

The 4-H Food and Nutrition Project I-II is designed to help young people learn about food preparation and how to make wise choices regarding what they eat. Members enrolled in this project will learn important information on selecting foods from MyPlate, using MyPlate as a health tool, and nutrition's important role in their overall health. This project will include the application of scientific principles of nutrition and menu MyPlate planning, measuring, and basic cooking concepts, as well as understanding how to read a nutrition facts label. This program will help youth build confidence in the kitchen and help prepare them for the 4H Club Congress 4H Cook-Off Contest. The winners of this contest will represent Mississippi and compete nationally at the 4H Cookoff in New Orleans, Louisiana.

Project I – Measuring Mission and Kitchen Knowledge

The 4-H Food and Nutrition Project I is designed to help young people learn about food preparation and make wise choices about what they eat and how to prepare it. Members enrolled in this project will learn important information on understanding kitchen equipment, cooking terms, and how to measure food for preparation.



4-H Thrive

Positive Youth Development

Developing Competence

Adults create environments where youth can develop competence in their chosen project area.

Building Confidence

Youth build confidence as they learn to think for themselves, build mastery, and are recognized for their efforts.

Nurturing Caring

Adults nurture a caring environment where mutual trust between youth and adults is established. Caring relationships with adults are key to resilient youth.

Finding Connection

Youth build solid connections which are critical to their well-being.

Forming Character

Create a community where youth play an active role in developing their character.

Determining Contribution

Youth actively contribute to their clubs and communities.

**Mississippi State University is
an equal opportunity
institution.**

Expand your experiences!

Contest Component	Points
A written test based on measuring ingredients using correct measuring tools, identification of cooking utensils and cookware, and how each item is used.	50
Identification of different everyday household kitchen items. The contestant will identify the item and give a brief description of how to use the item. Page 4 Food Hero/MSU Partnership (publication # M2392) or a detailed list from here: https://engdic.org/kitchen-utensils-tools-appliances/	75
Demonstrate how to correctly measure common items using a liquid measuring cup, dry measuring cups, dry measuring spoons, a scale, or other common measurement methods. Contestants will be given a recipe and must demonstrate how to measure the items used in the recipe properly.	75
TOTAL POSSIBLE POINTS	200
TIEBREAKERS: (If contestants have identical total scores at the end of the contest, the following tiebreakers will be used:	
<ol style="list-style-type: none"> 1. The highest individual score in the identification section will break the tie. 2. If contestants have identical scores in the identification section, the highest individual score in the demonstration section will break the tie. 3. If contestants are still tied after the identification and demonstration tiebreaker, the highest individual score will break the tie. 	

Resources

1. **Cook's Thesaurus:**
<http://www.foodsubs.com/>
2. **Kitchen Tools: detailed list:**
<https://engdic.org/kitchen-utensils-tools-appliances/>
3. **Mississippi State Extension Publication:** *Measuring Ingredients and Tips*

Connections & Events

Project Achievement Day
4-H State Club Congress

Junior Age Level - (8-13)

Food and Nutrition I: Measuring Mission is recommended for ages 10-11, but any junior age level participant can compete.

Suggested Activities

Workshop Ideas: provide hands-on experience with kitchen tools and measuring items laid out **for identification**.

Tour/Field Trip Ideas: restaurant or bakery tour (kitchen area)



PAD Judges' Sheet

Food and Nutrition I: Measuring Mission Sheet:

Contest Component	Available Points	Points Received
A written test based on measuring ingredients using correct measuring tools, identification of cooking utensils and cookware, and how each item is used.	50	
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Contestant Name _____

Contestant Number _____ Score _____

Written Test - Food and Nutrition I: Measuring Mission

- Acid foods, such as tomato sauce or lemonade, can react with some pots and pans. True or False
- Typically, you must (increase or decrease, **circle one**) the temperature of your oven when using dark baking sheets.
- What type of fry pan needs to be seasoned before using? (circle one)
Stainless Steel Copper Cast Iron Plastic
- The best items for cooking are the ones that are the best looking. True or False
- Name five items required in a place setting for a meal.
 - _____
 - _____
 - _____
 - _____
 - _____
- Any material that can go on a cooktop/gas burner can also go into an oven. True or False
- The most popular material for ovenware is:
Glass Ceramic Stainless Steel
- This material is a great conductor of heat and is often applied to the bottoms of pots made of other metals to improve the evenness of heating. (circle one)
Iron Stainless steel Aluminum Copper
- Coffee pots are made of aluminum, glass, and stainless steel. True or False
- Name 1 item that can be cooked on a griddle. _____

Match the type of knife with the correct use

What Type of Knife?	Used for:
11. Paring knife	Dicing onions for a salad
12. Bread knife	Peeling a piece of fruit
13. Chef's knife	Cutting Bread

Match the kitchen tool with the correct use

Kitchen tool.	Correct use
14. Colander	Serving liquids
15. Food Press	Cutting shortening into flour
16. Ladle	Making purees, separating pulp of fruits and vegetables from skin and seeds, or ricing vegetables
17. Measuring spoons	Used for washing or draining foods
18. Dutch oven	Used to measure ingredients that are ¼ teaspoon, ½ teaspoon, 1 teaspoon, or 1 tablespoon
19. Pastry blender	It is used for making soups and stews. Usually, it has two side handles or a bail handle with one side handle for balancing.

Written Test - Food and Nutrition I: Measuring Mission

Identification of Common Household Items

Identify the following items and describe each:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____
13. _____
14. _____
15. _____

Identify the following items and describe each:

1. Serving spoon
2. Scale
3. Colander
4. Ladle
5. Sifter
6. Measuring cups
7. Can opener
8. Cutting board
9. Chef's knife
10. Rolling pin
11. Vegetable brush
12. Wisk
13. Apple corer
14. Oven mitt
15. Vegetable peeler

Demonstration Recipe

Demonstrate how to measure the following ingredients for Chewy Chocolate Chip Cookies properly:

1. $\frac{1}{2}$ cup of white sugar
2. $\frac{1}{4}$ cup flour
3. 2 t. water
4. 2 eggs
5. 1 T. brown sugar