle function, & cardiac function

Supplies energy for the body and aids in forming structural material of cells & tissues

Needed for the structure of red blood cells, proper functioning of antibodies resisting infection, regulation of enzymes & hormones, growth, & repair of body tissues

Provide the body with a source of energy required to carry out daily activities

Acts as an antioxidant to protect cells from damage and boosts the body's immune system so it can fight off bacteria and viruses

Cooking Terms & Measuring Equivalents-Senior

Julienne	
Steep	
Baste	
Cure	
Skim	

2 gallons	
32 Tablespoons	
12 cups	
9 teaspoons	
62 Tablespoons	

Cooking Terms & Measuring Equivalents-Senior Labels

To cut vegetables, fruits, or cheeses into thin strips

To extract color, flavor, or other qualities from a substance by leaving it in water just below the boiling point

To moisten foods during cooking to add flavor and prevent drying

To preserve meats by drying and salting and/or smoking

To remove impurities, whether scum or fat, from a surface of a liquid during cooking, thereby resulting in a clear, cleaner tasting final product

8 quarts

2 cups

3 quarts

3 Tablespoons

1 quart

Cost Comparison: Senior

You are trying to decide whether to make Apple Pie, Sautéed Apples, or Apple Crisp for dinner. You want to choose the most inexpensive food with the least amount of fat, sodium, and calories. Use the ingredient lists below to calculate the cost per serving for each food and determine which is the least expensive option. Then, use the nutrition information to determine which food is the most nutritious option.

Apple Pie (makes 8 servings)

Ingredient and Amount	Approximate Cost per Amount	Nutrition Information
1 Refrigerated Pie Crust	$3.39	Serving size: 1/8 of pie Calories: 230 Fat: 6 grams, Saturated fat: 2.5 grams, Trans fat: 0 grams Cholesterol: 0 milligrams, Sodium: 200 milligrams Total Carbohydrate: 43 grams, Dietary Fiber: 1 gram, Sugars 27 grams Protein: 1 gram, Vitamin A: 0 % DV, Vitamin C: 4% DV, Calcium: 0% DV, Iron 0% DV
6 medium peeled apples, sliced	$5.97	
¾ cup sugar	$0.24	
2 tablespoons all-purpose flour	$0.03	
¾ teaspoon ground cinnamon	negligible	
¼ teaspoon salt	negligible	
1/8 teaspoon ground nutmeg	negligible	
1 tablespoon lemon juice	$0.07	
Cost per Serving:		

Sautéed Apples (makes 9 servings)

Ingredient and Amount	Approximate Cost per Amount	Nutrition Information
3 Tablespoons margarine	$0.30	Serving Size: ½ cup Calories: 95 Total Fat: 3.9 grams, Saturated fat: 0.5 grams, Trans fat: 0 grams, Cholesterol: 0 milligrams, Sodium: 52 milligrams Total Carbohydrate: 17 grams, Dietary Fiber: 2.4 grams, Sugars: 12 grams Protein: 0 grams Vitamin A: 4 % DV, Vitamin C: 8% DV, Calcium: 1% DV, Iron: 1 % DV
6 medium apples, sliced	$5.97	
½ cup packed brown sugar	$0.26	
1/8 teaspoon ground cinnamon	negligible	
Cost per Serving:		

Cost Comparison: Senior

Apple Crisp (makes 8 servings)

Ingredient and Amount	Approximate Cost per Amount	Nutrition Information
5 medium apples, sliced	$5.97	Serving Size: ½ cup Calories: 132 Total Fat: 3.6 grams, Saturated fat: 0.7 grams, Trans Fat: 0 grams, Cholesterol: 0 grams, Sodium: 34 milligrams Total Carbohydrate: 25 grams, Dietary Fiber: 2.5 grams, Sugars 4 grams Protein: 1 grams Vitamin A: 3% DV, Vitamin C: 5.3% DV, Calcium: 1.4%, Iron: 4.7%
2 ½ teaspoons ground cinnamon	$0.03	
2 tablespoons sugar	$0.04	
2 tablespoons flour	$0.03	
1 cup quick oats	$0.51	
1 teaspoon vanilla	$0.04	
¼ cup packed brown sugar	$0.13	
2 tablespoons margarine	$0.20	
Cost per Serving:		

Put the foods in order starting with the most nutritious and least expensive option.

