

Oklahoma 4-H Food Showdown
Curriculum Outline and Resources

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Knowledge Area	Learner Outcomes	Learning Resources:
MyPyramid	<p>Junior (9-12 years):</p> <ol style="list-style-type: none"> 1. The learner will identify the food groups of MyPyramid. 2. The learner will be able to place food items in the appropriate food group. <p>Senior (13-17 years):</p> <ol style="list-style-type: none"> 1. The learner will identify the food groups of MyPyramid. 2. The learner will be able to place food items in the appropriate food group. 3. The learner will be able to identify the main nutrients provided by each food group and the primary health benefits. 4. The learner will identify the number of daily servings needed from each food group. 	<p>Nat'l 4-H curriculum A, p 6-7; Nat'l 4-H curriculum B, p 6-7; <u>Additional Resource:</u> MyPyramid for Kids @ http://www.MyPyramid.gov</p> <p>Nat'l 4-H curriculum A, p 6-7; Nat'l 4-H curriculum B, p 6-7; <u>Additional Resource:</u> MyPyramid for Kids @ http://www.MyPyramid.gov</p> <p>Nat'l 4-H curriculum A, p 6-7; Nat'l 4-H curriculum B, p 6-7; <u>Additional Resource:</u> MyPyramid @ http://www.MyPyramid.gov</p> <p>Nat'l 4-H curriculum A, p 6-7; Nat'l 4-H curriculum B, p 6-7; <u>Additional Resource:</u> MyPyramid @ http://www.MyPyramid.gov</p> <p>Nat'l 4-H curriculum A, p 6; <u>Additional Resource:</u> "Food & Nutrient Needs at a Glance"</p> <p>Nat'l 4-H curriculum C, p 6; <u>Additional Resource:</u> "Food & Nutrient Needs at a Glance"</p>

	<p>5. The learner will have knowledge of how to alter a recipe to reduce sugar, fat or salt.</p>	<p>Nat'l 4-H curriculum D, p 7;</p>
<p>Food Sanitation / Safety</p>	<p>Junior</p> <ol style="list-style-type: none"> 1. The learner will demonstrate proper hand washing at appropriate times. 2. The learner will demonstrate proper techniques to prevent cross-contamination of food and food contact services. 3. The learner will demonstrate knowledge of the importance of keeping foods at proper temperatures (hot foods hot, cold foods cold). <p>Seniors</p> <ol style="list-style-type: none"> 1. The learner will demonstrate proper hand washing at appropriate times. 2. The learner will demonstrate proper techniques to prevent cross-contamination of food and food contact services. 	<p>Nat'l 4-H curriculum A, p 28; OK 4-H Food Science level 1, page 6; <u>Additional Resources:</u> <i>5 Myths of Handwashing</i> @ http://www.extension.iastate.edu/Publications/N3503A.pdf</p> <p>Nat'l 4-H curriculum A, p 27; <u>Additional Resources:</u> http://foodsafety.gov/ <i>Consumers Can FightBAC</i> @ http://www.extension.iastate.edu/Publications/N3409B.pdf</p> <p>Nat'l 4-H curriculum A, p 24; <u>Additional Resources:</u> Fight Bac handout @ http://www.fightbac.org/storage/documents/flyers/fightbac_color_brochure.pdf http://foodsafety.gov/ Temperature Rules: Cooking for Food Service @ http://www.extension.iastate.edu/Publications/N3466.pdf</p> <p>Nat'l 4-H curriculum A, p 28; OK 4-H Food Science level 1, page 6; <u>Additional Resources:</u> <i>5 Myths of Handwashing</i> @ http://www.extension.iastate.edu/Publications/N3503A.pdf</p> <p>Nat'l 4-H curriculum A, p 24; <u>Additional Resources:</u> Fight Bac handout @ http://www.fightbac.org/storage/documents/flyers/fightbac_color_brochure.pdf http://foodsafety.gov/ Temperature Rules: Cooking for Food Service @ http://www.extension.iastate.edu/Publications/N3466.pdf</p>

	<p>3. The learner will demonstrate knowledge of the appropriate food cooking temperatures.</p> <p>4. The learner will demonstrate knowledge of the food temperature danger zone for storing and holding foods.</p>	<p>Nat'l 4-H curriculum A, p 24; <u>Additional Resources:</u> Fight Bac handout @ http://www.fightbac.org/storage/documents/flyers/fightbac_color_brochure.pdf http://foodsafety.gov/ Temperature Rules: Cooking for Food Service @ http://www.extension.iastate.edu/Publications/N3466.pdf</p> <p>Nat'l 4-H curriculum A, p 24; <u>Additional Resources:</u> Fight Bac handout @ http://www.fightbac.org/storage/documents/flyers/fightbac_color_brochure.pdf http://foodsafety.gov/ Temperature Rules: Cooking for Food Service @ http://www.extension.iastate.edu/Publications/N3466.pdf</p>
<p>Food Preparation techniques / principles</p>	<p>Juniors</p> <p>1. The learner will demonstrate knowledge of common food preparation equipment / utensils.</p> <p>2. The learner will demonstrate knowledge of basic food preparation terminology.</p> <p>3. The learner will demonstrate accurate measuring skills.</p>	<p>Nat'l 4-H curriculum B, p 31;</p> <p>Nat'l 4-H curriculum A, p 56; Nat'l 4-H curriculum B, p 56; Nat'l 4-H curriculum C, p 54; Nat'l 4-H curriculum D, p 54; Nat'l 4-H food glossary @ http://www.four-h.purdue.edu/foods/Glossary%20Level%20A.htm</p> <p><u>Additional Resources</u> “Common Abbreviations Used in Cooking” (B. Brown) <i>Cooking Terms & Techniques</i> @ http://www.ces.ncsu.edu/wayne/nutrition/CookingTerms.html</p> <p>Nat'l 4-H curriculum A, p 30-31; <i>How to Measure Ingredients for Recipes</i> @ http://www.aces.edu/pubs/docs/E/EFNEP-</p>

