

Helpful Hints for Intermediate Food Challenge Participants

Basic Skills for Intermediates

whisking	grating	peeling	using knives	boiling
blending	sautéing	seasoning	measuring	skewering
slicing	frying	using 6 ingredients or less		
using a can opener	working with timers	working with thermometers		

Explanation of Intermediate Score Sheet

My Plate— Intermediates should know the basic food groups from My Plate and how many servings needed daily from each group. **This is just not based on a 2,000 calorie diet.** For example, if you had a team of 4 active 13-year old boys and their daily calories should be 2,600, then they would say how many servings are needed for 2,600 calories. The intention of not just doing this on a 2,000 calorie diet is if a child had learned their specific servings needed for their calorie intake, we do not want them to have to relearn different serving amounts. The member that presents this will need to preface with “I am a ____ year old boy/girl that is inactive/moderate/active and because of that I need ____ calories per day.” Then they can go into servings. Judged will be provided a “MyPlate Wheel” so that they can follow along with what is being said and give an accurate score. Intermediates will also need to give an a food that fits into each group. When they are providing food examples during the presentation, they should give examples that are actually in their dish. Not all food groups will be represented, though, so they should know other examples.

Resource: MyPlate Wheel- <http://nutrition.eatsmart.org/products/myplate-wheel>

Nutrients

In this section, intermediates should be able to list what nutrients are in their dish, the items that provide those nutrients, functions of those nutrients and what happens to their bodies if they do not get those particular nutrients. They should also be able to provide healthy substitutions.

Resource:

Nutrients Needs at a Glance <http://texas4-h.tamu.edu/projects/food-nutrition/>

Altering Recipes for Good Health <http://texas4-h.tamu.edu/projects/food-nutrition/>

Preparation and Safety

Members will describe how they prepared their dish using appropriate preparation terms. Then, they will need to give food safety principles that are appropriate for their dish based on Fight BAC. Judges will only be listening for what is specific to their dish.

Resource: Fight BAC <http://texas4-h.tamu.edu/projects/food-nutrition/>

Cost of Dish

For intermediates, they will first figure the ENTIRE cost of the dish. Basically, they will do math for the entire recipe as if no ingredients were on hand. (for example, if the recipe was pancakes, they would figure a whole bag of flour, the box of baking soda, the gallon of milk, etc.) Then they will decide the number of servings, dividing that number into the total cost to get price per serving.