1	2	3

Cost Comparison: Senior Labels

$1.23 per serving	
$1.54 per serving	
Sautéed Apples	
$0.73 per serving	
$0.63 per serving	
Apple Pie	
$0.87 per serving	
Apple Crisp	
$0.95 per serving	

Highland County Nutrition Skillathon Kit

Resources

Activities and Resources Binder for Kit #1

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Resources and Links

1. **Utah State University Cooperative Extension**
   http://extension.usu.edu/files/publications/publication/4-H-HFWF-Lesson1.pdf

2. **Chose My Plate**
   http://www.choosemyplate.gov/

3. **How to write Menus, Table Setting, Calculating cost per Serving, under FCS Resource Handbook:**
   http://highland.osu.edu/program-areas/4-h-youth-development/project-completition-guidelines-resource-handbooks

4. **Vitamins**
   http://www.nestle.com/nutrition-health-wellness/nutrition-basics/fact-sheets/vitamins

5. **Minerals**
   http://www.nestle.com/nutrition-health-wellness/nutrition-basics/fact-sheets/minerals

6. **Oregon State University Extension Service**
   http://catalog.extension.oregonstate.edu/sites/catalog.extension.oregonstate.edu/files/project/pdf/4-h93111.pdf

7. **Measurement, Equivalents, and Abbreviations**
   http://spock.fcs.uga.edu/ext/pubs/fdns/efnep/FDNS-NE-107.pdf

8. **University of Nebraska Lincoln, Extension Lancaster County**
   http://food.unl.edu/documents/4089482/4166877/cooks-tools-updated.pdf/f3a9a397-d95c-48ae-8fce-cdf4fa483ff7

9. **Reading Food Labels- Cooking Matters- Pg. 5**
   file:///C:/Users/Bruynis.5/Downloads/Shopping%20Matters%20Curriculum.pdf

Highland County Nutrition Skillathon Kit

Answer Keys Binder for Kit #1

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Highland County Nutrition Skillathon Kit

Beginner

Answer Keys
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Food Selection-MyPlate: Beginner

Match the foods with the correct food group.

Dairy	Milk, Yogurt, Cheese
Fruit	Orange, Apple, Strawberries
Grains	Rice, Bread, Pasta
Protein	Fish, Peanuts, Eggs
Vegetables	Corn, Broccoli, Carrots

Menu Writing Mad Libs-Beginner

Each meal is missing 1 or more items from each food group. Complete the meals by putting in the missing food groups.

