

## Food & Nutrition Project Skillathon Study Guide

This packet includes examples for the Food & Nutrition Project Skillathon that will take place during Food & Nutrition Project Judging. The Skillathon activities will be taken into consideration when the judge is scoring/placing projects. There are no points associated with the scoring or additional awards for Food & Nutrition Project Skillathon.

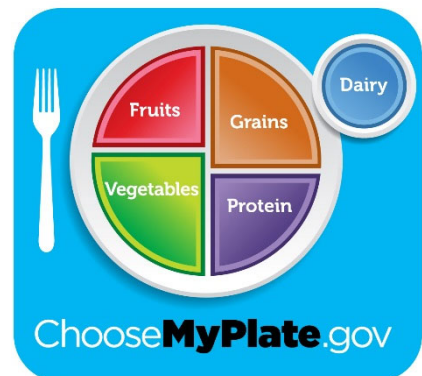
Along with the activities in this packet, members will also be required to complete a table setting. Materials will be provided for the table setting portion. Examples of the table setting are provided in this packet based on skill levels.

Each skill level has multiple activities enclosed in the study guide. Only two will be selected for skillathon. The levels are based on the skill level of the project NOT member's age. Please see the list below to find your project and the skill level it falls under.

Beginner Skill Level	Intermediate Skill Level	Advanced Skill Level
J-20 Snack Attack! - Junior J-21 Snack Attack! - Senior J-22 Let's Start Cooking – Junior J-23 Let's Start Cooking - Senior J-24 Take a Break for Breakfast - Junior J-25 Take a Break for Breakfast – Senior J-26 Everyday Food and Fitness – Junior J-27 Everyday Food and Fitness - Senior	J-6 Let's Bake Quick Breads - Junior J-7 Let's Bake Quick Breads - Senior J-8 Racing the Clock to Awesome Meals - Junior J-9 Racing the Clock to Awesome Meals - Senior J-10 Grill Master - Junior J-11 Grill Master - Senior J-12 Star Spangled Foods – Junior J-13 Star Spangled Foods – Senior J-14 Sports Nutrition: Ready, Set, Go – Junior J-15 Sports Nutrition: Ready, Set, Go – Senior J-16 Party Planner: A 4-H Guide to Quantity Cooking – Junior J-17 Party Planner: A 4-H Guide to Quantity Cooking – Senior J-18 Dashboard Dining – Junior J-19 Dashboard Dining – Senior	J-1 Yeast Breads on the Rise J-2 You're The Chef J-3 The Global Gourmet J-4 Pathways to Culinary Success J-5 Beyond the Grill

Need help reviewing and understanding the materials? Check out the insert that was in in the front of your project book, which includes:

- You Have Chosen A Food & Nutrition Project...Now What?
- What's on your plate? MyPlate - [www.choosemyplate.gov](http://www.choosemyplate.gov)
- All project requirements and other helpful documents on our website - <http://go.osu.edu/ProgramRequirements>



## Mercer County Foods Skillathon- Beginner

Name: \_\_\_\_\_

Club: \_\_\_\_\_

### 1. Match the foods with correct food group

Dairy	
Fruit	
Grains	
Protein	
Vegetables	

Corn

Apple

Carrot

Fish

Bread

Cheese

Milk

Broccoli

Eggs

Orange

Peanuts

Pasta

Rice

Yogurt

Strawberries

### 2. Match the cooking terms and measuring equivalents

Bake	
Stir	
Toss	
Pinch	
Boil	

A. To cook by dry heat, usually in an oven

B. An Amount you can hold between your thumb and forefinger

C. To heat a liquid until bubbles break continuously on the surface

D. To combine ingredients with a lifting motion

E. To mix ingredients in a circular motion until well blended

3 teaspoons	
1 pint	
4 quarts	
1 quart	
4 cups	

A. 1 Gallon

B. 1 Tablespoon

C. 2 Cups

D. 2 Pints

E. 1 Quart

# Mercer County Foods Skillathon- Beginner

Name: \_\_\_\_\_

Club: \_\_\_\_\_

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

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

**Breakfast**

Whole Wheat Toast

\_\_\_\_\_

\_\_\_\_\_

Tomato Juice

\_\_\_\_\_

**Dinner**

Grilled Chicken with Italian Dressing

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Milk

**Lunch**

\_\_\_\_\_

\_\_\_\_\_

Orange

\_\_\_\_\_

Yogurt

Water

**Snack**

\_\_\_\_\_

**2. Below is the list of ingredients that can be found on a pizza. Identify the food group that each ingredient belongs to:**

Crust	
Pepperoni	
Cheese	
Green Pepper	
Pineapple	
Tomatoe Sauce	

# Mercer County Foods Skillathon- Beginner

Name: \_\_\_\_\_

Club: \_\_\_\_\_

## 1. Kitchen Gadget Identification

Sifter	
Metal Spatula	
Food Thermometer	
Whisk	
Vegetable Peeler	

A.



C.



B.



D.



E.



## 2. Match the parts of the food label to the definition

**A.** →

**B.** →

**C.** →

**Nutrition Facts**

8 servings per container ←

**Serving size**      4 cookies (31g)

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**Amount Per Serving**

**Calories**      **150**

% Daily Value\*

<b>Total Fat</b> 6g	<b>8%</b>
Saturated Fat 3g	<b>15%</b>
<i>Trans Fat</i> 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 115mg	<b>5%</b>
<b>Total Carbohydrate</b> 23g	<b>8%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 12g	
Includes 11g Added Sugars	<b>22%</b>
<b>Protein</b> 2g	<b>4%</b>
Vitamin D 0mcg	<b>0%</b>
Calcium 6mg	<b>0%</b>
Iron 0mg	<b>0%</b>
Potassium 25mg	<b>0%</b>

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

**D.**

**E.**

	Tells you how much energy you get from this food
	Tells you if a serving of food is high or low in nutrient
	Aim low on these nutrients. This will help reduce your chance of heart disease, cancer, and diabetes
	The amount of food nutrition facts are based on
	Look for food that are high in these key nutrients.
	They help fight disease and support healthy body

## Beginner Level

