

# Highland County Nutrition Skillathon Kit

## *Activities and Resources Binder for Kit #1*

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

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# Highland County Nutrition Skillathon Kit

## Intermediate Activities

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# **Intermediate Nutrition Skillathon Kit**

## Nutrition Skillathon Resource and Activity Guide

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

## Topics:

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

## Nutrition Skillathon Kit Components

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

**Food Selection-MyPlate: Intermediate**

Match the MyPlate Key Message to the correct food group.

Food Group	MyPlate Key Message
Dairy	
Fruit	
Grains	
Protein	
Vegetables	

## Food Selection- MyPlate: Intermediate Labels

Make at least half your grains whole.

Eat more red, orange, and dark green vegetables.

Make half your grains whole wheat products.

Eat more purple, blue, and dark green vegetables.

Avoid white bread.

Choose only fresh vegetables.

Make half your plate fruits and vegetables.

Switch to skim or 1% milk.

Choose only fresh vegetables.

Switch to vitamin D milk.

Eat fruit for a healthy snack.

Get your calcium from milk.

Vary your protein food choices.

Focus on nonmeat protein choices.

Only choose fish or poultry  
for protein.

## **Measuring: Intermediate**

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

1. 1 cup un-sifted flour
2. 1 tablespoon un-sifted flour
3. 1 cup water
4. 1 teaspoon water
5. 1 cup sifted flour
6.  $\frac{1}{2}$  cup shortening, margarine, butter, or peanut butter

## **Table Setting: Intermediate**

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

### **Menu**

Savory Roast Beef

Asparagus

Orange Slices

Whole Wheat Biscuit

Chilled Milk

## Menu Writing Mad Libs-Intermediate

Creamy

Crispy

Savory

Popped

Ice-cold

Strawberries

Milk

Carrots

Brown Rice

Green Beans

**Menu Writing Mad Libs-Intermediate**

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

**Breakfast**

\_\_\_\_\_ Whole Wheat Toast

*(descriptor word)*

\_\_\_\_\_ Peanut Butter

\_\_\_\_\_

\_\_\_\_\_ Tomato Juice

*(descriptor word)*

\_\_\_\_\_

**Lunch**

\_\_\_\_\_ Roast Beef

*(descriptor word)*

\_\_\_\_\_

Orange

Muffin

Water

**Dinner**

Grilled Chicken with Italian Dressing

\_\_\_\_\_

Honey-Glazed Sliced Peaches

\_\_\_\_\_

Milk

**Snack**

\_\_\_\_\_ Popcorn

*(descriptor word)*

## Reading Food Labels: Intermediate

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

Skim Milk

<b>Nutrition Facts</b>		
Serving Size 8 fl oz (245g)		
Servings Per Container 8		
Amount Per Serving		
<b>Calories</b>	90	
%Daily Value*		
<b>Total Fat</b>	0g	0 %
Saturated Fat	0g	0 %
Trans Fat	0g	
<b>Cholesterol</b>	< 5mg	0 %
<b>Sodium</b>	125mg	5 %
<b>Total Carbohydrate</b>	12g	4 %
Dietary Fiber	0g	0 %
Sugars	11g	
<b>Protein</b>	8g	
Vitamin A 10% • Vitamin C 4%		
Calcium 30% • Iron 0%		
* Percent Daily Values are based on a 2,000 calorie diet.		

2% Milk

<b>Nutrition Facts</b>		
Serving Size 8 fl oz (244g)		
Servings Per Container 8		
Amount Per Serving		
<b>Calories</b>	120	Calories from Fat 40
%Daily Value*		
<b>Total Fat</b>	4.5g	7 %
Saturated Fat	3g	15 %
Trans Fat	0g	
<b>Cholesterol</b>	20mg	6 %
<b>Sodium</b>	120mg	5 %
<b>Total Carbohydrate</b>	12g	4 %
Dietary Fiber	0g	0 %
Sugars	11g	
<b>Protein</b>	8g	
Vitamin A 10% • Vitamin C 4%		
Calcium 30% • Iron 0%		
* Percent Daily Values are based on a 2,000 calorie diet.		

1. Which type of milk has more calories per serving? \_\_\_\_\_
2. Which milk would be considered “fat free”? \_\_\_\_\_
3. Which milk would be considered “saturated fat free”? \_\_\_\_\_
4. For an 8 fluid ounce serving, which food is a better source of calcium?  
\_\_\_\_\_
5. True or False: According to the Percent Daily Value, milk is an “excellent” source of calcium?  
\_\_\_\_\_

## Reading Food Labels: Intermediate Labels

Skim Milk

2% Milk

Both Skim Milk and 2% Milk

True

False

**Kitchen Gadget Identification-Intermediate**

Match the 10 kitchen gadgets listed below to the card that tells what you would use the gadget for in the kitchen.

Pastry Blender	
Lemon Zester	
Meat Tenderizer	
Pastry Brush	
Potato Masher	

**Kitchen Gadget Identification-Intermediate**

Match the 10 kitchen gadgets listed below to the card that tells what you would use the gadget for in the kitchen.

Egg Slicer

Apple Corer and Peeler

Oven Thermometer

Mandolin

Grater

## Kitchen Gadget Identification- Intermediate Labels

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

A utensil used for obtaining zest from citrus fruit

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

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

A thermometer that registers the temperature inside an oven

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

A utensil used to spread oil or glaze on food.

