



4-H Special Foods

YD4H220

HANDBOOK



South Dakota
Cooperative Extension Service

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INTRODUCTION

The 4-H Special Foods Handbook is a guide for South Dakota 4-H members who will be participating in the county, field education unit, and/or state Special Foods Contests. The information has been organized to assist each member in learning about foods and nutrition, as well as the rules for the Special Foods event. The handbook will help participants enrolled in the Foods & Nutrition project participate in this comprehensive Youth-in-Action event.

We hope you find this handbook helpful in your Special Foods Project. Good Luck!

Sincerely,

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OBJECTIVES & RULES

Goals and Objectives:

Goal:

4-H'ers will learn to provide meals and snacks that satisfy aesthetic, psychological, nutritional, and individual needs by choosing and preparing a recipe from any one of the five food groups.

Nutritional Objectives:

- To know the MyPyramid Plan, food groups and amount/number of servings needed for one's own age and activity level.
- To prepare foods that meet basic nutrient needs of the body.
- To be able to list and discuss the functions of the six major nutrients present in the food groups and specifically those found in the food prepared and the menu.
- To recognize and categorize foods in the recipe into the food groups.
- To be able to discuss key nutrients present in the food prepared and the body's need for these nutrients.

Menu Planning Objectives:

- To demonstrate how to increase interest in a meal by varying color, shape and form of menu items.
- To demonstrate how contrasts in a menu's flavors, temperatures and textures contribute to its total quality.
- To use the menu chosen to establish preparation methods and equipment use patterns.

Aesthetics Objectives:

- To coordinate a table setting cover into an attractive, aesthetically pleasing manner based on the menu.
- To demonstrate the importance of arrangement and garnishing in overall appearance of the food being served.

Time Management Objectives:

- To identify and implement time management strategies, appropriate equipment and appliances to prepare the recipe within 1 1/2 hours.

Food Safety & Sanitation Objectives:

- To observe personal hygiene habits to ensure a safe and sanitary food.
- To be able to discuss and implement general kitchen practices that are routine in the interest of safety and sanitation.
- To discuss and implement recommendations for avoiding bacterial hazards when purchasing, storing, thawing, cooking, and serving food.

Food Principles Objectives:

- To discuss the food principles and preparation techniques applied in the recipe prepared.
- To evaluate the finished product based on eye appeal, flavor, texture, and taste.

Rules for Beginners:

Special Foods Contestants may choose to make a product from any one of the five food groups from the MyPyramid.

One serving of the dish must provide one serving of a food from the food group in which it was entered. For example: if a casserole is entered in the milk, cheese, and yogurt group, it could contain 1 cup of milk or 2 oz. processed cheese or a combination of foods (Example: 1/2 cup milk and 3/4 oz. natural cheese).

The recipe is to be prepared and ready to serve within 90 minutes.

Eligibility:

- Beginner contestants are 8–10 years old as of January 1 of the current year.
- Each county may enter county purple ribbon beginner representatives in the state contest.
- Last year's State Fair Special Foods contestants are eligible to participate this year, regardless of whether they were State Fair contestants last year. We suggest that contestants who were purple ribbon state winners try a different food group.

Appearance:

- Contestants should be poised and well groomed. Wear washable clothing and a smock top or apron. Hair should be away from the face using a scarf, ribbon, rubber bands, hairnet, cap, barrettes, comb etc. Clean hands are important!

Recipes:

- Recipes are to provide a serving from the food group in which they are entered. Use the Special Foods Worksheet and Serving Size Guide listed in the Special Foods Handbook to determine if the recipe is eligible for the contest.
- Nutritious drinks are acceptable recipes in the Beginner division only. Drinks should be served from a pitcher, not the blender. The pitcher does not stay at the place setting so it does not have to coordinate with the dinnerware.
- The Special Foods recipe is not to exceed 2–6 individual servings. If a recipe cannot be decreased to six servings (for example, muffins) explain on the recipe card.
- Special Foods recipe must be on a 3x5 or 4x6 recipe card. Two copies are required for the contest with name, county, and menu occasion in upper right hand corner. One copy is for your place setting, and one copy to work from.

Menu/MyPyramid/Worksheets:

- Beginner Special Foods contestants must have a written one-meal menu with at least four of the five food groups used OR a snack menu with at least two different food groups. The special foods recipe must be one of the menu items.
- One copy of the menu is needed for the contest. Menus will be laid at the place setting. Write your name, county, and menu occasion in the upper right hand corner.
- Create your personalized MyPyramid printout by going to www.MyPyramid.gov. You will need to enter your age, gender, and activity level. The Web site will create a personalized plan for healthy eating. Print this plan and submit it with your entry. You may use computers at your library or county Extension office.
- The Special Foods Worksheets (recipe, worksheet, menu worksheet, personalized MyPyramid print out) need to be filled out by the contestant prior to the contest and must accompany the scorecards. If the contestant goes to State Fair, the worksheets must be attached to the scorecard and sent to the State 4-H Office prior to State Fair. (Available from county Extension offices).

Technique:

- Contestants are to bring all supplies needed to prepare and serve the recipe they have selected. This includes the ingredients, cooking utensils, serving utensils, and everything needed for a place setting.
- Three ingredients must be measured during the contest. A maximum of two ingredients may be pre-cooked or

- pre-measured prior to the contest. All other preparation needs to be done at the contest.
- Contestants need to: 1) use correct measuring, mixing, and preparation techniques of the product and know why; 2) know food safety involved in food preparation techniques. (Time, temperature, and personal sanitation); 3) name the five food groups from the Food Guide Pyramid plus the oils group; 4) know the six basic nutrients; 5) know the main vitamins and minerals and those present in the ingredients used in their recipe.
 - Menus should be categorized according to the occasion, which includes family meal, guest meal, party meal, picnic meal, etc. List the occasion on menu.

Place Setting:

- Contestants will display a place setting that coordinates with the recipe and menu chosen. All dishes and utensils needed to consume the foods in the menu should be included with the setting. A centerpiece is not required for Beginners. See the Place Setting section for definition.

Awards:

- Entries will be rated purple, blue, red and white.
- Announcement of ribbon placing and awards will be in Clover Hall according to posted schedule. Several organizations sponsor special awards for State Fair purple ribbon winners. See the State Fair book for a current list of sponsors and eligibility requirements.

Contestant Checklist

Submit these forms to county Extension educator or 4-H Office at SDSU according to Youth-in-Action deadline for State Fair:

- Personalized MyPyramid Plan print out
- Recipe worksheet
- Menu worksheet
- Score sheet (4 copies)
- Entry card

Day of contest:

- 2 copies of recipe on index cards (3x5 or 4x6)
- 1 copy of menu on index card (3x5 or 4x6)
- All equipment and utensils needed to prepare the food item
- All ingredients
- One complete place setting

Rules for Juniors:

Special Foods Contestants may choose to make a product from any one of the five food groups from the MyPyramid.

One serving of the dish must provide one serving of a food from the food group in which it was entered. For example: if a casserole is entered in the milk, cheese, and yogurt group, it could contain 1 cup of milk or 2 oz. processed cheese or a combination of foods from one group (Example: 1/2 cup milk and 3/4 oz. natural cheese) to provide 1 serving.

The recipe is to be prepared and ready to serve within 90 minutes.

Eligibility:

- Junior contestants must be 11–13 years old as of January 1 of the current year.
- Each county may enter county purple ribbon junior representatives in the state contest.
- Last year's Special Foods contestants are eligible to participate this year, regardless of whether they were State Fair contestants last year. We suggest that contestants who were purple ribbon state winners try a different food group.

Appearance:

- Contestants should be poised and well groomed. Wear washable clothing and an apron or smock top. Hair should be away from the face using a scarf, ribbon, rubber bands, hairnet, cap, barrettes, comb etc. Clean hands are important.

Recipes:

- Recipes are to provide a serving from the food group in which they are entered. Use the Special Foods Worksheet and Serving Size Guide listed in the Special Foods Handbook to determine if the recipe is eligible for the contest.
- Nutritious drinks are acceptable recipes in the Beginner division only.
- The Special Foods recipe is not to exceed 2–6 individual servings. If a recipe cannot be decreased to six servings (for example, muffins) explain on the recipe card.
- Special Foods recipe must be on a 3x5 or 4x6 recipe card. Two copies are required for the contest with name and county in upper right hand corner. One copy is for your place setting and one copy to work from.

Menu/MyPyramid/Worksheets:

- Create your personalized MyPyramid print out by going to www.MyPyramid.gov. You will need to enter your age, gender, and activity level. The Web site will create a personalized plan for healthy eating. Print this plan and submit with your entry. You may use a computer at your library or county Extension office.
- Junior special foods contestants must have written one meal menu with at least four of the five food groups. The special foods recipe must be one of the menu items.
- One copy of the menu is needed for the contest. It will be laid at the place setting. Write your name, county and menu occasion in the upper right hand corner.
- The Special Foods worksheets (recipe worksheet, menu worksheet, Personalized MyPyramid print out) need to be filled out by the contestant prior to the contest and must accompany the scorecards. If the contestant goes to State Fair, the worksheets must be attached to the scorecard and sent to the State 4-H Office prior to State Fair. (Available from county Extension offices)

Technique:

- Three ingredients must be measured during the contest. A maximum of two ingredients may be pre-cooked or pre-measured prior to the contest. All other preparation needs to be done at the contest.
- Contestants need to: 1) use correct measuring, mixing, and preparation techniques of the product and know why; 2) know food safety involved in food preparation. (Time, temperature, and personal sanitation); 3) have a good understanding of the five food groups from the MyPyramid and be able to explain each food group's contribution to the diet; 4) know the six basic nutrients and why they are needed by the body; 5) know the specific vitamins and minerals that are present in the ingredients used.

- Contestants are to bring all supplies needed to prepare and serve the recipe they have selected. This includes the ingredients, cooking utensils, serving utensils, and everything needed for a place setting.
- Menu items should be categorized according to the occasion. For instance, family meal, guest meal, party meal, picnic meal, etc. List on menu.

Place Setting:

- Contestants will display a place setting that coordinates with the recipe and menu chosen. All dishes and utensils needed to consume the menu should be included in the setting. **Centerpieces are required for juniors.** See the Place Settings section for definition.

Awards:

- Entries will be rated purple, blue, red, and white.
- Announcement of ribbon placings and awards will be in Clover Hall according to posted schedule. Several organizations sponsor special awards for State Fair purple ribbon winners. See the State Fair book for a current list of sponsors and eligibility requirements.

Contestant Checklist

Submit these forms to county Extension educator or 4-H Office at SDSU according to Youth-in-Action deadline for State Fair:

- Personalized MyPyramid Plan print out
- Recipe worksheet
- Menu worksheet
- Score sheet (4 copies)
- Entry card

Day of contest:

- 2 copies of recipe on index cards (3x5 or 4x6)
- 1 copy of menu on index card (3x5 or 4x6)
- All equipment and utensils needed to prepare the food item
- All ingredients
- One complete place setting

Rules for Seniors:

Special Foods contestants may choose to make a product from any one of the food groups from the My Pyramid.

One serving of the dish must provide one serving of a food from the food group in which it was entered. For example: if a casserole is entered in the milk, cheese, and yogurt group, it could contain 1 cup of milk or 2 oz. processed cheese or a combination of foods from one group (Example: 1/2 cup milk and 3/4 oz. hard, natural cheese) to provide one serving.

The recipe is to be prepared and ready to serve within 1 and 1/2 hours.

Eligibility:

- Senior contestants must be 14 years of age or older as of January 1 of the current year.
- Each county may enter county purple ribbon representatives in the state contest.
- Last year's Special Foods contestants are eligible to participate this year, regardless of whether they were State Fair contestants last year. We suggest that contestants who were purple ribbon state winners try a different food group.

Appearance:

- Contestants should be poised and well groomed. Wear washable clothing and an apron or smock top. Hair should be away from the face using a scarf, ribbon, rubber bands, hair net, cap, barrettes, comb etc. Clean hands are important!

Recipes:

- Recipes are to provide a serving from the food group in which they are entered. Use the Special Foods Worksheet and serving size guide listed in the Special Foods Handbook to determine if the recipe is eligible for the contest.
- Nutritious drinks are acceptable recipes in the Beginner division only.
- The Special Foods recipe is not to exceed 2–6 individual servings. If a recipe cannot be decreased to six servings (for example, muffins), explain on the recipe card.
- Special Foods recipe must be on a 3x5 or 4x6 recipe card. Two copies are required for the contest with name and county in upper right hand corner. One copy is for your place setting and one copy to work from.

