

## 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.

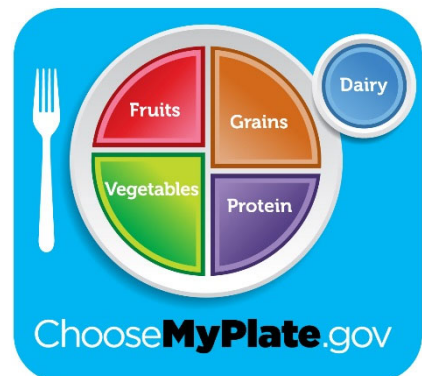
Along with the activities in this packet, members will also be required to complete a table setting. Materials will be provided for the table setting portion. Examples of the table setting are provided in this packet based on skill levels.

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- Intermediate

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

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

## 1. Match the MyPlate Key Message to the correct food group

Dairy	
Fruit	
Grains	
Protein	
Vegetables	

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

## 2. Match the cooking terms and measuring equivalents

Broil	
Cream	
Whip	
Knead	
Shred	

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

1 Cup	
4 Quarts	
1 Quart	
1 Tablespoon	
2 Pints	

A. 4 Cups
B. 3 teaspoons
C. 16 Tablespoons
D. 1 gallon
E. 1 quart

## Mercer County Foods Skillathon- Intermediate

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

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

**1. Match the vitamins and minerals that are associated with the following foods. Some words will be used more than once.**

Milk	Eggs	Pasta	Banana	Tomato
1	1	1	1	1
2	2	2	2	
	3		3	

### Word Bank

B Vitamins  
Biotin

Calcium  
Fiber

Potassium  
Protein

Vitamin C  
Vitamin D

## 2. Kitchen Gadget Identification

	Apple Corer and Peeler
	Egg Slicer
	Grater
	Lemon Zester
	Mandolin
	Meat Tenderizer
	Oven Thermometer
	Pastry Blender
	Pastry Brush
	Potato Masher

A.	Used to mix a hard (solid) fat into flour in order to make pastries
B.	A utensil used for obtaining zest from citrus fruit
C.	A mallet that is used to tenderize slabs of meat in preparation of cooking
D.	A utensil used to spread oil or glaze on food.
E.	Used to puree soft foods for making dishes that require a smooth textured ingredient.
F.	Used to slice peeled, hard-boiled eggs quickly and evenly
G.	A device used to peel the skin and remove the core from an apple.
H.	A thermometer that registers the temperature inside an oven.
I.	A utensil consisting of a base into which adjustable blades are set, used to slice or cut fruits and vegetables
J.	A device having a surface covered with holes edged by slightly raised cutting edges, used for grating cheese and other foods

## Intermediate Level