Breakfast

Whole Wheat Toast

Peanut Butter

Strawberries

Tomato Juice

Milk

Lunch

Roast Beef

Carrots

Orange

Muffin

Yogurt

Water

Dinner

Grilled Chicken with Italian Dressing

Brown Rice

Sliced Peaches

Green Beans

Milk

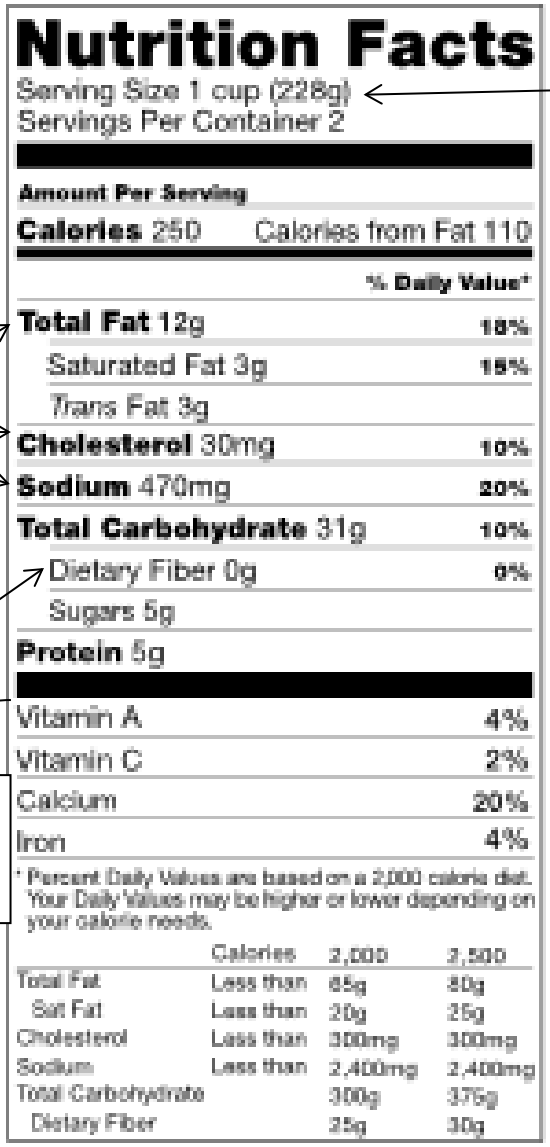
Snack

Popcorn

Reading Food Labels: Beginner

Match cards with the parts of the food label to their location on the label and also with their definition.

Sample label for
Macaroni & Cheese



Nutrition Facts

Serving Size 1 cup (228g)
Servings Per Container 2

Amount Per Serving

Calories 250 Calories from Fat 110

	% Daily Value*
Total Fat 12g	18%
Saturated Fat 3g	15%
Trans Fat 3g	
Cholesterol 30mg	10%
Sodium 470mg	20%
Total Carbohydrate 31g	10%
Dietary Fiber 0g	0%
Sugars 5g	
Protein 5g	

Vitamin A	4%
Vitamin C	2%
Calcium	20%
Iron	4%

* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Serving Size

The amount of food the Nutrition Facts are based on.

Calories

Tells you how much energy you get from this food

Nutrients: Fat, Cholesterol & Sodium

low on these nutrients. This will help e your chance of heart disease, cancer, and diabetes.

Nutrients: Fiber, Vitamins & Minerals

Look for foods that are high in these key nutrients. They help fight disease and support a healthy body.

Percent Daily Value

Tells you if a serving of food is high or low in a nutrient

Nutrients: Beginner

Use the nutrient cards to place each vitamin, mineral, and nutrient in the correct nutrient category.

Water-Soluble Vitamins (Micronutrients)	Vitamin C Vitamin B
Fat-Soluble Vitamins (Micronutrients)	Vitamin A Vitamin D Vitamin E Vitamin K
Minerals (Micronutrients)	Magnesium Phosphorus Calcium Potassium Iron
Macronutrients	Fat Protein Carbohydrates

Kitchen Gadget Identification-Beginner	
Sifter	
Metal Spatula	
Food Thermometer	
Whisk	
Vegetable Peeler	

Cooking Terms &Measuring Equivalents-Beginner

Bake	To cook by dry heat, usually in an oven.
Stir	To mix ingredients in a circular motion until well blended.
Toss	To combine ingredients with a lifting motion.
Pinch	An amount you can hold between your thumb and forefinger.
Boil	To heat a liquid until bubbles break continuously on the surface.

3 teaspoons	1 Tablespoon
1 pint	2 cups
4 quarts	1 gallon
1 quart	2 pints
4 cups	1 quart

Cost Comparison: Beginner

Look at the food labels for green beans. Use the information to determine the cost per serving for each food.

1. **What is the unit price for Brand A Green Beans ($1.69 for a 28 ounce can)?**

$0.06 per ounce

2. **What is the unit price for Brand A Green Beans ($1.19 for a 14.5 ounce can)?**

$0.08 per ounce

3. **What is the unit price for Brand B Green Beans ($0.79 for a 14.5 ounce can)?**

$0.05 per ounce

4. **Which <u>size</u> product has the lower unit price?**

Brand A Green Beans
($1.69 for a 28 ounce can)

   a. Brand A Green Beans ($1.69 for a 28 ounce can)
   b. Brand A Green Beans ($1.19 for a 14.5 ounce can)

5. **Which <u>brand</u> product has the lower unit price?**

Brand B Green Beans
($0.79 for a 14.5 ounce can)

   a. Brand A Green Beans ($1.19 for a 14.5 ounce can)
   b. Brand B Green Beans ($0.79 for a 14.5 ounce can)

Table Setting: Beginner

Use the menu for you age division and the serving utensils to correctly set- up a place setting.