Menu/MyPyramid/Worksheets:

- Create your personalized MyPyramid printout by going to www.MyPyramid.gov. You will need to enter your age, gender, and activity level. The Web site will create a personalized plan for healthy eating. Print this plan and submit with your entry. You may use a computer at your library or county Extension office.
- The Special Foods Worksheets (recipe worksheet, menu worksheet and Personalized MyPyramid print out) need to be filled out by the contestant prior to the contest and must accompany the scorecards. If the contestant goes to State Fair, the worksheets must be attached to the scorecard and sent to the State 4-H Office prior to State Fair. (Available from county Extension offices)
- Senior Special Foods contestant must have a written one-day menu that reflects the personalized MyPyramid plan.
- The menu must include the number of servings from the personalized MyPyramid print out. Menus should take into consideration the 2005 Dietary Guidelines (available on the internet at www.MyPyramid.gov or the county Extension office).
- The Special Foods recipe must be one of the menu items. Menus need to be on 3x5 or 4x6 inch recipe cards. One copy of the menu is needed for the contest. It will be laid at the place setting. Write name, county, and menu occasion in the upper right hand corner.

Technique:

- Contestants are to bring all supplies needed to prepare and serve the recipe they have selected. This includes the ingredients, cooking utensils, serving utensils, and place setting appointments.
- Three ingredients must be measured during the contest. A maximum of two ingredients may be pre-cooked or pre-measured prior to the contest. All other preparation needs to be done at the contest.
- Contestants need to: 1) use correct measuring, mixing, and preparation of product and know why; 2) know food

- safety involved in food preparation techniques. (Time, temperature, and personal sanitation); 3) have a good understanding of the five food groups and be able to explain each food group's contribution to the diet. Seniors should have a good understanding of nutrients in foods and why they are needed by the body; 4) know the six basic nutrients and be able to explain their importance to the body in greater depth than the Juniors; 5) know the specific vitamins and minerals that are present in their recipe, ingredients used and their importance to the body.
- The menu meal you are displaying at the contest should be categorized according to the occasion. For instance, family, guest, party, or picnic meal.

Place Setting:

- Contestants will display a place setting of the meal in which the Special Foods recipe appears on the menu. All dishes and utensils needed to consume the meal should be included with the setting. **A centerpiece is required.** See the Place Setting section for definition.

Awards:

- Entries will be rated purple, blue, red, and white.
- Announcement of ribbon placings and awards will be in Clover Hall each day following the last shift. Several organizations sponsor special awards for State Fair purple ribbon winners. See the State Fair book for a current list of sponsors and eligibility requirements.

Contestant Checklist

Submit these forms to county Extension educator or 4-H Office at SDSU according to Youth-in-Action deadline for State Fair:

- Personalized MyPyramid Plan print out
- Recipe worksheet
- Menu worksheet
- Score sheet (4 copies)
- Entry card

Day of contest:

- 2 copies of recipe on index cards (3x5 or 4x6)
- 1 copy of menu on index card (3x5 or 4x6)
- All equipment and utensils needed to prepare the food item
- All ingredients
- One complete place setting

SELECTING YOUR RECIPE &

Selecting the recipe:

The Special Foods Contest means selecting a recipe for a special reason. It may be a favorite recipe for you, your family or friends. It may be a challenging recipe that encourages you to try a new food. Judges may ask any contestant why a recipe was selected.

Time:

You will have 90 minutes to prepare the dish and set the table.

Preparation:

Contestants need to measure a minimum of three ingredients at the contest. To encourage a variety of recipes, contestants may use a maximum of two ingredients that are pre-cooked, pre-measured or pre-cut and brought to the contest. If the recipe you are preparing will be served with another food (for example, hamburger on a bun, or meat dishes on rice) you are not required to prepare the accompanying dish.

Recipe:

One serving of your dish must provide one serving from the food group in which it was entered. Several foods from one food group can be used in combination to achieve one full serving. (For example, 1/2 cup milk and 3/4 oz. of hard cheese equals one serving from dairy group and qualifies as one serving)

Use the Special Foods Recipe Worksheet (found in the section for forms) and the 4-H Special Foods Serving Size Guide (page 41) to determine if your recipe will qualify for the contest.

Your recipe should provide 2–6 servings. Some recipes may make more than six servings, such as a muffin recipe. If your recipe cannot be decreased to 2–6 servings, write the reason on your recipe card.

You must prepare the food from the food group in which you enter.

Example: A hamburger bun can't be entered in the bread group unless you make the bun during the contest.

Example: For a pasta dish or pasta casserole entered in the bread group, the contestant must cook the pasta at the event but does not have to make the pasta from scratch.

Experiment:

If you are practicing often for the contest, your family may get tired of your recipe. One way to prevent this boredom is to experiment with your recipe. Try different ingredients, such as spices. If it is a fruit or vegetable dish, for example, try different combinations other than what it calls for in the original recipe. Who knows, you may come up with your own original recipe for the contest!!

Sponsors:

Different organizations sponsor cash awards for purple ribbon State Fair winners. Check the State Fair Book for a current list of sponsors. Special awards are given for using specific ingredients such as rabbit, lamb, goat, pork, beef, soybeans and dairy.

Menu Planning:

Plan your menu around the food you have chosen to make for the contest. Choose foods that will complement your dish based on the suggestions listed below. Beginners need to plan a one-meal menu or a snack menu. Juniors need to plan a one-meal menu, and Seniors plan a one-day menu.

Color:

Mix colors. Be an artist with color! Since we truly almost “eat with our eyes,” the selection of colorful food combinations makes eating a greater pleasure. In arranging foods on the plate, place foods of contrasting color next to each other whenever possible.

Garnishes add appeal to food, but they should be simple as well as appropriate in flavor and color. They should also be edible, although you may choose not to eat them. Use with restraint.

Unless artificial food coloring is used to bring out a food’s color, it is wise to avoid its use. In most instances, it is much better to depend upon the true color of foods.

Flavor:

Combine flavors. Build “appetite appeal” as well as “eye appeal” into your meals with flavor and flavor combinations.

Contrast is always good. Complement bland foods with tang and zip. Milk and mild flavors are best served first, stronger ones later in the meal, with sweets usually thought of as a suitable finale.

Rely on flavor mates (foods made for each other, such as pork with apples, bacon and eggs, peanut butter and jelly).

Some flavors can cover or hide other flavors. Meat, for example, can be drowned in too much catsup, mustard, pickles, or onions. Be careful not to hide the flavor of your special food.

Spice is nice, likewise herbs, when used to enhance flavors in food. A good cook, however, uses them wisely.

Texture:

Contrast in texture is always good. It adds interest. Foods of all the same texture are monotonous, so consider contrast when planning. Some examples of texture are:

Crisp	Chewy	Hard	Soft
Lettuce	Meats/Fish	Pretzels	Puddings
Crackers	Bagel	Croutons	Bananas
Relishes	Cheese	Hard Roll	Squash
Carrots			Yogurt
Apple			Mashed potatoes
Bacon			

Shapes and Sizes:

Try to include combinations of different shapes (square, round, triangular, rectangular or irregular) in your menu. A meal is more appealing when foods of different sizes, shapes, and proportions are combined. Arrange food on the plate interestingly. Place all foods well within the rim of the plate.

Temperature:

Always serve cold foods cold and hot foods hot. Generally, lukewarm foods have lukewarm appeal.

Temperature contrast is important, too. A good menu will include at least one hot food even in the summer. Crisp

salads, chilled juices, and ice cream make good contrasts for hot food.

Variety:

Variety is the spice of life, so avoid repetition of color, flavor, texture, shape, and temperature. Meals are most interesting when a variety of foods and flavors are offered both within the meal and within the entire day.

Occasion:

The menu you plan is for a certain occasion. It may be for a family meal, a holiday, a party, a picnic, or another occasion. Foods on the menu should fit the occasion chosen.

Nutrition:

For Beginner and Junior contestants, the one meal should include servings from four or more of the five basic food groups from the MyPyramid. A snack menu (for beginners only) should include servings from two or more of the five basic food groups. Seniors one-day menu should include the number of servings from all five of the five food groups from the MyPyramid. For all food groups, the one-day menu should reflect the number of servings from the personalized MyPyramid recommendations. Remember, these are based on your age and physical activity level.

Menu writing:

- Beginners:** Menu for one meal or a snack menu
- Juniors:** Menu for one meal
- Seniors:** Menu for entire day

Although there is really no right or wrong way to write a menu, we ask that you follow these guidelines. The judge will use these guidelines.

Capitalize all words except articles and prepositions.

The items in the menu should be grouped by courses, beginning with the first. The items would be listed in order this way: appetizer, main course, fruit and/or vegetable, bread, dessert, beverage. For example:

- Appetizer:** Chilled Tomato Juice
- Main Course:** Meat Loaf Cups
- Fruit and/or Veg.:** Carrot Strips
- Bread:** Whole Wheat Toast or Rolls

- Dessert (optional):** Lemon Berry Frost
- Beverage:** Iced Tea

your name, county and menu occasion (family meal, holiday, party...) in the upper right hand corner.

Garnishes:

Before we taste food, our eyes often “feast” upon what is set before us. This helps to excite our appetite. Good cooks always invest a little extra attention to make their dishes look special with a garnish.

A garnish is any edible decoration added to a dish. It can be placed on or around the dish. It can also be added to the individual serving. Garnishes can be as simple as a dash of paprika or as elaborate as a food sculpture that garnishes the table.

Variety and contrast in color, form, and texture are important to remember when deciding on a garnish for your dish. Garnishes should be appropriate to the food with which they are served and should harmonize in flavor.

Parsley is a typical garnish. But try to use your imagination and come up with something unique. An ingredient from your dish can be used in an interesting way as a garnish.

For the contest, the place setting with one serving of the food you prepared on it should be garnished.

The serving dish must have eye appeal and be well presented. A garnish may add to the eye appeal and, therefore, you may choose to garnish the serving dish but a separate garnish is not required.

Place Settings:

A “cover” means everything used at each individual’s place setting. The “cover” includes the dinnerware, glasses/cups, flatware, tablecloth or placemat, and napkin used at each individual place setting. The recipe and menu you have chosen influence the type of items you will use in your cover.

A child’s birthday party would probably have bright colors while an adult dinner party would probably use neutral and subdued colors.

The purpose of setting the table cover is to make the act of eating as easy as possible. Common sense and courtesy dictate that place settings include whatever is necessary for eating a meal, and that they be placed conveniently. It discourages the display of non-essential utensils and dishes. For instance, if you are not serving coffee, you would not set a cup and saucer at the place setting.

Place Setting Tips:

(Refer to illustrations on pages 14–19)

When planning your place setting, remember the following:

You need to provide only the utensils that will be needed to eat the meal you have planned. But, you may also decide to use all three basic pieces – fork, knife and spoon. This depends on the individual preference of the contestant.

If using a placemat, place it so it is even with the edge of the table. A tablecloth should have an 8” – 12” drop. Table runners should be wide enough to hold an individual place setting and should also have an 8” – 12” drop.

Place all silverware and tableware one inch from the edge of the table. If your placemat is oval, follow the curve of the mat. The lowest piece of silverware should be one inch from the edge.

Try different folds with the napkin. If you use the traditional fold/style, be sure the open corner of the napkin is in the lower right hand corner.

A dinner napkin is 20”, 22” or 24” square. A luncheon napkin is 17” square and a tea napkin is 12” square.

Do NOT place anything on top of the napkin.

If the glass will only half fit on the placemat, it is better to set it on the table (off the placemat) to keep it level and avoid spills.

When placing silverware on the table, place as many of each item as is needed to eat the meal. The general rule for the guest is to use the silverware from the outside in. In other words, if you had three forks, you would use the one farthest to the left first. The last one to be used would be the one closest to the plate.

The salad fork is placed to the left of the dinner fork if the salad is served before the main dish. The salad fork is placed to the right of the dinner fork if the salad is served with the main dish.

The cutting edge of the knife should always be laid toward the plate. Make sure it does not get tucked under the rim of the plate. You should be able to pick the knife up without hitting the plate.

Be sure everything that you use to set the table is clean and free of water spots or fingerprints.

Be sure the texture and color of the dinnerware, flatware, glassware, centerpiece, napkin, and placemat/tablecloth coordinate.

