

## **2017 Foods and Nutrition Judging Contest Topics**

*(Resources for studying are provided on next page)*

### **Introductory Level – for first year members**

1. Measuring liquid ingredients
2. MyPlate food groups
3. Table Setting
4. Safe cutting and peeling

### **Basic Skills - Phase 2 and 3**

1. Quick bread products
2. Nutrition facts
3. Measuring ingredients
4. Unit pricing
5. Setting table: time management and safety

### **Expanding Skills - Phase 4-6**

1. Purchasing decision making
2. Measuring ingredients
3. Cutting board care for safety & sanitation
4. Yeast breads
5. Label reading - calcium

### **Advanced Skills - Phase 7-9**

1. Purchasing decision making
2. Measuring ingredients
3. Eggs and safety
4. Pastry
5. Selection for good nutrition

\* These judging contest classes are designed for use as a County Foods Judging Contest or for other educational settings.

## Resources for studying

4-H Foods project materials can be found at: <http://oregon.4h.oregonstate.edu/projects/family-consumer/nutrition>

Classes are designed to match expectations of knowledge and skills gained per level as described in [Oregon 4-H Food and Nutrition Advancement Guide](#) (511-15R)

Phase 1      *4-H Cooking 101-R12* (MEO 120)

Phase 2-3    *4-H Cooking 201* (MEO121)

4-H Baking 1

Phase 4-6    *4-H Cooking 301* (MEO122)

4-H Baking 3

Phase 7-9    *4-H Cooking 401* (MEO123)

4-H Baking 4

Other background on nutrition, nutrition facts labels, and healthy eating can be found on the following websites:

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

<http://www.fda.gov/Food/IngredientsPackagingLabeling/LabelingNutrition/ucm274593.htm>

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