Use the answer key to check that all the utensils are in the correct place.

Grilled Salmon

Broccoli

Fresh Pineapple

Brown Rice

Chilled Milk

Highland County Nutrition Skillathon Kit

Intermediate

Answer Keys
Binder for Kit #1

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Food Selection-MyPlate: Intermediate

Match the MyPlate Key Message to the correct food group.

Food Group	MyPlate Key Message
Dairy	Switch to skim or 1% milk.
Fruit	Make half your plate fruits and vegetables.
Grains	Make at least half your grains whole.
Protein	Vary your protein food choices.
Vegetables	Eat more red, orange, and dark green vegetables.

Menu Writing Mad Libs-Intermediate

Let's make a menu for a 9-13 year old girl who gets less than 30 minutes per day of moderate physical activity, beyond normal daily activities.

Breakfast

Crispy Whole Wheat Toast

(descriptor word)

Creamy Peanut Butter

Strawberries

Ice-cold Tomato Juice

(descriptor word)

Milk

Dinner

Grilled Chicken with Italian Dressing

Brown Rice

Honey-Glazed Sliced Peaches

Green Beans

Milk

Lunch

Savory Roast Beef

(descriptor word)

Carrots

Orange

Muffin

Yogurt

Water

Snack

Popped Popcorn

(descriptor word)

Table Setting: Intermediate

Use the menu and the serving utensils to correctly set up a place setting. Use the answer key to check that all the utensils are in the correct place.

Menu

Savory Roast Beef

Asparagus

Orange Slices

Whole Wheat Biscuit

Chilled Milk

Kitchen Gadget Identification-Intermediate	
Pastry Blender	Used to mix a hard (solid) fat into flour in order to make pastries.
Lemon Zester	A utensil used for obtaining zest from citrus fruit.
Meat Tenderizer	A mallet that is used to tenderize slabs of meat in preparation of cooking
Pastry Brush	A utensil used to spread oil or glaze on food.
Potato Masher	Used to puree soft foods for making dishes that require a smooth textured ingredient.

Kitchen Gadget Identification-Intermediate	
Egg Slicer	Used to slice peeled, hard-boiled eggs quickly and evenly
Apple Corer and Peeler	A device used to peel the skin and remove the core from an apple.
Oven Thermometer	A thermometer that registers the temperature inside an oven.
Mandolin	A utensil consisting of a base into which adjustable blades are set, used to slice or cut fruits and vegetables
Grater	A device having a surface covered with holes edged by slightly raised cutting edges, used for grating cheese and other foods.

Nutrients- Intermediate

Use the nutrient card to match the pictures of food with the vitamins and minerals that these foods are known to contain.

	Calcium Protein
	Protein Biotin Vitamin D
	B Vitamins
	Fiber B Vitamins
	Vitamin C Potassium Fiber
	Vitamin C

Cooking Terms & Measuring Equivalents-Intermediate

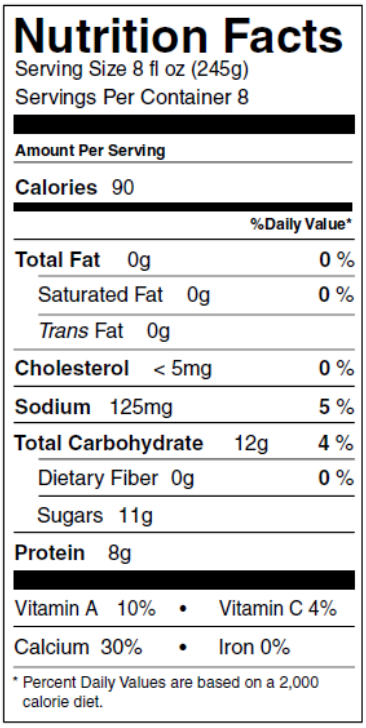
Broil	To cook under strong direct heat.
Cream	To combine sugar and fat or shortenings by working them together until the mixture is smooth and creamy.
Whip	To beat rapidly to incorporate air and produce expansion.
Knead	To work and press dough with the palms of the hands or mechanically.
Shred	To cut or tear in small, long, narrow pieces.