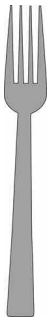
At the State Fair you will have 22 inches to set the table. Make sure your dishes comfortably fit this space.

Your menu and recipe influence the table setting you choose. Listed on the next few pages are examples of correct placement for the items commonly used in a place setting.

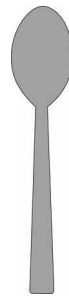
You may not need to use all the utensils listed to serve your menu. These diagrams illustrate sample menus and place settings. The examples show you where the eating utensils should be placed to make eating as easy as possible. Please see next six pages for sample place settings.

SETTING THE TABLE

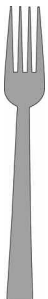
Glossary of Table Setting Utensils:



Dinner Fork



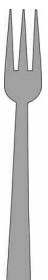
Spoon



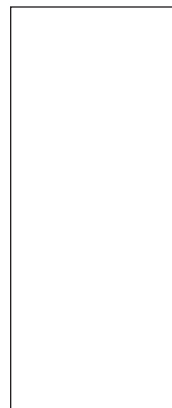
Salad Fork



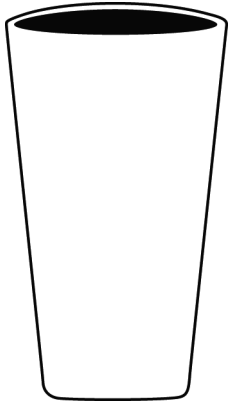
Knife



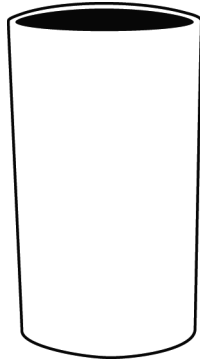
Dessert



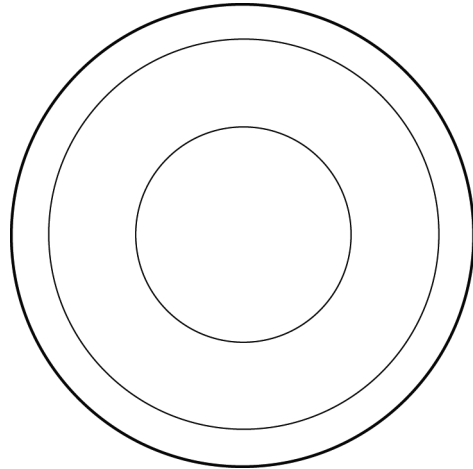
Napkin



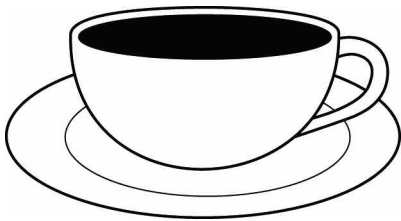
Milk Glass



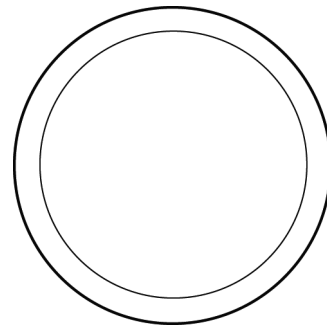
Juice/Water Glass



Dinner Plate



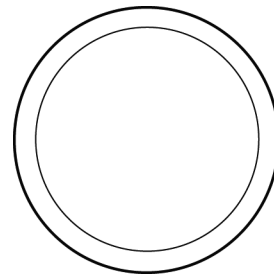
Cup and Saucer



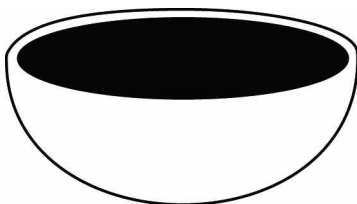
Salad Plate



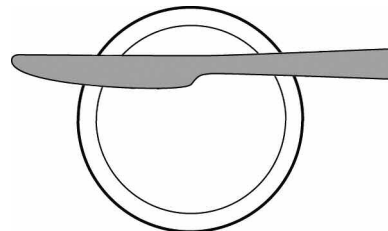
Dessert Cup



Dessert Plate



Bowl



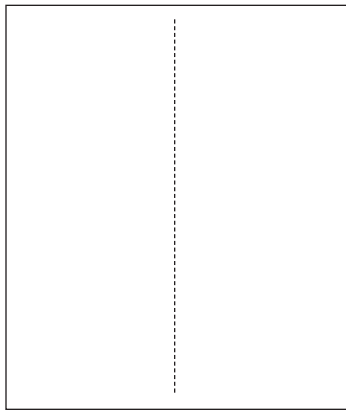
**Bread and Butter Plate
with Knife**

Basic Table Setting:

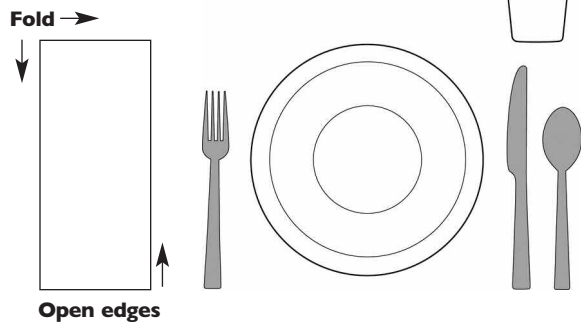
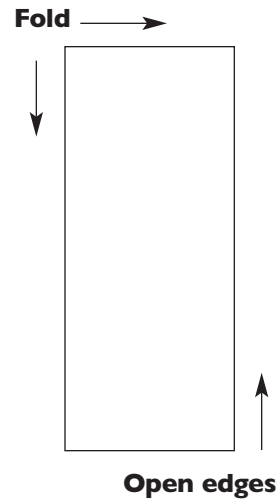
(may be used at any meal)

Your menu and recipe influence the number and type of dinnerware, flatware, and glasses/cups that you choose for your place setting.

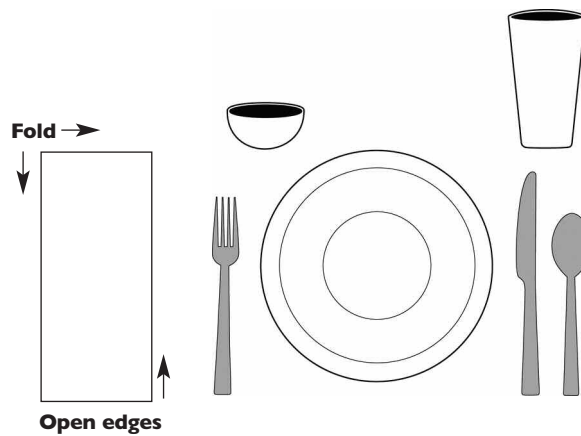
Unfolded Napkin



Folded Napkin



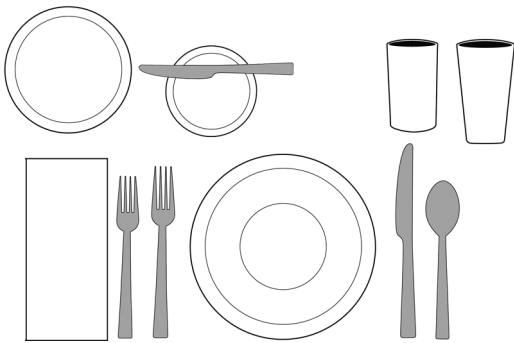
*Grilled Reuben Sandwich
Dill Pickles
German Potato Salad
Milk*



*Turkey Tetrazzini
Crisp Relishes
French Bread
Chocolate Pudding
Milk*

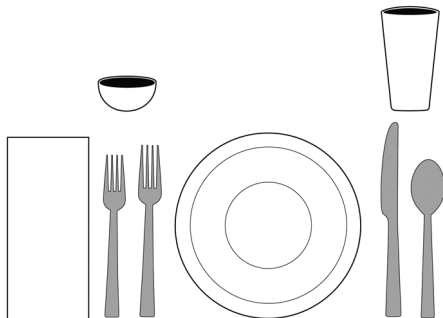
Dinner/Lunch:

Your menu and recipe influence the number and type of dinnerware, flatware, and glasses/cups that you choose for your place setting. In casual family settings, bread plates are often not needed.



Sweet & Sour Pork
Chow Mien Noodles
Asparagus-Lettuce Salad
Fan-Tan Rolls
Milk Iced Tea

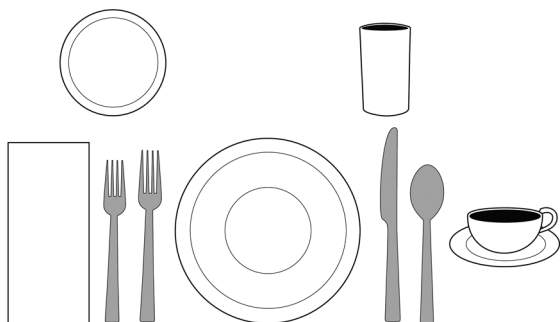
Raspberry Pie
(the dessert is served
following the meal)



Tossed Green Salad

Lasagna
Skillet Zucchini
Garlic Bread
Fresh Fruit Compote
Cookies
Milk

(Salad served before meal)

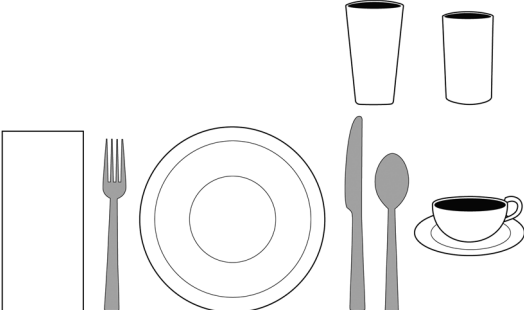


Beef Roll-Ups
Buttered Noodles
Green Peas w/ Mushrooms
Perfection Salad
Crusty Rolls
Coffee Milk

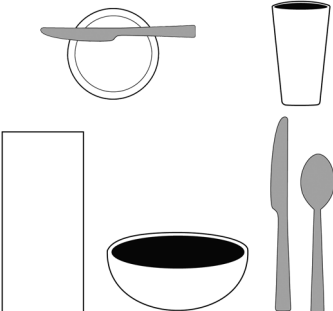
Blueberry Cheesecake
(the dessert is served
following the meal)

Breakfast:

Your menu and recipe influence the number and type of dinnerware, flatware, and glasses/cups that you choose for your place setting.



*Tomato Juice
Toasted English Muffins
Sausage Links
Milk Coffee*

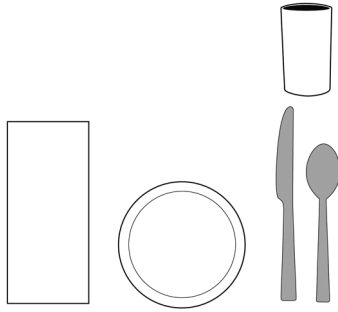


*Oatmeal Granola
with Fresh Strawberries
*Toast Orange Marmalade
Milk*

**May use a separate bread plate or
the plate under the bowl.*

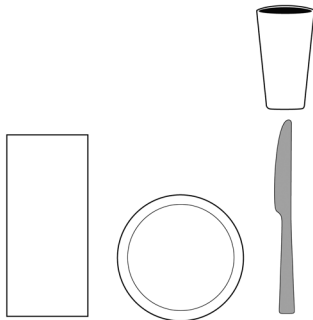
Snack Menu:

Your menu and recipe influence the number and type of dinnerware, flatware, and glasses/cups that you choose for your place setting.



Lemon Bread

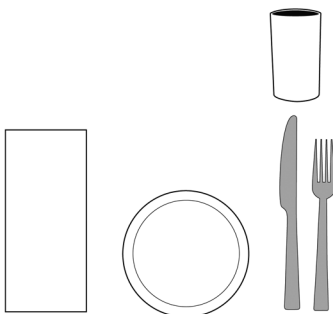
Refreshing Orange Sipper



Whole Wheat Muffins

Whipped Strawberry Butter

Milk



Pizza Sandwiches

Strawberry-flavored Milk

Centerpieces:

Centerpieces are another way to show your creativity. Beginners **DO NOT** have to bring a centerpiece for this contest. Juniors and Seniors **MUST HAVE** a centerpiece with their table settings.