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

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

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

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

**Nutrients- Intermediate**

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



## Nutrients- Intermediate Labels

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

## Cooking Terms & Measuring Equivalents-Intermediate Labels

To cook under strong direct heat

To combine sugar and fat or shortenings by working them together until the mixture is smooth and creamy.

To beat rapidly to incorporate air and produce expansion

To work and press dough with the palms of the hands or mechanically

To cut or tear in small, long, narrow pieces

16 Tablespoons

1 gallon

4 cups

3 teaspoons

1 quart

## Cooking Terms & Measuring Equivalents-Intermediate

<b>Broil</b>	
<b>Cream</b>	
<b>Whip</b>	
<b>Knead</b>	
<b>Shred</b>	

<b>1 cup</b>	
<b>4 quarts</b>	
<b>1 quart</b>	
<b>1 Tablespoon</b>	
<b>2 pints</b>	

## Cost Comparison: Intermediate

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

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

Which is the best buy for the club snack? \_\_\_\_\_

## Cost Comparison: Intermediate Labels

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

# Highland County Nutrition Skillathon Kit

## Intermediate

### *Answer Keys Binder for Kit #1*

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**Food Selection-MyPlate: Intermediate**

Match the MyPlate Key Message to the correct food group.

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

## Menu Writing Mad Libs-Intermediate

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

### **Breakfast**

Crispy

Whole Wheat Toast

*(descriptor word)*

Creamy

Peanut Butter

Strawberries

Ice-cold

Tomato Juice

*(descriptor word)*

Milk

### **Lunch**

Savory

Roast Beef

*(descriptor word)*

Carrots

Orange

Muffin

Yogurt

Water

### **Dinner**

Grilled Chicken with Italian Dressing

Brown Rice

Honey-Glazed Sliced Peaches

Green Beans

Milk

### **Snack**

Popped

Popcorn

*(descriptor word)*

## **Table Setting: Intermediate**

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

### **Menu**

Savory Roast Beef

Asparagus

Orange Slices

Whole Wheat Biscuit

Chilled Milk



## Kitchen Gadget Identification-Intermediate

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

## Kitchen Gadget Identification-Intermediate

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

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Grater

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

**Nutrients- Intermediate**

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

	<p>Calcium</p> <p>Protein</p>
	<p>Protein</p> <p>Biotin</p> <p>Vitamin D</p>
	<p>B Vitamins</p>
	<p>Fiber</p> <p>B Vitamins</p>
	<p>Vitamin C</p> <p>Potassium</p> <p>Fiber</p>
	<p>Vitamin C</p>

## Cooking Terms & Measuring Equivalents-Intermediate

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

<b>1 cup</b>	16 Tablespoons
<b>4 quarts</b>	1 gallon
<b>1 quart</b>	4 cups
<b>1 Tablespoon</b>	3 teaspoons
<b>2 pints</b>	1 quart

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2% Milk

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

2% Milk

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

Skim Milk

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

Skim Milk

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

Both Skim Milk and 2% Milk

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

True

## Cost Comparison: Intermediate

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Canned Peaches (\$1.79 for 14.5 ounces) 	<div style="border: 1px solid black; padding: 10px; width: fit-content; margin: 0 auto;">\$0.12 per ounce</div>
Dried Peaches (\$7.99 for 16 ounces) 	<div style="border: 1px solid black; padding: 10px; width: fit-content; margin: 0 auto;">\$0.50 per ounce</div>
Snack Pack Peaches (\$2.59 for 16 ounces) 	<div style="border: 1px solid black; padding: 10px; width: fit-content; margin: 0 auto;">\$0.16 per ounce</div>

Which is the best buy for the club snack? \_\_\_\_\_

Canned Peaches

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## Resources

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# Resources and Links

## 1. Utah State University Cooperative Extension

<http://extension.usu.edu/files/publications/publication/4-H-HFWF-Lesson1.pdf>

## 2. Chose My Plate

<http://www.choosemyplate.gov/>

## 3. How to write Menus, Table Setting, Calculating cost per Serving, under FCS Resource Handbook:

<http://highland.osu.edu/program-areas/4-h-youth-development/project-completion-guidelines-resource-handbooks>

## 4. Vitamins

<http://www.nestle.com/nutrition-health-wellness/nutrition-basics/fact-sheets/vitamins>

## 5. Minerals

<http://www.nestle.com/nutrition-health-wellness/nutrition-basics/fact-sheets/minerals>

## 6. Oregon State University Extension Service

<http://catalog.extension.oregonstate.edu/sites/catalog.extension.oregonstate.edu/files/project/pdf/4-h93111.pdf>

## 7. Measurement, Equivalents, and Abbreviations

<http://spock.fcs.uga.edu/ext/pubs/fdns/efnep/FDNS-NE-107.pdf>

## 8. University of Nebraska Lincoln, Extension Lancaster County

<http://food.unl.edu/documents/4089482/4166877/cooks-tools-updated.pdf/f3a9a397-d95c-48ae-8fce-cdf4fa483ff7>

## 9. Reading Food Labels- Cooking Matters- Pg. 5

<file:///C:/Users/Bruynis.5/Downloads/Shopping%20Matters%20Curriculum.pdf>