

## Helpful Tips for Junior Food Challenge Participants

### Basic Skills for Juniors

whisking	grating	peeling	using small knives
blending	seasoning	measuring	skewering
using 6 ingredients or less	using a can opener	balling	

### Explanation of Junior Score Sheet

**My Plate**– Juniors should know the basic food groups from My Plate and an example of a food that fits into each group. When they are providing food examples during the interview, 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 (juniors only)- <https://nutrition.eatasmart.org/products/myplate-wheel>. The My Plate Wheel starts at the age of 9.

MyPlate for 8 –year old juniors- <https://www.choosemyplate.gov/MyPlate-Daily-Checklist>. You will need to scroll the bottom of page, choose calorie level, then print.

### Nutrients

In this section, juniors should be able to list what nutrients are in their dish, the function of those nutrients and what particular items provides those nutrients.

Resource: Know Your Nutrients– on the state 4-H website (teams will be given charts only from Know Your Nutrients)

### 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: <http://texas4-h.tamu.edu/projects/food-nutrition/>

### Cost of Dish

For juniors, they will only need to 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.). We will be clarifying items on the receipt.