Basic Principles

- Simplicity is the key to beauty. Do not overdo it.
- Try unique items. Candles and flowers are good options but also consider unusual items, such as pinecones, fresh fruits/vegetables, or small decorative objects.
- Be sure that items are not offensive where people are eating, such as very strong aromas. Watch for bugs or other foreign matter when using natural objects.
- Centerpieces can consist of more than one item, but all items should coordinate and not be too spread out.
- Remember that a centerpiece is viewed from all sides. The centerpiece should be equally visible to all people seated at the table.
- Create a mood with the centerpiece and table appointments. Consider establishing a theme around the type of meal and foods that are being served. For example, if you are serving fish, you might choose a nautical theme or beach theme.
- Consider the height of the arrangement. Keep the view and conversation zones open. All guests should be in clear view of each other to promote conversation.
- Candles. Candles should be lit when they are used as a centerpiece; however, for this contest, **DO NOT LIGHT** the candles. Use an appropriate height of candles so that when lit, they will not interfere with the view of the guests.
- A mat of some kind is usually placed underneath the centerpiece to “ground” it. This mat or fabric should coordinate with the place setting. It could be the same kind of placemat or napkin as the one used for the place setting.

Design Elements

- Keep the centerpiece in proportion to the size of the table. Do not choose a centerpiece that is too large or too small for the table. If it is too large, it will overpower the space. If it is too small, the centerpiece will seem lost and insignificant.
- Color is one of the most important considerations. The centerpiece can help to draw the entire table setting together. Coordinate the colors in the centerpiece with the colors in the place setting.
- Select containers carefully. The container should be in proportion to its contents or the effectiveness of the arrangement may be lost.
- Use a variety of textures, colors, lines, shapes, and sizes in the centerpiece to make it interesting.

Beverage-ware:

Some type of beverage is usually served with the meal or snack. Therefore, at least one piece of beverage-ware (glasses/cups) should be included in your table setting.

If you list more than one beverage on your menu (for example, milk and fruit juice) then two appropriate glasses should be provided at the setting. If only one beverage is listed on the menu, (water is assumed to be served if nothing is listed on the menu for a beverage) then one piece of beverage-ware should be included in the table setting.

A water glass may or may not be included at the place setting in addition to other beverages listed on the menu. It is up to the host/hostess whether an additional glass for water is placed at the setting.

Water does not need to be written on the menu. It may be written on the menu if a glass is provided.

If you do not list coffee on your menu, you do not need to put a cup and saucer at your place setting.

Serving Dishes and Utensils:

Table presentation of the food prepared is important for a successful and pleasing meal. Matching or coordinating serving dishes and utensils should be used for a unified look at the table.

Foods that are prepared in blenders, fry pans, grills, etc. should be transferred to an appropriate serving dish, plate, or pitcher.

Casserole-type foods, salads, etc. may be prepared and served in the same dish, if the dish is also a serving dish. The preparation/serving dish should be appropriate for the menu item and blend well with the other dishes used at the place setting.

The Cook:

There are several techniques you will want to consider for the Special Foods Contest. The following are some suggestions for you.

Appearance

Avoid long, flowing sleeves that may come in contact with your food or be a fire hazard.

Wear an apron or some type of protection for your clothing. Full-length aprons provide better protection than short aprons that leave the chest unprotected.

Wear comfortable close-toed shoes. Avoid open-toe sandals, as they do not protect your feet. There are many things that can happen when you are cooking that could injure your feet, so protect them!

Wear something on your head to pull back your hair such as a scarf, hair net, or cap. This is for cleanliness purposes and keeps your hair from falling in the food. Be clean and well groomed.

Wash your hands before beginning. Have a wet cloth at your workstation to periodically wipe your hands as you work. Be sure to wash your hands often while preparing your food, especially after coughing, sneezing, or handling raw meats.

Attitude

Relax and enjoy yourself. Smile and be friendly to the judges. The judges are understanding people and any suggestions they give are to help you learn and improve your skills.

Do your own work and be careful not to bother those around you. Many mistakes can be made in a recipe, so it is best to give all your attention to what you are doing.

Work Area: Organization, Neatness, and Safety

After you have set up your work area and are waiting to start, cover your equipment with clean towels. This keeps your area looking neat. Keep your area neat by cleaning up after yourself. To make cleanup easier, you can cover your work area with wax paper.

Keep your work area orderly. Using trays or cookie sheets will help this. When you start, have all of your necessary items on one tray to one side. When you use the item and are done with it, transfer it to a tray on the other side. This keeps you working neatly and also prevents mistakes. When you are done, your beginning tray should be empty. If it is not, you will know that you forgot something.

Stay within your area. Do not overlap into the area that belongs to someone else. At the State Fair you will have a 48 inches work space. Practice at home in a limited work space.

When you are finished, make sure that your work area is completely clean.

To make it handy for yourself, tape a brown paper bag to the edge of the counter where you are working. This is handy for all garbage and when you are done, you need to make only one trip to the garbage can.

If you need to walk some distance to use the stove or sink, be sure to walk carefully. Use dry potholders to prevent burns. If you are draining something, be sure to carry something underneath the item to catch all drips. Liquid on the floor is a hazard! Watch the traffic flow. This prevents traffic jams and accidents.

If you have things on the stove, turn the handles inward to avoid spills and burns.

Use correct measuring techniques. **BE SURE TO MEASURE AT LEAST THREE (3) INGREDIENTS DURING THE EVENT.** The judges will want to see if you can use the proper measuring techniques. Learn the difference between liquid and dry measuring.

Be sure to use a cutting board if you are doing any cutting or chopping. Make sure to wash the cutting board thoroughly in between if you will be cutting raw meat and then cutting another ingredient. This is to prevent cross-contamination. Hard plastic boards are recommended over wooden boards.

THINK SAFETY! Learn how to use utensils and appliances properly.

If you have any questions on how to operate the appliances (the stove, for instance), please ask for help.

Miscellaneous Tips

Bring along extra ingredients. If you spill or drop something, you will have enough of what you need if you bring extras.

Determine ahead of time how much of the food you prepare would be considered one serving. You may use the MyPyramid for serving size guidelines. You will be asked to place one serving on your place setting dish for the judges. For example, if your dish serves four, then you place one fourth of it on the place setting dish.

Work in logical order. First prepare your dish so it has plenty of time to get done in the hour and a half. You can set your place setting while you are preparing. The only time you would set up your place setting first is if your food is prepared quickly and needs to be served quickly. If you have time in which you have nothing to do, stand quietly in your work area, or sit in a chair quietly.

The only food you need to prepare at the contest is your main dish, which is your selected entry. You **DO NOT** need to bring along the other foods on your menu, unless it is something that is needed for your dish. An example would be if you were preparing pancakes, then you would need to bring syrup or the topping that would be used.

Garnishes are good to use because they decorate the dish. A garnish can add interest, color, and design. Study and experiment with what makes a good garnish.

REMEMBER: All dishes must be prepared in 90 minutes.

Please bring ingredients in their original containers, whenever possible. In the past, we have recommended removing or covering brand names; however, in the interest of food safety issues, we want participants to bring ingredients in their original containers. There may be a few situations when this is not practical, such as flour.

At some time during the contest, you will need to plan when you will have your Nutrition interview with the judge.

Sample Judge's Questions:

Please check the Score Sheet for the nutrition interview category. The nutrition-type questions are written for each age group. This Special Foods Guide also includes nutritional information for beginners, juniors, and seniors that may be used in the nutrition interview. Other references include: current Dietary Guidelines for Americans, and MyPyramid.

Nutrition Information

- Beginners refer to page 24
- Juniors refer to page 26
- Seniors refer to page 28

Examples of General Questions the judges may ask

- Where did you find your recipe?
- Have you changed or modified your recipe?
- What did your family think about this dish/recipe?
- What is the serving size/portion of your dish?

Nutrition Knowledge for Beginners:

Nutrition knowledge helps you select food that will help you grow up healthy and strong. A large part of the Special Foods Contest will focus on the contestant's understanding of nutrition.

Listed below are the types of information that you should know for the contest. You will talk about this information with the nutrition judge.

MyPyramid

For the contest you will have to be able to list the five food groups from the MyPyramid. You will need to know:

- How many servings or amount you need per day from each of the food groups for your age and physical activity level.
- Which food groups each of your ingredients fits into.

**Study the MyPyramid presented at the end of this booklet and refer to your Personalized MyPyramid printout.*

Nutrients:

A nutrient is something our body needs to grow properly. We get nutrients from the foods we eat each day. Each nutrient does a special job in our body to keep us healthy.

You should be able to recognize foods listed in your recipe that contains the six major groups of nutrients.

Water	Sources:	Water, beverages, and foods.
Proteins	Sources:	Meat, fish, poultry, milk, cheeses, yogurt, dried beans & peas, peanut butter, tofu.

Carbohydrates	Sources:	Breads and cereals, rice, pasta, fruits, vegetables, sugars, honey.
Fats	Sources:	Butter, margarine, foods containing butter or margarine, whole milk, meat, egg yolk, cheese, nuts, fried foods.
Vitamins		
Vitamin A	Sources:	Liver, whole milk, some cheese, egg yolk, dark green leafy vegetables, yellow fruits and vegetables, butter.
Vitamin D	Sources:	Milk, exposure to sunlight, foods fortified with Vitamin D
Vitamin C	Sources:	Citrus fruits (oranges, grapefruit, lemons, etc.) tomatoes, cantaloupe, cabbage, broccoli, kale, potatoes.
Thiamin (B1)	Sources:	Pork, liver, wheat germ, whole grain or enriched breads and cereals, soybeans, peanuts, and milk.
Riboflavin (B2)	Sources:	Milk, liver, enriched breads and cereals.
Niacin	Sources:	Lean meat, fish, poultry, liver, kidney, whole wheat and enriched breads and cereals.
Folic Acid	Sources:	Deep green leafy vegetables highest source, widespread in foods, liver, kidney and oranges, grapefruit, enriched cereals & breads, sunflowers.
Minerals		
Calcium	Sources:	All forms of milk, cheese, yogurt, salmon w/bones, clams or oysters, shrimp, kale, collards, turnip greens, broccoli.
Iron	Sources:	Red meats, fish, poultry, shellfish, eggs, legumes, iron-fortified cereals, and breads, dried fruits.

Nutrition Knowledge for Juniors:

Knowledge of good nutrition is important to help you grow up strong and healthy. A large part of the Special Foods contest will focus on the contestant's understanding of nutrition.

Listed below are the types of information you should know for the contest. Note that you will also need to know the Beginner Nutrition Knowledge. You will talk about this information with the nutrition judge.

MyPyramid

For the contest you will have to be able to list the five food groups from the MyPyramid. You will need to know:

- How many servings you need per day from each of the food groups for your age and physical activity level
- Which food groups each of your ingredients fits into.

**Study the MyPyramid at the end of this booklet and refer to your Personalized MyPyramid printout*

Nutrients

A nutrient is something our body needs to grow properly. We get nutrients from the foods we eat daily. Each nutrient does a special job in our body to keep us healthy. Juniors will also need to know at least one function of each nutrient in their recipe. You need to know the functions of specific vitamins and minerals only if it is present in your recipe.

Water

- Water carries other nutrients to the cells in the body like some vitamins and carbohydrates.
- Water helps our bodies stay at a temperature of 98.6°F (regardless of the weather or our activity level).
- Sources: Water, beverages, food.

Proteins

- Proteins build and repair muscles.
- Source of calories – provides energy.
- Sources: Meat, fish, poultry, milk, cheeses, yogurt, dried beans and peas, peanut butter, tofu.

Carbohydrates

- Source of calories – provides energy.
- Starch and sugar are forms of carbohydrates.
- Sources:
 - Starch: Whole grain breads, rice, pasta, cereals, vegetables.
 - Sugar: Sucrose (table sugar), fructose (fruits), lactose (milk sugar).

Fiber is also a carbohydrate but is indigestible – it is not absorbed in the intestines and used by the body cells. Therefore, it is not classified as a nutrient. Fiber is an important “bulking agent” and an important part of everyone's diet. Fiber is found in plant foods. Research indicates that adequate fiber in the diet may help people be at less risk of developing heart disease and cancer of the lung, esophagus, colon, and stomach.

Fats

- Fats carry vitamins A, D, E and K to the cells.
- Concentrated source of energy.
- Sources: Butter, margarine, foods containing butter or margarine, whole milk, meat, egg yolk, cheese, nuts, fried foods.

Vitamins

- Vitamins help the body use other nutrients.
- There are two types of vitamins — fat soluble and water soluble.