1 cup	16 Tablespoons
4 quarts	1 gallon
1 quart	4 cups
1 Tablespoon	3 teaspoons
2 pints	1 quart

Reading Food Labels: Intermediate

Look at the nutrition facts labels for skim milk and 2% milk. Use the food labels to answer the questions about the two foods below.

Skim Milk

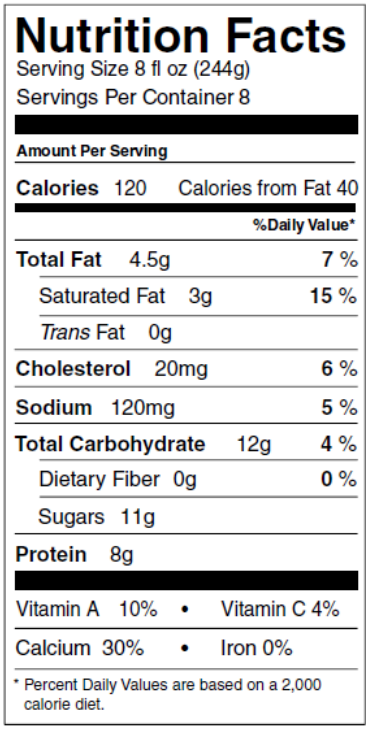


Nutrition Facts
Serving Size 8 fl oz (245g)
Servings Per Container 8

Amount Per Serving	
Calories 90	
	%Daily Value*
Total Fat 0g	**0 %**
Saturated Fat 0g	**0 %**
Trans Fat 0g	
Cholesterol < 5mg	**0 %**
Sodium 125mg	**5 %**
Total Carbohydrate 12g	**4 %**
Dietary Fiber 0g	**0 %**
Sugars 11g	
Protein 8g	
Vitamin A 10% • Vitamin C 4%	
Calcium 30% • Iron 0%	

* Percent Daily Values are based on a 2,000 calorie diet.

2% Milk



Nutrition Facts
Serving Size 8 fl oz (244g)
Servings Per Container 8

Amount Per Serving	
Calories 120	Calories from Fat 40
	%Daily Value*
Total Fat 4.5g	**7 %**
Saturated Fat 3g	**15 %**
Trans Fat 0g	
Cholesterol 20mg	**6 %**
Sodium 120mg	**5 %**
Total Carbohydrate 12g	**4 %**
Dietary Fiber 0g	**0 %**
Sugars 11g	
Protein 8g	
Vitamin A 10% • Vitamin C 4%	
Calcium 30% • Iron 0%	

* Percent Daily Values are based on a 2,000 calorie diet.

1. Which type of milk has more calories per serving? 2% Milk

2. Which milk would be considered "fat free"? Skim Milk

3. Which milk would be considered "saturated fat free"? Skim Milk

4. For an 8 fluid ounce serving, which food is a better source of calcium?

Both Skim Milk and 2% Milk

5. True or False: According to the Percent Daily Value, milk an "excellent" source of calcium?

True

Cost Comparison: Intermediate

You would like to serve peaches as a snack for your 4-H club meeting. You only have a small amount of money to spend so you are trying to decide whether fresh, frozen, canned, dried, or individually packaged peaches will be the best buy. Calculate the unit cost (i.e. cost per ounce of the food) for each of the foods below and correctly place the cost per ounce card in the box.

Food	Unit Price
Fresh Peaches ($2.09 for 16 ounces) 	$0.13 per ounce
Frozen Peaches ($3.49 for 12 ounces) 	$0.29 per ounce
Canned Peaches ($1.79 for 14.5 ounces) 	$0.12 per ounce
Dried Peaches ($7.99 for 16 ounces) 	$0.50 per ounce
Snack Pack Peaches ($2.59 for 16 ounces) 	$0.16 per ounce

Which is the best buy for the club snack? Canned Peaches

Highland County Nutrition Skillathon Kit

Senior

Answer Keys Binder for Kit #1

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Food Selection/MyPlate: Senior Identify the ounce and cup equivalents.	
Food Group	What equals a 1-ounce or 1-cup equivalent?
Dairy	2 slices of cheese 8 ounces of Milk 8 ounces of yogurt
Fruit	32 seedless grapes 1 small Apple 8 large strawberries
Grains	1/2 of an English Muffin 1/2 cup of cooked rice 5 whole wheat crackers
Protein	1 egg 1 sandwich slice of turkey 1 Tablespoon of Peanut Butter
Vegetables	12 baby carrots 1 large ear of corn 2 cups of raw iceberg lettuce

Menu Writing Mad Libs-Senior

Let's make a menu for a 9-13 year old girl who gets less than 30 minutes per day of moderate physical activity, beyond normal daily activities.