	<p>4. The learner will demonstrate safe use of electrical / heat cooking equipment and cutlery.</p> <p>Seniors</p> <p>1. The learner will demonstrate knowledge of common food preparation equipment / utensils.</p> <p>2. The learner will demonstrate knowledge of basic food preparation terminology.</p> <p>3. The learner will demonstrate accurate measuring skills.</p> <p>4. The learner will demonstrate safe use of electrical / heat cooking equipment and cutlery.</p>	<p>0113/ “Measurement Equivalents” (B. Brown)</p> <p>Nat’l 4-H curriculum A, p 38; <u>Additional Resource:</u> <i>How to Cut Vegetables @</i> http://www.cooksillustrated.com/images/document/howto/JA94_Cutvegetables.pdf “Kitchen Safety” (B. Brown)</p> <p>Nat’l 4-H curriculum B, p 31;</p> <p>Nat’l 4-H curriculum A, p 56; Nat’l 4-H curriculum B, p 56; Nat’l 4-H curriculum C, p 54; Nat’l 4-H curriculum D, p 54; Nat’l 4-H food glossary @ http://www.four-h.purdue.edu/foods/Glossary%20Level%20A.htm <u>Additional Resources</u> “Common Abbreviations Used in Cooking” (B. Brown) <i>Cooking Terms & Techniques @</i> http://www.ces.ncsu.edu/wayne/nutrition/CookingTerms.html</p> <p>Nat’l 4-H curriculum A, p 30-31; <u>Additional Resources:</u> <i>How to Measure Ingredients for Recipes @</i> http://www.aces.edu/pubs/docs/E/EFNEP-0113 “Measurement Equivalents” (B. Brown)</p> <p>Nat’l 4-H curriculum A, p 38; <u>Additional Resource:</u> <i>How to Cut Vegetables @</i> http://www.cooksillustrated.com/images/document/howto/JA94_Cutvegetables.pdf “Kitchen Safety” (B. Brown)</p>
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<p>Menu planning</p>	<p>Junior</p> <ol style="list-style-type: none"> The learner will demonstrate knowledge of a nutritionally balanced meal or snack. The learner will demonstrate ability to attractively present a food/menu item. <p>Senior</p> <ol style="list-style-type: none"> The learner will demonstrate knowledge of a nutritionally balanced meal or snack. The learner will demonstrate ability to attractively present a food/menu item. The learner will describe the process for making a grocery shopping list. 	<p>Nat'l 4-H curriculum webpage A – Breakfast Meal B - Dinner Meal C – Make it a Meal D – Make it a Meal</p> <p>Nat'l 4-H curriculum C, p28-29.</p> <p>Nat'l 4-H curriculum webpage A – Breakfast Meal B - Dinner Meal C – Make it a Meal D – Make it a Meal</p> <p>Nat'l 4-H curriculum C, p28-29.</p> <p><i>3 Steps to Quick Health Meals @</i> http://www.extension.iastate.edu/Publications/N3355.pdf <u>Additional Resource</u> “How to Make a Grocery List”</p>
<p>Consumer Science – not necessarily assessed during contest, but included in curriculum.</p>	<p>Juniors</p>	<p>Spend Smart Eat Smart Series <i>Bread, Cereal, and Grains @</i> http://www.extension.iastate.edu/Publications/P2066EX.pdf <i>Vegetables @</i> http://www.extension.iastate.edu/Publications/P2066DX.pdf <i>Fruit @</i> http://www.extension.iastate.edu/Publications/P2066CX.pdf <i>Milk, Cheese, and Yogurt @</i> http://www.extension.iastate.edu/Publications/P2066FY.pdf</p>

	<p>Seniors</p> <p>1. The learner will demonstrate ability to compare unit prices.</p> <p>2. Home meals vs eating out</p>	<p>M2066AX.pdf <i>Meat, Poultry, Beans, & Nuts @</i> http://www.extension.iastate.edu/Publications/P2066BX.pdf</p> <p>Spend Smart Eat Smart Series <i>Bread, Cereal, and Grains @</i> http://www.extension.iastate.edu/Publications/P2066EX.pdf <i>Vegetables @</i> http://www.extension.iastate.edu/Publications/P2066DX.pdf <i>Fruit @</i> http://www.extension.iastate.edu/Publications/P2066CX.pdf <i>Milk, Cheese, and Yogurt @</i> http://www.extension.iastate.edu/Publications/P2066AX.pdf <i>Meat, Poultry, Beans, & Nuts @</i> http://www.extension.iastate.edu/Publications/P2066BX.pdf</p> <p>Nat’1 4-H curriculum D, 16-17; Nat’1 4-H curriculum D, 18-19. Nat’1 4-H curriculum D, 20-21.</p>
<p>Careers in Food / Nutrition</p>	<p>Juniors</p> <p>1. The learner will have an increased awareness of careers in food / nutrition.</p> <p>Seniors</p> <p>1. The learner will explore training opportunities for a variety of careers in food/ nutrition.</p>	<p>Nat’1 4-H curriculum C, 48; Nat’1 4-H curriculum A & B webpage @ http://www.fourh.purdue.edu/foods/Careers%20Level%20C.htm</p> <p>Nat’1 4-H curriculum C, 48; Nat’1 4-H curriculum C, 46-47; Nat’1 4-H curriculum A & B webpage @ http://www.fourh.purdue.edu/foods/Careers%20Level%20C.htm</p>