Fat Soluble — stored in our body fat.

Vitamin A

- Helps keep our skin healthy.
- Helps eyes adjust to dim light.
- Sources: Liver, whole milk, some cheeses, egg yolk, dark green leafy vegetables, yellow fruits and vegetables, butter and cream.

Vitamin D

- Helps the body use calcium to build strong bones.
- Sources: Milk, exposure to sunlight.

Water Soluble — not stored in our bodies.

Vitamin C

- Helps body in healing wounds.
- Helps body build bones, teeth, and cells.
- Sources: Citrus fruits (oranges, grapefruit, lemon, etc.) tomatoes, strawberries, cantaloupe, cabbage, broccoli, kale, potatoes.

Thiamin (B1)

- Helps promote good appetite and digestion.
- Sources: Pork, liver, wheat germ, whole grain or enriched breads and cereals, soybeans, peanuts, and milk.

Riboflavin (B2)

- Helps keep skin and eyes healthy.
- Sources: Milk, liver, enriched breads and cereals.

Niacin

- Helps keep skin, tongue, digestive tract and nerves healthy.
- Sources: Lean meat, fish, poultry, liver, kidney, whole wheat and enriched breads and cereals, peanuts.

Folic Acid

- Helps form red blood cells and make healthy blood.
- Sources: Deep green leafy vegetables highest sources, widespread in foods, liver, kidney, oranges, grapefruit, enriched cereals and breads, sunflower seeds.

Minerals

Calcium

- Builds of strong bones and teeth.
- Assist in the clotting of blood.
- Sources: All forms of milk, cheese, ice cream, salmon w/bones.

Iron

- Helps to make healthy red blood cells.
- Carries oxygen to the muscles.
- Sources: Red meats, fish, poultry, shellfish, eggs, legumes, iron-fortified cereals and breads, dried fruits.

Nutrition Knowledge for Seniors:

Knowledge of good nutrition is important if you are to grow up strong and healthy. A large part of the Special Foods contest will focus on the contestant's understanding of nutrition.

Listed below are the types of information you should know for the contest. You will talk about this information with the nutrition judge.

MyPyramid

For the contest, you will also need to know the MyPyramid knowledge from the Beginner and Junior section. You will also need to know strategies for implementing the 2005 Dietary Guidelines for Americans into a diet.

- How many servings you need per day from each of the food groups for your age and activity level.
- Which food groups each of your ingredients fits into.

**Study the MyPyramid at the end of this booklet and refer to your Personalized MyPyramid printout*

Nutrients

You must also know the nutrition knowledge from the Beginner and Junior sections. Seniors must know at least two functions of each of the nutrients. You will need to know functions of specific vitamins and minerals present in your recipe.

Water

- Water makes up 60-70% of our body weight.
- It is the largest component of blood, which carries oxygen throughout our system.
- Our bodies must maintain a fairly constant temperature of 98.6° F (regardless of the weather or our activity level.)
When we exercise we perspire, which in turn serves to cool us off.
- Sources: Water, beverages, foods.

Protein

- Builds and repairs all muscles.
- RNA and DNA are made of protein. These important molecules are responsible for transmitting all genetic information.
- Enzymes and hormones are also made of protein. Hormones are responsible for regulating many body functions (such as growth hormone, insulin) Enzymes help vitamins do their job.
- Protein is also a source of calories. Excess protein is either burned for energy or stored in the form of fat.
- Sources: Meat, fish, poultry, milk, cheese, yogurt, dried beans and peas, peanut butter, tofu.

Carbohydrates

- Forms of carbohydrates: starch, sugar, fiber.
- Carbohydrates are broken down to glucose, which serves as the main source of energy for all of our body functions.
- Sources of Sugar: Honey, fructose (fruit sugar), sugar, dextrose (corn sweetener), brown sugar, fruits.
- Sources of Starch: Breads & cereals, rice, pasta, fruits and vegetables.
- Sources of Fiber: Wheat bran, fresh fruits and vegetables.

Fiber is also a carbohydrate but is indigestible — it is not absorbed in the intestines and used by the body cells. Therefore, it is not classified as a nutrient. Fiber is an important “bulking agent” and an important part of everyone's diet. Fiber is found in plant foods. Research indicates that adequate fiber in the diet may help people be at less risk of developing heart disease and cancer of the lung, esophagus, colon, and stomach.

Fats

- Our body can easily make fat from protein and carbohydrates.
- There are a few fat compounds that our body cannot manufacture; they are called essential fatty acids. We must

- get these from different foods in the diet.
- Fats carry the fat soluble vitamins (A,D,E,K) throughout the body.
 - Concentrated energy source.
 - Hormone production.
 - Sources: Butter, margarine, products containing butter or margarine, whole milk, meat, egg yolk, cheese.

Vitamins

Vitamins are catalysts in many of the chemical reactions in our bodies.

Fat soluble vitamins are stored in our body fat.

Vitamin A

- Helps eyes adjust to dim light.
- Helps keep skin healthy.
- Helps keep lining of mouth, nose, throat, and digestive tract healthy and resistant to infection.
- Promotes growth.
- Helps control bone growth.
- Sources: Liver, whole milk, some cheeses, egg yolk, dark green leafy vegetables, yellow fruits and vegetables, fortified foods, butter, and cream.

Vitamin D

- Helps body use calcium and phosphorus to build strong bones and teeth.
- Prevents rickets.
- Sources: Fortified milk, exposure to sunlight.

Water soluble vitamins are not stored in our bodies.

Vitamin C

- Helps hold body cells together and strengthens walls of blood vessels.
- Helps in healing wounds.
- Helps body to build bones, teeth, and cells.
- Sources: Citrus fruits, tomatoes, strawberries, cantaloupe, cabbage, broccoli, kale, potatoes.

Thiamin (B1)

- Helps body cells obtain energy from food.
- Helps keep nerves in healthy condition.
- Promotes good appetite and digestion.
- Sources: Pork, liver and other organs, wheat germ, whole grains or enriched cereals and breads, soybeans, peanuts and other legumes, and milk.

Riboflavin (B2)

- Aids in utilization of calories.
- Promotes healthy skin, eyes, clear vision.
- Sources: Milk, organ meats, enriched breads and cereals.

Niacin

- Helps the cells of the body use oxygen to produce energy.
- Helps to maintain health of skin, tongue, digestive tract, and nervous system.
- Aids digestion and fosters normal appetite.
- Sources: Lean meat, fish, poultry, liver, kidney, whole wheat and enriched cereals and breads, peanuts.

Folic Acid

- Helps prevent certain birth defects.
- Helps prevent certain forms of anemia.

- Necessary for formation of blood cells.
- Works with B12.
- Sources: Widespread in foods, liver, kidney, oranges, grapefruit, enriched cereals and breads, sunflower seeds, deep green leafy vegetables are highest sources.

Minerals

Calcium

- Assists in clotting of blood.
- Building of bones and teeth, promotes proper functioning of nerves, heart, and muscle.
- Sources: All forms of milk, cheese, and ice cream.

Iron

- Helps to make red blood cells.
- Carries oxygen through blood to the muscles.
- Helps to utilize energy.
- Sources: Red meats, fish, poultry, shellfish, eggs, legumes, dried breads, iron fortified cereals.

Food Safety:

Please refer to the following publications for Food Safety information. They are available from your county Extension office or the listed Web sites.

Fight BAC — Four Simple Steps to Food Safety <http://www.fightBAC.org/main.cfm>

Thermy™ Use A Food Thermometer <http://www.fightbac.org/howhot.cfm>

Fight BAC!

The U.S. food supply is among the safest in the world, but organisms that you can't see, smell, or taste — bacteria, viruses, and tiny parasites — are everywhere in the environment. The disease-causing microorganisms, called pathogens, can invade food and cause illness, sometimes severe and even life threatening. Young children, pregnant women, older adults, and persons with weakened immune systems are at greatest risk of foodborne illness.

Fresh fruits and vegetables are important for health and well-being.

Handling all foods safely is easy. By practicing the following recommendations, you can Fight BAC!

Clean

Wash Hands and Surfaces Often.

You can't see, taste, or smell them. They're sneaky little critters, and they can spread throughout the kitchen and get onto cutting boards, utensils, sponges, countertops, and food. They're foodborne bacteria—and if eaten, they can cause foodborne illness. So on your marks... get set... GO CLEAN!

The Big 3

Use these tips to keep your hands, surfaces, and utensils squeaky clean!

1. Wash hands, utensils, and surfaces in hot, soapy water before and after food preparation and especially after preparing raw meat, poultry, eggs, or seafood. Also, remember to wash your hands after using the bathroom, changing diapers, or handling pets.
2. Cutting boards (including plastic, non-porous, acrylic, and wooden boards) should be run through the dishwasher or washed in hot, soapy water after each use. Discard boards that are excessively worn.
3. Consider using paper towels to clean up kitchen surfaces. When done, throw away the towel. If you use cloth towels, wash them often in the hot cycle of your washing machine.

<http://www.fightbac.org>

Separate

Did you know that improper handling of raw meat, poultry, and seafood can create an inviting environment for cross-contamination? As a result, bacteria, that yucky germ known as BAC!, can spread to food and throughout the kitchen. Learn more about preventing cross-contamination and remember to spread the word — not the bacteria!

Separate... Don't Cross-Contaminate

Keep it Clean

Always wash hands, cutting boards, dishes, and utensils with hot, soapy water after they come in contact with raw meat, poultry, and seafood.

Take Two

If possible, use one cutting board for fresh produce and use a separate one for raw meat, poultry, and seafood.

Clean Your Plate

Never place cooked food back on the same plate or cutting board that previously held raw food.

Safely Separate

Separate raw meat, poultry, and seafood from other foods in your grocery shopping cart and in your refrigerator.

Seal It

To prevent juices from raw meat, poultry, or seafood from dripping onto other foods in the refrigerator, place these raw foods in sealed containers or plastic bags.

Marinating Mandate

Sauce that is used to marinate raw meat, poultry, or seafood should not be used on cooked foods, unless it is boiled before applying.

<http://www.fightbac.org>

Cooking:

Cook to proper temperatures. Cooking food safely is a matter of degrees!

Cook It Right

Foods are properly cooked when they are heated for a long enough time, and at a high enough temperature, to kill harmful bacteria that can cause foodborne illness. These temperatures vary, depending on the food.

Keep it Hot

When serving up hot food buffet-style, remember:

- On a buffet table, hot foods should be kept at 140°F or higher. Keep food hot with chafing dishes, crock pots, and warming trays.

When bringing hot soup, chili, or crab dip to an outdoor party:

- Keep it all piping hot before serving. Before the party, place these foods in insulated thermal containers. Keep containers closed until party time.

3 Sizzelin' Cooking Tips!

1. Food Thermometer: Use a clean food thermometer, which measures the internal temperature of cooked foods, to make sure meat, poultry, egg dishes, casseroles, and other foods are cooked all the way through. Refer to a "Thermy Brochure" from your county Extension office or go to www.fightbac.org/howhot.cfm
2. Microwave Musts: When cooking in a microwave oven, make sure there are no cold spots in food where bacteria can survive. For best results, cover food, stir, and rotate for even cooking.
3. Shake, Rattle, and Roll: Bring sauces, soups, and gravies to a rolling boil when reheating.

Safe Cooking Temperature Chart:

To keep food safe, cook it thoroughly. Always use a clean food thermometer to check the internal temperature of the foods below.

Beef/Pork

- Cook beef roasts and steaks to 145° F for medium rare or to 160° F for medium.
- Cook ground beef to at least 160° F.
- Cook raw sausages to 160° F.
- Reheat ready-to-eat sausages to 165° F.
- Cook pork roasts, chops, or ground patties to 160° F for medium or 170° F for well done.

Poultry

- Cook whole poultry to 180° F.
- Cook chicken breasts to 170° F.
- Cook stuffing to 165° F.

Eggs

- Cook eggs until the yolks and whites are firm.
- Don't use recipes in which eggs remain raw or only partially cooked

<http://www.fightbac.org>

Chill

Refrigerate Promptly and Properly

Refrigeration of foods at 40°F or below is one of the most effective ways to reduce risk of foodborne illness. Microorganisms grow more rapidly at warmer temperatures, and research shows that a constant refrigerator temperature of 40°F or below helps slow the growth of microbes that can cause spoilage or foodborne illness.

The Cool Rules

1. Use This Tool To Keep It Cool. Use a refrigerator thermometer to be sure the temperature is consistently 40°F or below.