Breakfast

2 Slices Crispy Whole Wheat Toast

1 Tablespoon Creamy [Peanut Butter]

[1/2 Cup] Strawberries

8 Ounces Ice-cold Tomato Juice

8 Ounces [Milk]

Lunch

2 Ounces Savory Roast Beef

½ Cup [Carrots]

[1 small] Orange

1 Small Muffin

8 ounces Yogurt

8 oz. Water

Dinner

[2 ounces] Grilled Chicken with Italian Dressing

½ Cup Green Beans

½ Cup Honey-Glazed [Sliced Peaches]

[1/2 Cup] Brown Rice

8 oz. Milk

Snack

[3 Cups] [Popcorn]

Table Setting: Senior

Use the menu and the serving utensils to correctly set up a place setting. Use the answer key to check that all the utensils are in the correct place.

Menu

Oven-Baked Chicken

Steamed Carrots

Sliced Peaches

Leafy Greens Salad

Hot Dinner Roll

Chilled Milk

Water

Reading Food Labels: Senior

Look at the nutrition facts labels for white bread and whole wheat bread. Use the food labels to answer the questions about the two foods below.

1. Which bread is considered a whole grain?

   Whole Wheat Bread

2. What is the best way to determine if a food is a whole grain?

   Having whole grain listed as the first ingredient in the ingredient list

3. Which bread is considered an "excellent" source of dietary fiber?

   Whole Wheat Bread

4. If you were to eat a sandwich that contains 2 slices of bread, which bread would contribute fewer calories to the meal?

   White Bread

5. What are the Percent Daily Values (% DV) are based on?

   2,000 calorie diet

Nutrients: Senior

Use the nutrient cards to match each nutrient with its function in the table below.

Vitamin A	Needed for new cell growth, healthy skin, hair, & tissues, and vision
Vitamin B	Needed for building proteins in the body, red blood cells & normal function of nervous tissue
Vitamin C	Needed for the formation of collagen to hold cells together for healthy teeth, gums, & blood vessels; improves iron absorption and resistance to infection
Vitamin D	Promotes absorption and use of calcium and phosphate for healthy bones and teeth
Vitamin E	Protects red blood cells and helps prevent destruction of vitamins A and C.
Vitamin K	Necessary for normal blood clotting and synthesis of proteins found in plasma, bone, & kidneys
Iron	Needed for the formation of hemoglobin, which carries oxygen from the lungs to the body cells

Nutrients: Senior Use the nutrient cards to match each nutrient with its function in the table below.	
Calcium	Needed for healthy bones and teeth, normal blood clotting, & nervous system functioning
Magnesium	Needed for healthy bones & teeth, proper nervous system functioning, & energy metabolism
Phosphorus	Needed for healthy bones & teeth, energy metabolism, & acid/base balance in the body
Potassium	Needed for maintaining proper fluid balance, nerve impulse function, muscle function, & cardiac function
Fat	Supplies energy for the body and aids in forming structural material of cells & tissues
Protein	Needed for the structure of red blood cells, proper functioning of antibodies resisting infection, regulation of enzymes & hormones, growth, & repair of body tissues
Carbohydrates	Provide the body with a source of energy required to carry out daily activities

Cooking Terms & Measuring Equivalents-Senior

Julienne	To cut vegetables, fruits, or cheeses into thin strips
Steep	To extract color, flavor, or other qualities from a substance by leaving it in water just below the boiling point
Baste	To moisten foods during cooking to add flavor and prevent drying
Cure	To preserve meats by drying and salting and/or smoking
Skim	To remove impurities, whether scum or fat, from a surface of a liquid during cooking, thereby resulting in a clear, cleaner tasting final product

