

2007 State Fair Food Skill-a-thons Study Guides

Listed under each Illinois 4-H Foods & Nutrition Project is the list of skill-a-thon stations, along with the page numbers from that project book that include the information related to that station. Members should be familiar with all of the stations in order to be prepared for the state contest.

You Learn to Bake Skill Stations

Station	Page #
Measure Flour	9
Measure Brown Sugar	10
Measure Liquid	9
Break an Egg	11
Grease Pan	11
Flour Pan	11
Identifying Foods Rich in Calcium	39
Reading a Recipe	Recipes throughout book
Judging Cookies	14-15
Menu Planning	37 – 42
MyPyramid	Use the reference: http://mypyramid.gov/pyramid/index.html Use the pages from “Inside the Pyramid” for details on specific foods and where they are classified.

Let's Start Cooking Skill Stations

Station	Page #
Kitchen Safety	10
Proper Table Settings	35
Separating and Beating Eggs	34
Types of Milk	24, 42
Measuring Skills	8
Cutting Skills	18-19, 32
Reading a Recipe	Recipes throughout book
Definition of Terms	Basic cooking terms throughout book
Menu Planning	4-5
MyPyramid	Use the reference: http://mypyramid.gov/pyramid/index.html Use the pages from “Inside the Pyramid” for details on specific foods and where they are classified.

Outdoor Meals – S’mores and More Skill Stations

Station	Page #
Make a Sanitizing Solution	Pg. 13
Pack a Cooler or Picnic Basket	Pgs. 27-28
Fire Safety & Safety Check	Pgs. 38-40
Outdoor Cooking Tools	Pg. 39
Let’s Get Into It Menu Activity	Pgs. 61, 75-76
Create Your Own Backpack	Pg. 80
Buying Smart	Pgs. 89-90
Basic First Aid for the Outdoors (Caring for Sting or Bite)	Pgs. 41-43
MyPyramid	Use the reference: http://mypyramid.gov/pyramid/index.html Use the pages from “Inside the Pyramid” for details on specific foods and where they are classified.
Making a Survival Kit	Pg. 79

Sports Nutrition Skill Stations

Station	Page #
Recipe Preparation	Youth will be given a recipe (& ingredients for that recipe) from the book and be expected to follow the instructions to make the item.
Types of Fitness	Pg. 7
Sports Nutrition Facts	Pg. 14
Definition of Terms	Pg. 4, 25
High Carbohydrates	Pg. 16-17
MyPyramid	Use the reference: http://mypyramid.gov/pyramid/index.html Use the pages from “Inside the Pyramid” for details on specific foods and where they are classified.
Menu Planning (Healthy Snacks)	Menu planning knowledge from previous 4-H projects will be tested

Dairy Foods Skill Stations

Station	Page #
Nutrients in Dairy Foods	Pgs. 6-7
Major Nutrients in Dairy Foods	Pg. 7
Buying & Storing Dairy Foods	Pgs. 9 - 10
Dairy Products Storage	Pg. 10
Types of Milk	Pgs. 7, 11-12
Check Out Cheese	Pgs. 23-24
Recipe Demonstration	Youth will be given a recipe (& ingredients for that recipe) from the book and be expected to follow the instructions to make the item.
Menu Planning	Menu planning knowledge from previous 4-H projects will be tested
MyPyramid	Use the reference: http://mypyramid.gov/pyramid/index.html Use the pages from “Inside the Pyramid” for details on specific foods and where they are classified.
Measuring Butter	Pg. 31

Fruits and Vegetables Skill Stations

Station	Page #
High in Vitamins	Pg. 4
Advantages & Disadvantages of Fresh, Frozen & Canned	Pg. 6
Selection and Storage	Pg. 9-10
Fruits & Vegetables In Season	Pg. 11
Apple Varieties	Pg. 14
Measuring	Youth will be given a recipe (& ingredients for that recipe) from the book and be expected to follow the instructions to make the item.
Spices and Herbs	Pg. 21
Specialty Fruits & Vegetable Identification	Pg. 24-28
Make a Garnish	Pg. 32-35
Menu Planning	Menu planning knowledge from previous 4-H projects will be tested
MyPyramid	Use the reference: http://mypyramid.gov/pyramid/index.html Use the pages from “Inside the Pyramid” for details on specific foods and where they are classified.