2. The Chill Factor. Refrigerate or freeze perishables, prepared foods and leftovers within two hours of purchase or use. Always marinate foods in the refrigerator.

3. Divide and Conquer. Separate large amounts of leftovers into small, shallow containers for quicker cooling in the refrigerator.

4. Avoid the Pack Attack. Do not over-stuff the refrigerator. Cold air must circulate to keep food safe.

5. Rotate Before It's Too Late. Use or discard chilled foods as recommended in the USDA Cold Storage Chart found at:
<http://www.foodsafety.gov/~fsg/f01chart.html>

6. Don't Go Too Low. As you approach 32°F ice crystals can begin to form and lower the quality of some foods such as raw fruits, vegetables, and eggs. A refrigerator thermometer will help you determine whether you are too close to this zone.

Serve Safely

When serving cold food at a buffet, picnic, or barbecue, keep these tips in mind:

- Cold foods should be kept at 40°F or colder.
- Keep all perishable foods chilled right up until serving time.
- Place containers of cold food on ice for serving to make sure they stay cold.
- It's particularly important to keep custards, cream pies, and cakes with whipped-cream or cream-cheese frostings refrigerated. Don't serve them if refrigeration is not possible.

<http://www.fightbac.com>

Defrosting “DO’s”

- Defrost food in the refrigerator. This is the safest method for all foods.
- Short on time? Thaw meat and poultry in airtight packaging in cold water. Change the water every 30 minutes, so the food continues to thaw.
- Defrost food in the microwave only if it will be cooked immediately.
- You can thaw food as part of the cooking process, but make sure food reaches its safe internal temperature.

Defrosting “DON’Ts”

- Avoid keeping foods in the Danger Zone — the unsafe temperatures between 40 and 140°F.
- Don't defrost food in hot water.
- Don't thaw food on the counter. Food that's left out at room temperature longer than two hours is not within a safe temperature range and may not be safe to eat.

Steps to Safer Fruits and Vegetables

Check

- Check to be sure that the fresh fruits and vegetables you buy are not bruised or damaged.
- Check that fresh cut fruits and vegetables like packaged salads and pre-cut melons are refrigerated at the store before buying. Do not buy fresh cut items that are not refrigerated.

Separate

- When shopping, be sure fresh fruits and vegetables are separated from household chemicals and raw foods such as meat, poultry and seafood in your cart and in bags at checkout.
- Keep fresh fruits and vegetables separate from raw meat, poultry or seafood in your refrigerator.
- Separate fresh fruits and vegetables from raw meat, poultry and seafood. Do not use the same cutting board without cleaning with hot water and soap before and after preparing fresh fruits and vegetables.

Clean

- Wash hands with warm water and soap for at least 20 seconds before and after handling fresh fruits and vegetables.
- Clean all surfaces and utensils with hot water and soap, including cutting boards, counter tops, peelers and knives that will touch fresh fruits or vegetables before and after food preparation.
- Rinse fresh fruits and vegetables under running tap water, including those with skins and rinds that are not eaten. Packaged fruits and vegetables labeled “ready-to-eat,” “washed” or “triple washed” need not be washed.
- Rub firm-skin fruits and vegetables under running tap water or scrub with a clean vegetable brush while rinsing with running tap water.
- Dry fruits and vegetables with a clean cloth towel or paper towel.
- Never use detergent or bleach to wash fresh fruits or vegetables. These products are not intended for consumption.

Cook

- Cook or throw away fruits or vegetables that have touched raw meat, poultry, seafood or their juices.

Chill

- Refrigerate all cut, peeled, or cooked fresh fruits and vegetables within two hours.

Throw Away

- Throw away fresh fruits and vegetables that have not been refrigerated within two hours of cutting, peeling or cooking.
- Remove and throw away bruised or damaged portions of fruits and vegetables when preparing to cook them or before eating them raw.
- Throw away any fruit or vegetable that will not be cooked if it has touched raw meat, poultry, or seafood.
- If in doubt, throw it away!

Special Foods Recipe Worksheet:

Please contact your county Extension educator for the most recent Recipe Worksheet form and example.

Or visit the South Dakota 4-H website to download the most recent Recipe Worksheet form and example.

<http://4h.sdstate.edu>

Click on 4-H Clubs

Click on 4-H Project List

Click on Foods & Nutrition

Special Foods Recipe Worksheet Example:

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Special Foods Menu Worksheet:

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Click on 4-H Clubs

Click on 4-H Project List

Click on Foods & Nutrition

Special Foods Score Sheets:

Please contact your county Extension educator for the most recent Score Sheets.

1. Beginner score sheet.
2. Junior/Senior score sheet.

Or visit the South Dakota 4-H website to download the most recent Score Sheets.

<http://4h.sdstate.edu>

Click on 4-H Clubs

Click on 4-H Project List

Click on Foods & Nutrition

Serving Size Guide Update, 2007

Fruits

What counts as a cup of fruit?

In general, 1 cup of fruit or 100% fruit juice, or 1/2 cup of dried fruit can be considered as 1 cup from the fruit group. The following specific amounts count as 1 cup of fruit (in some cases equivalents for 1/2 cup are also shown) towards your daily recommended intake:

	Amount that counts as 1 cup of fruit	Amount that counts as 1/2 cup of fruit
Apple	1/2 large (3.25" diameter) 1 small (2.5" diameter)	
Applesauce	1 cup sliced or chopped, raw or cooked	1/2 cup sliced or chopped, raw or cooked
Banana	1 cup 1 large (8" to 9" long)	1 snack container (4 oz.) 1 small (less than 6" long)
Berries	3/4 cup raw or 1/4 cup canned, sweetened	1/3 cup raw
Cantaloupe	1 cup diced or melon balls	1 medium wedge (1/8 of a med. melon)
Cherries	1 cup raw or 1/2 cup canned, sweetened	1/2 cup raw or 1/4 cup canned
Grapes	1 cup whole or cut up 32 seedless grapes	16 seedless grapes
Grapefruit	1 medium (4" diameter) 1 cup sections	1/2 medium (4" diameter)
Kiwi	3/4 cup of cut up pieces 2 medium or 3 small	1/3 cup of cut up pieces 2 small
Lemon	2 large 1 cup pieces (sections)	1 large 1/2 cup pieces (sections)
Limes	3 medium 1 cup pieces (sections)	2 small
Mixed fruit (fruit cocktail)	1 cup diced, sliced, raw, canned, drained	1 snack container (4 oz)
Orange	1 large (3 1/16" diameter) 1 cup sections	1 small (2-3/8" diameter)
Orange, mandarin	1 cup canned, drained	
Peach	1 large (2 1/2" diameter) 1 cup sliced, diced, raw, cooked, canned, drained	1 small (2" diameter) 1 snack container (4 oz)
Pear	2 halves, canned 1 medium pear (2.5 per lb) 1 cup sliced, diced, raw, cooked, canned, drained	1 snack container (4 oz.)
Pineapple	1 cup chunks, sliced, crushed, raw, cooked, canned, drained	1 snack container (4 oz)
Plum	1 cup sliced raw or cooked 3 medium or 2 large plums	1 large plum
Strawberries	About 8 large berries 1 cup whole, halved, sliced, fresh, frozen	1/2 cup whole, halved, sliced
Watermelon	1 small wedge (1" thick) 1 cup diced or balls	6 melon balls
Dried fruit	1/2 cup dried fruit = 1 cup fruit	1/4 cup dried fruit, 2 Tbsp. raisins
100% fruit juice Concentrate (without added water)	1/8 cup	1 Tbsp.
100% fruit juice	1 cup	1/2 cup

Vegetables *(includes dry beans and peas)*

What counts as one serving (referred to as one cup)?

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. The chart lists specific amounts that count as 1 cup of vegetables (in some cases equivalents for 1/2 cup are also shown) towards your recommended intake:

	Amount that counts as 1 cup of vegetables	Amount that counts as 1/2 cup of vegetables
Dark-Green Vegetables		
Broccoli	1 cup chopped or florets 3 spears 5" long raw or cooked	
Greens (collards, mustard greens, turnip greens, kale)	1 cup cooked	
Spinach	1 cup, cooked 2 cups raw = 1 cup of vegetables	1 cup raw = 1/2 cup of vegetables
Raw leafy greens: Spinach, romaine, watercress, dark green leafy lettuce, endive, escarole	2 cups raw = 1 cup of vegetables	1 cup raw = 1/2 cup of vegetables
Orange Vegetables		
Carrots	1 cup, strips, slices, chopped, raw, cooked 2 medium 1 cup baby carrots (about 12)	1 medium carrot About 6 baby carrots
Pumpkin	1 cup mashed, cooked	
Sweetpotato	1 large baked (2 1/4" or more diameter) 1 cup sliced or mashed, cooked	
Winter squash (acorn, butternut, hubbard)	1 cup cubed, cooked	1/2 acorn squash, baked = 3/4 cup
Dry beans and peas		
Dry beans and peas (Such as black, garbanzo, kidney, pinto, or soy beans, or black eyed peas or split peas)	1 cup whole or mashed, cooked	
Tofu	1 cup 1/2" cubes (about 8 ounces)	1 piece 2 1/2 " x 2 3/4 " x 1" (about 4 ounces)
Starchy Vegetables		
Corn, yellow or white	1 cup 1 large ear (8" to 9" long)	1 small ear (about 6" long)
Green peas	1 cup	
White potatoes	1 cup diced, mashed 1 medium boiled or baked potato (2 1/2 " to 3" diameter) French fried: 20 medium to long strips (2 1/2" to 4" long) (Contains discretionary calories.)	

Vegetables *(continued)*

	Amount that counts as 1 cup of vegetables	Amount that counts as 1/2 cup of vegetables
Other Vegetables		
Bean sprouts	1 cup cooked	
Cabbage, green	1 cup, chopped, shredded, cooked	
Cauliflower	1 cup pieces or florets raw, cooked	
Celery	1 cup, diced or sliced, raw or cooked	
	2 large stalks (11" to 12" long)	1 large stalk (11" to 12" long)
Cucumbers	1 cup raw, sliced or chopped	
Green or wax beans	1 cup cooked	
Green or red peppers	1 cup chopped, raw or cooked	
	1 large pepper (3" diameter, 3-3/4" long)	1 small pepper
Lettuce, iceberg or head	2 cups raw, shredded, chopped = 1 cup of vegetables	1 cup raw, shredded or chopped = 1/2 cup of vegetables
Mushrooms	1 cup raw or cooked	
Onions	1 cup chopped, raw, cooked	
Tomatoes	1 large raw whole (3")	1 small raw whole (2 1/2 ")
	1 cup chopped, sliced, raw, canned, cooked	1 medium canned
Tomato Products		
Juice (mixed vegetable/tomatoes)	1 cup	1/2 cup
Salsa	1 cup (Contains discretionary calories.)	
Sauce*	1 cup	
Summer squash or zucchini	1 cup cooked, sliced or diced	

* *sauce* — *canned or homemade, includes spaghetti and pizza flavored sauces (without meat).*

Grains

At least 1/2 of all the grains should be whole grains. Servings are now expressed in ounce equivalents.

What counts as a serving? In general, 1 slice of bread, 1 cup of ready-to-eat cereal, or 1/2 cup of cooked rice, cooked pasta, or cooked cereal can be considered as 1 ounce equivalent from the grains group. The chart lists specific amounts that count as 1 ounce equivalent of grains towards your daily recommended intake. In some cases the number of ounce equivalents for common portions are also shown.