2 gallons	8 quarts
32 Tablespoons	2 cups
12 cups	3 quarts
9 teaspoons	3 Tablespoons
62 Tablespoons	1 quart

Kitchen Gadget Identification-Senior	
Pastry Blender	Fork Two knives
Whisk	Fork Electric Beater
Biscuit Cutter	Large Cup Canning Jar Ring
Lemon Zester	Vegetable Peeler Grater
Potato Masher	Pastry Blender Electric Mixer

Kitchen Gadget Identification-Senior	
Sifter	Strainer Wire Whisk
Electric Mixer	Blender Whisk
Grater	Vegetable Peeler Zester
Cookie Cutter	Butter Knife Lids
Baster	Pastry Brush Ladle

Cost Comparison: Senior

You are trying to decide whether to make Apple Pie, Sautéed Apples, or Apple Crisp for dinner. You want to choose the most inexpensive food with the least amount of fat, sodium, and calories. Use the ingredient lists below to calculate the cost per serving for each food and determine which is the least expensive option. Then, use the nutrition information to determine which food is the most nutritious option.

Apple Pie (makes 8 servings)

Ingredient and Amount	Approximate Cost per Amount	Nutrition Information
1 Refrigerated Pie Crust	$3.39	Serving size: 1/8 of pie Calories: 230 Fat: 6 grams, Saturated fat: 2.5 grams, Trans fat: 0 grams Cholesterol: 0 milligrams, Sodium: 200 milligrams Total Carbohydrate: 43 grams, Dietary Fiber: 1 gram, Sugars 27 grams Protein: 1 gram, Vitamin A: 0 % DV, Vitamin C: 4% DV, Calcium: 0% DV, Iron 0% DV
6 medium peeled apples, sliced	$5.97	
¾ cup sugar	$0.24	
2 tablespoons all-purpose flour	$0.03	
¾ teaspoon ground cinnamon	negligible	
¼ teaspoon salt	negligible	
1/8 teaspoon ground nutmeg	negligible	
1 tablespoon lemon juice	$0.07	
Total Cost for Recipe:	**$9.70**	
Cost per Serving:	$1.23 per serving	

Sautéed Apples (makes 9 servings)

Ingredient and Amount	Approximate Cost per Amount	Nutrition Information
3 Tablespoons margarine	$0.30	Serving Size: ½ cup Calories: 95 Total Fat: 3.9 grams, Saturated fat: 0.5 grams, Trans fat: 0 grams, Cholesterol: 0 milligrams, Sodium: 52 milligrams Total Carbohydrate: 17 grams, Dietary Fiber: 2.4 grams, Sugars: 12 grams Protein: 0 grams Vitamin A: 4 % DV, Vitamin C: 8% DV, Calcium: 1% DV, Iron: 1 % DV
6 medium apples, sliced	$5.97	
½ cup packed brown sugar	$0.26	
1/8 teaspoon ground cinnamon	negligible	
Total Cost for Recipe:	**$6.53**	
Cost per Serving:	$0.73 per serving	

Cost Comparison: Senior

Apple Crisp (makes 8 servings)

Ingredient and Amount	Approximate Cost per Amount	Nutrition Information
5 medium apples, sliced	$5.97	Serving Size: ½ cup Calories: 140 Total Fat: 3.6 grams, Saturated fat: 0.7 grams, Trans Fat: 0 grams, Cholesterol: 0 grams, Sodium: 34 milligrams Total Carbohydrate: 25 grams, Dietary Fiber: 2.5 grams, Sugars 4 grams Protein: 1 grams Vitamin A: 3% DV, Vitamin C: 5.3% DV, Calcium: 1.4%, Iron: 4.7%
2 ½ teaspoons ground cinnamon	$0.03	
2 tablespoons sugar	$0.04	
2 tablespoons flour	$0.03	
1 cup quick oats	$0.51	
1 teaspoon vanilla	$0.04	
¼ cup packed brown sugar	$0.13	
2 tablespoons margarine	$0.20	
Total Cost for Recipe:	**$6.95**	
Cost per Serving:	$0.87 per serving	

Put the foods in order starting with the most nutritious and least expensive option.

1	2	3
Sautéed Apples	Apple Crisp	Apple Pie