	Amount that counts as 1 ounce equivalent of grains	Common portions and ounce equivalents
Bagels	WG*: 1/2 whole wheat RG*: 1/2 plain, egg	1 large bagel = 4 ounce equivalents
Biscuits	RG*: 1 small baking powder/ buttermilk 1/4 cup of biscuit mix	1 large (3" diameter) = 2 ounce equivalents
Breads	WG*: 100% Whole wheat RG*: white, wheat, French, sourdough 1 slice quick bread (discretionary calories) 3 1/2 Tablespoons of bread crumbs (RG*)	2 regular slices = 2 ounce equivalents
Cornbread	(RG*)	1 medium piece (2 1/2" x 2 1/2" x 1 1/4") = 2 ounce equivalents
Corn chips	32 regular sized chips	
Corn meal	1/8 cup (2 Tablespoons)	
Cornstarch	1/8 cup (2 Tablespoons)	
Crackers	WG*: 100% whole wheat, rye RG*: saltines, snack crackers 2 squares of graham 20 oyster crackers 3 triple Ry Krisp	
Croissant	1 medium	
Egg Rolls	2 egg roll wrappers	
English muffins	WG*: 1/2 whole wheat RG*: 1/2 plain, raisin	1 muffin = 2 ounce equivalents
Flour	1/8 cup (2 Tablespoons)	
Muffins	WG*: 1 small whole wheat RG*: 1 small bran, corn, plain	1 large (3 1/2" diameter) = 3 ounce equivalents
Oatmeal (grits or other hot cereal)	WG 1/2 cup prepared	
Pancakes	WG*: 1 - 4 1/2" Whole wheat, buckwheat RG*: 1 - 4 1/2" buttermilk, plain	3 pancakes (4 1/2" diameter) = 3 ounce equivalents
Popcorn	(WG*) 3 1/2cups air popped 2 2/3 cups oil popped	1 microwave bag, popped = 4 ounce equivalents
Ready-to-eat breakfast cereal	WG*: toasted oat, whole wheat flakes RG*: corn flakes, puffed rice	1/4 cup of granola
Rice (cooked)	WG*: 1/2 cup brown, wild RG*: 1/2 cup enriched, white, polished	1 cup = 2 ounce equivalents
Pasta: spaghetti, macaroni (cooked)	WG*: 1/2 cup whole wheat RG*: 1/2 cup enriched, durum 1/2 cup chow mien noodles	1 cup = 2 ounce equivalents
Creamed Soups	RG*: 3/4 cup creamed soup undiluted (mushroom, celery, chicken, potato, etc.) 1/2 cup tomato soup undiluted	
Taco Shell	Hard shell ready to eat	6 inch diameter = 2 ounce equiv.
Tortillas	WG*: 1/2 of 6" whole wheat, whole grain corn RG*: 1/2 of 6" Flour, corn	1 large tortilla (12" diameter) = 4 ounce equivalents

*WG = whole grains, RG = refined grains. This is shown when products are available both in whole grain and refined grain forms.

Milk/Dairy

What counts as 1 cup? In general, 1 cup of milk or yogurt, 1 1/2 ounces of natural cheese, or 2 ounces of processed cheese can be considered as 1 cup from the milk group. The chart lists specific amounts that count as 1 cup in the milk group towards your daily recommended intake:

	Amount that counts as 1 cup	Common portions and cup equivalents
Milk (choose fat-free or low-fat milk most often)	1 cup milk or buttermilk 1 half-pint container 1/2 cup evaporated milk	
Yogurt (choose fat-free or low-fat yogurt most often)	1 regular container (8 fluid ounces) 1 cup	1 small container (6 ounces) = 3/4 cup 1 snack size container (4 ounces) = 1/2 cup
Cheese (choose low-fat cheeses most often)	1 1/2 ounces hard cheese* (cheddar, mozzarella, Swiss, parmesan) 1/3 cup shredded cheese 2 ounces processed cheese* (American) 1/2 cup ricotta cheese 2 cups cottage cheese	1 slice of hard cheese = 1/2 cup milk 1 slice processed cheese = 1/3 cup milk 1/2 cup cottage cheese = 1/4 cup milk
Milk-based desserts [choose fat-free or low-fat types most often]	1 cup pudding made with milk 1 cup frozen yogurt 1 1/2 cups ice cream	1 scoop ice cream = 1/3 cup milk
Soy-based products	1 cup calcium-enriched soy-based beverage, fortified soy milk 1 cup soy yogurt fortified with calcium	

* *Hard cheeses include cheddar, mozzarella, Swiss, brick, colby, jack, feta, parmesan, etc. Processed cheese includes velveeta, American, processed Swiss, cheese whiz.*

Meat and Beans

What counts as an ounce equivalent in the meat and beans group? In general, 1 ounce of meat, poultry or fish, 1/4 cup cooked dry beans, 1 egg, 1 tablespoon of peanut butter, or 1/2 ounce of nuts or seeds can be considered as 1 ounce equivalent from the meat and beans group. The chart lists specific amounts that count as 1 ounce equivalent in the Meat and Beans group towards your daily recommended intake:

	Amount that counts as 1 ounce equivalent	Common portions and ounce equivalents
Meats	1 ounce cooked lean beef 1 ounce cooked lean pork or ham	1 small steak (eye of round, filet) = 3 1/2 to 4 ounce equivalents 1 small lean hamburger = 2-3 ounce equivalents
Poultry	1 ounce cooked chicken or turkey, without skin 1 sandwich slice of turkey (4 1/2 x 2 1/2 x 1/8")	1 small chicken breast half = 3 ounce equivalents 1/2 Cornish game hen = 4 ounce equivalents
Fish	1 ounce cooked fish or shell fish	1 can of tuna, drained = 3 to 4 ounce equivalents 1 salmon steak = 4 to 6 ounce equivalents 1 small trout = 3 ounce equivalents
Eggs	1 egg	
Nuts and seeds	1/2 ounce of nuts (12 almonds, 24 pistachios, 7 walnut halves) 1/2 ounce of seeds (pumpkin, sunflower or squash seeds, hulled, roasted) 1 Tablespoon of peanut butter or almond butter	1 ounce of nuts or seeds = 2 oz equivalents
Dry beans and peas	1/4 cup of cooked dry beans (such as black, kidney, pinto, or white beans) 1/4 cup of cooked dry peas (such as chickpeas, cowpeas, lentils, or split peas) 1/4 cup of baked beans, refried beans	1 cup split pea soup = 2 oz eq 1 cup lentil soup = 2 oz eq 1 cup bean soup = 2 oz eq
Soy	1/4 cup (about 2 ounces) of tofu 1 oz. tempeh, cooked 1/4 cup roasted soybeans 1 falafel patty (2 1/4", 4 oz) 2 Tbsp. hummus	1 soy or bean burger patty = 2 oz eq

Kitchen Staples (weight & volume):

(For figuring recipe costs)

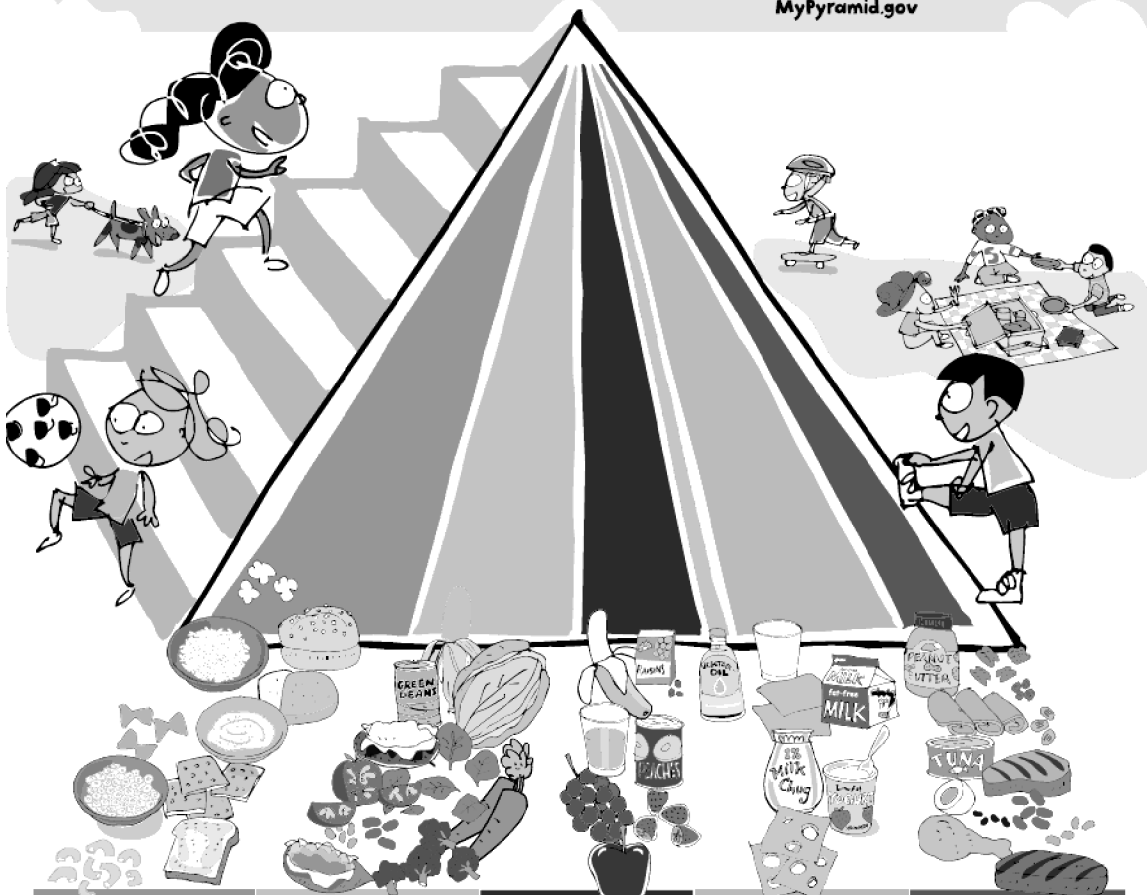
	Unit Market	Volume Approximate
Cereals		
Cornmeal		
Yellow	1 lb.	3c
Cooked		16 2/3 c
Oats, rolled	1 lb.	6 1/4 c
Cooked		8c
Rice, white		
Long grain	1 lb.	2 1/4c
Medium grain	1 lb.	2 1/3c
Short grain	1 lb.	2 1/4c
Cooked		8c
Coconut		
Long thread	1 lb.	5 2/3c
Crackers		
Graham crackers, crumbs	1 lb.	4 1/3c
Soda crackers, crumbs, fine	1 lb.	4c
Flours		
Wheat		
All purpose, sifted	2 lb.	8c
Unsifted	2 lb.	7c
Instant	2 lb.	7 1/4c
Bread, sifted	2 lb.	8c
Self-rising, sifted	2 lb.	8c
Whole Wheat	2 lb.	6 2/3c
Hydrogenated Fat		
	1 lb.	2 1/3c
Leavening Agents		
Baking Powder		
Phosphate	1 oz.	2 tbsp.
SAS Phosphate	1 oz.	2 tbsp.
Tartrate	1 oz.	2 tbsp.
Baking Soda	1 oz.	2 tbsp.
Cream of Tartar	1 oz.	4 tbsp.
Pasta		
Macaroni, 1-inch pieces	1 lb.	3 3/4c
Cooked		9c
Macaroni, shell	1 lb.	4 to 5c
Cooked		9c
Salt		
	1 lb.	1 1/2c
Starch		
Corn Starch	1 lb.	3 1/2c
Sugar		
Brown	1 lb.	2 1/4c
Cane or beet, granulated	5 lb.	11 1/4c
Confectioners, unsifted	1 lb.	3 to 4c
Confectioners, sifted	1 lb.	4 1/2c
Honey	1 lb.	1 1/3c

Information from the 8th Edition of Handbook of Food Preparation published by the American Home Economics Association

MyPyramid ^{For Kids}

Eat Right. Exercise Have Fun.

MyPyramid.gov



Grains Make half your grains whole	Vegetables Vary your veggies	Fruits Focus on fruits	Milk Get your calcium-rich foods	Meat & Beans Go lean with protein
<p>Start smart with breakfast. Look for whole-grain cereals.</p> <p>Just because bread is brown doesn't mean it's whole-grain. Search the ingredients list to make sure the first word is "whole" (like "whole wheat").</p>	<p>Color your plate with all kinds of great-tasting veggies.</p> <p>What's green and orange and tastes good? Veggies! Go dark green with broccoli and spinach, or try orange ones like carrots and sweet potatoes.</p>	<p>Fruits are nature's treats – sweet and delicious.</p> <p>Go easy on juice and make sure it's 100%.</p>	<p>Move to the milk group to get your calcium. Calcium builds strong bones.</p> <p>Look at the carton or container to make sure your milk, yogurt, or cheese is lowfat or fat-free.</p>	<p>Eat lean or lowfat meat, chicken, turkey, and fish. Ask for it baked, broiled, or grilled – not fried.</p> <p>It's nutty, but true. Nuts, seeds, peas, and beans are all great sources of protein, too.</p>

For an 1,800-calorie diet, you need the amounts below from each food group. To find the amounts that are right for you, go to MyPyramid.gov.

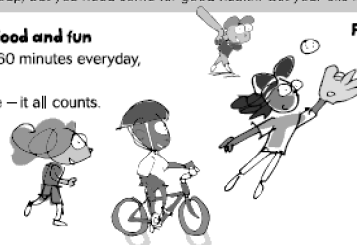
Eat 6 oz. every day; at least half should be whole	Eat 2 1/2 cups every day	Eat 1 1/2 cups every day	Get 3 cups every day; for kids ages 2 to 8, it's 2 cups	Eat 5 oz. every day
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Oils Oils are not a food group, but you need some for good health. Get your oils from fish, nuts, and liquid oils such as corn oil, soybean oil, and canola oil.

Find your balance between food and fun

Move more. Aim for at least 60 minutes everyday, or most days.

Walk, dance, bike, rollerblade – it all counts. How great is that!



Fats and sugars – know your limits

Get your fat facts and sugar smarts from the Nutrition Facts label.

Limit solid fats as well as foods that contain them.

Choose food and beverages low in added sugars and other caloric sweeteners.



USDA is an equal opportunity provider and employer.

MyPyramid — How many servings are right for me?

The number of servings that are right for you depends on how many calories you need, which in turn depends on your age, gender, and how active you are. To make MyPyramid work for you, visit the Web site www.MyPyramid.gov. If you do not have access to the Internet at home, visit the local library, the Extension office, etc.

This is what the screen looks like. Fill in your age, gender, and amount of physical activity you do each day.



You are here: Home / My Pyramid Plan

Want to know the amount of each food group you need daily? Enter your information below to find out and receive a customized food guide.

All fields required

Age:

Sex:

Physical Activity:

Amount of moderate or vigorous activity (such as brisk walking, jogging, biking, aerobics, or yard work) you do in addition to your normal daily routine, most days.

Once you have entered your information, MyPyramid develops an eating plan recommended especially for you. For example, if you entered “14” in the age, “female” in the sex, and “30 to 60 minutes” in the activity level, the example below is what the MyPyramid Plan would recommend for you.



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Based on the information you provided and the average needs for your age, gender and physical activity [Age: 14, Sex: female, Physical Activity: 30 to 60 Minutes] your results indicate that you should eat these amounts from the following food groups daily.

Your results are based on a 2000 calorie pattern*.

- 6 ounces
- 2.5 cups
- 2 cups
- 3 cups
- 5.5 ounces

Click the food groups above to learn more.

1 Make Half Your Grains Whole. Aim for at least 3 whole grains a day

2 Vary Your Veggies. Aim for this much every week:

- Dark Green Vegetables = 3 cups weekly
- Orange Vegetables = 2 cups weekly
- Dry Beans & Peas = 3 cups weekly
- Starchy Vegetables = 3 cups weekly
- Other Vegetables = 6 1/2 cups weekly

Oils & Discretionary Calories. Aim for 6 teaspoons of oils a day

Limit your extras (extra fats & sugars) to 265 Calories Discretionary calories

Print off your personal sheet and include it with your recipe and menu. Use the information provided to write your menus.

Dietary Guidelines:

(a brief review)

The Dietary Guidelines for Americans, 2005, gives science-based advice on food and physical activity choices for health. To see the full 80-page Dietary Guidelines report, visit the Internet at this site:
www.healthierus.gov/dietaryguidelines

What is a “Healthy Diet”?

The Dietary Guidelines describe a healthy diet as one that:

- Emphasizes fruits, vegetables, whole grains, and fat-free or low-fat milk and milk products;
- Includes lean meats, poultry, fish, beans, eggs, and nuts; and
- Is low in saturated fats, trans fats*, cholesterol, salt (sodium) and added sugars

Mix up your choices within each food group.

1. Focus on fruits; eat a variety of fruits — whether fresh, frozen, canned, or dried — rather than fruit juice for most of your fruit choices
2. Vary your veggies; eat more dark green veggies, such as broccoli, kale, and other dark leafy greens; orange veggies, such as carrots, sweet potatoes, pumpkin; and beans and peas.
3. Get your calcium-rich foods. Get 3 cups of low-fat or fat-free milk – or an equivalent amount of low-fat yogurt and/or low-fat cheese (1 1/2 ounces of hard cheese equals 1 cup of milk).
4. Make half your grains whole. Eat at least 3 ounces of whole-grain cereals, breads, crackers, rice, or pasta every day. Look to see that grains such as wheat, rice, oats, or corn are referred to as “whole” in the list of ingredients.
5. Go lean with protein. Choose lean meats and poultry. Bake it, broil it, or grill it. And vary your protein choices – with more fish, beans, peas, nuts, and seeds.

*What is a trans fat?

- Solid fats contain more saturated fats and/or trans fats than oils. Trans fats can be found in many cakes, cookies, crackers, icings, margarines, and microwave popcorns. Foods containing partially hydrogenated vegetable oils usually contain trans fats. Saturated fats, trans fats, and cholesterol tend to raise “bad” (LDL) cholesterol levels in the blood, which in turn increases the risk for heart disease. To lower risk for heart disease, cut back on foods containing saturated fats, trans fats, and cholesterol.

Food Groups — Daily Recommendations

The amount of food from the groups needed depends on your age. Recommended daily amounts are shown in the chart.

*These amounts are appropriate for individuals who get less than 30 minutes per day of moderate physical activity, beyond normal daily activities. To determine the number of servings needed for your activity level go to the MyPyramid website <http://www.mypyramid.gov> and click on “My Plan”. Those who are more physically active may be able to consume more while staying within calorie needs.

Grains Needed Daily

	Age	Daily Recommendation*	Daily Minimum Amount of whole grains
Girls	9-13 years	5 ounce equivalents	3 ounce equivalents
	14-18 years	6 ounce equivalents	3 ounce equivalent
Boys	9-13 years	6 ounce equivalents	3 ounce equivalents
	14-18 years	7 ounce equivalents	3 1/2 ounce equivalents

Vegetables Needed Daily

		Daily Recommendation*
Children	4-8 years old	1 1/2 cups
Girls	9-13 years old	2 cups
	14-18 years old	2 1/2 cups
Boys	9-13 years old	2 1/2 cups
	14-18 years old	3 cups

Fruit Needed Daily

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

Milk/Dairy Needed Daily

Daily Recommendation*

Children	2-3 years old	2 cups
	4-8 years old	2 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

Meat and Beans Needed Daily

Daily Recommendation*

Children	2-3 years old	2 ounce equivalents
	4-8 years old	3-4 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 ounce equivalents
Women	19-30 years old	5 1/2 ounce equivalents
	31-50 years old	5 ounce equivalents
	51+ years old	5 ounce equivalents
Men	19-30 years old	6 1/2 ounce equivalents
	31-50 years old	6 ounce equivalents
	51+ years old	5 1/2 ounce equivalents

Learning the Language, *Glossary of Common Terms:*

When you read a recipe for the first time, you may run into a word or two you don't understand. Use this list to look up any words that are particularly puzzling.

- BAKE:** Cook food in the oven.
- BEAT:** Make a mixture smooth by stirring fast with a fork, wire whisk, eggbeater, or electric mixer.
- BOIL:** Cook a liquid in a saucepan on top of the stove until big bubbles keep rising and breaking on the surface.
- BROWN:** Cook food until it looks brown on the outside.
- CHILL:** Put food in the refrigerator until it is cold.
- CHOP:** Cut food into small pieces on a cutting board, using a sharp knife. Don't worry if the pieces aren't the same shape, but they should be about the same size.
- COOL:** Put food on the counter (usually on a wire cooling rack) until it is no longer warm when you touch it. This is especially important if you are frosting or decorating a cake or a batch of cookies. If you don't wait until the cake or cookies are completely cool, the frosting may start to melt.
- COVER:** Put a lid, aluminum foil, or plastic wrap over food. When you cook food on the stove, use a lid. When you put food in the oven, use aluminum foil. When you put food on the counter, in the refrigerator, or in the freezer, use plastic wrap or aluminum foil.
- DRAIN:** Pour off liquid or let it run off through the holes in a strainer or colander. You do this to drain the water after you cook pasta or to drain the fat after you cook ground beef.
- FREEZE:** Put food in the freezer until it is frozen and hard as a rock.
- GRATE:** Rub an ingredient against the smallest holes on a grater to cut it into very small pieces.
- GREASE:** Spread the bottom and sides of a pan with shortening, margarine, or butter, using a pastry brush or paper towel. You can also use cooking spray, which comes in a can. By greasing a pan, you will keep food from sticking.
- KNEAD:** Curve your fingers around and fold dough toward you, then push it away with the heels of your hands, using a quick rocking motion. Kneading makes a dough smooth and stretchy.
- MELT:** Put a solid ingredient, such as chocolate or butter, in a saucepan and turn it into a liquid by heating it on the stove. You also can put the ingredient in a microwavable bowl and heat it in the microwave oven until melted.
- MIX:** Stir ingredients with a spoon, fork, eggbeater, wire whisk, or electric mixer until smooth or almost smooth.
- PEEL:** Cut off the outer skin of fruits or vegetables, using a vegetable peeler or small sharp knife. Some fruit, such as oranges and bananas, you can peel with your fingers.
- ROLL:** Press a ball of dough into a flat rectangle or circle, using a rolling pin.
- SHRED:** Rub an ingredient against the big holes on a grater to cut it into long, skinny pieces.
- SLICE:** Starting at one end, cut food into flat, skinny pieces on a cutting board, using a sharp knife. The pieces should all be about the same thickness.
- STIR-FRY:** Cook food quickly in a small amount of oil over high heat, stirring all the time.
- TOSS:** Mix ingredients by lifting them with two spoons or forks and letting them drop back into the bowl. You do this when you make a "tossed salad".

MEASURE UP!

The secret to successful cooking is measuring correctly. Not all ingredients are measured the same way or with the same kind of cups or spoons. Here are some tips to help you out.

LIQUID INGREDIENTS

Use see-through measuring cups to measure liquids such as milk or water. These cups are usually made of glass and have a spout for pouring and marks on the sides that show you how much liquid you have in the cup.

To Measure:

Put the cup on the counter. Pour in some of the liquid. Bend down or stand on your tiptoes so your eye is level with the marking on the cup to check if you've poured in the right amount. If it's too much, pour a little out. If it's not enough, add a little more and check again. If you are measuring a sticky ingredient, such as honey or corn syrup, spray the cup with a little cooking spray before pouring in the ingredient. The liquid will slide right out!

If you are measuring small amounts of a liquid ingredient, such as vanilla, use a measuring spoon. These special spoons come in sets with different sizes and should be used instead of the spoons that you eat with.

DRY INGREDIENTS

Dry ingredients, such as flour, powdered sugar, granulated sugar, and Bisquick baking mix, are measured with a set of cups that stack inside one another and are made of metal or plastic.

To Measure:

Choose the cup size that is listed in the recipe. Fill the cup to the top (or little bit higher), using a large spoon. Don't shake the cup or pack the ingredient into the cup. Hold the cup over a bowl or container, then scrape a metal spatula across the top (or use the flat edge of a table knife). When you're finished, the ingredient should be level with the top of the cup.

You can do the same thing with measuring spoons if you are measuring small amounts of a dry ingredient, such as baking powder, baking soda, salt or spices. Dip the measuring spoon into the ingredient to fill it. Scrape a small metal spatula across the top so the ingredient is level with the top of the spoon.

WHAT ABOUT... ?

BROWN SUGAR: Spoon brown sugar into a metal or plastic measuring cup, and press down firmly with the back of the spoon. Keep adding brown sugar until it reaches the top of the measuring cup. Scrape a metal spatula across the top so brown sugar is level with the top of the cup.

MARGARINE OR BUTTER: Cut off the amount you need with a table knife. You can use the measurement marks on the wrapper as your guide. One stick of margarine or butter equals 1/2 cup; half a stick is 1/4 cup. You also can use a metal or plastic measuring cup to measure soft margarine or butter if you don't have a wrapper with measurement marks.

SHORTENING AND PEANUT BUTTER: Fill a plastic or metal measuring cup, using a spoon or rubber scraper. When the cup is full, scrape a metal spatula across the top. Take the shortening or peanut butter out of the cup by running a rubber scraper around the inside of the cup.

OTHER STUFF: Such as chopped nuts, chocolate chips, shredded cheese and chopped veggies can be measured in plastic or metal measuring cups. Spoon the ingredient into the cup until it reaches the top, but don't press down.

Do your best! Eat healthy!