Meat and Other Protein Sources Skill Stations

Station	Pg #
Cooking Temperatures	Pg. 47
Refrigerator and Freezer Storage Times & Temperatures	Pg. 48
Dry Heat vs. Moist Heat	Pg. 32-34
Meat Labels & Labeling	Pg. 24-29
Matching Terms	Pg. 15, 19, 26, 32-24
Costing a Meal	Pg. 30
Labels & Nutrients of Other Protein Sources	Pg. 16, 19-22
Calibrating a Thermometer	Pg. 49
Protein Identification	Pg. 13 (4c), 26, Cuts of Meat; Protein Products
MyPyramid	Use the reference: http://mypyramid.gov/pyramid/index.html Use the pages from “Inside the Pyramid” for details on specific foods and where they are classified.
Menu Planning	Menu planning knowledge from previous 4-H projects will be tested.

Food Preservation Skill Stations

Listed below are the page numbers from the *So Easy to Preserve (SETP), 5th Edition* book (Cooperative Extension Service, The University of Georgia) that contain information relating to the stations that will be selected for State Fair. For information on ordering the book, check with your local extension office or visit the University of Georgia Cooperative Extension website at: <http://www.uga.edu/setp/>

Station	SETP Page #
MyPyramid	Use the reference: http://mypyramid.gov/pyramid/index.html Use the pages from “Inside the Pyramid” for details on specific foods and where they are classified.
Menu Planning	Menu planning knowledge from previous 4-H projects will be tested
Station	SETP Page #
Selecting Appropriate Canning Jars w/ Lids	22-23; 25
Filling Jars & Releasing Air	25-27
Hot Water Bath vs. Pressure Canner	17-18; 27-30
Keeping Foods from Getting Dark	254-255
Blanching Times for Vegetables (<i>Drying</i>)	331-333
Processing Steps for Jellies	27-31
Filling a Boiling Water Bath Canner	19-20
Types of Jelly Products	187-188
Wrapping Foods for the Freezer	245-247 & 279-280
Labeling Processed Foods	32

Listed below are the page numbers from the *USDA Complete Guide to Home Canning* (found at: http://www.uga.edu/nchfp/publications/publications_usda.html) that contain information relating to the stations that will be selected for State Fair.

Station	USDA Page #
Appropriate Canning Jars w/ Lids	Guide 1, page 8
Filling Jars & Releasing Air	Guide 1, page 9-11
Hot Water Bath vs. Pressure Canner	Guide 1, page 11 –12
Appropriate Processing Steps	Guide 1, pages 11-18
Labeling Processed Foods	Guide 1, pages 19-20
Types of Jelly Products	Guide 1, page 22
Filling a Boiling Water Bath Canner	Guide 1, pages 12-13
MyPyramid	Use the reference: http://mypyramid.gov/pyramid/index.html Use the pages from “Inside the Pyramid” for details on specific foods and where they are classified.
Menu Planning	Menu planning knowledge from previous 4-H projects will be tested

Listed below are the fact sheets found on the National Center for Home Food Preservation website that contain information relating to the Freezing & Drying Foods skill Stations:

Wrapping Foods for the Freezer	Freezing Animal Products, U of Georgia pamphlet, page 2 at: http://www.uga.edu/nchfp/publications/uga/FreezingAnimalProducts.pdf
Keeping Foods from Getting Dark	Freezing Fruit, U of Georgia pamphlet, pages 2-3 at: http://www.uga.edu/nchfp/publications/uga/uga_freeze_fruit.pdf
Blanching Times for Vegetables (Drying)	Drying Fruits & Vegetables, U of Georgia pamphlet, pages 10-11 at: http://www.uga.edu/nchfp/publications/uga/uga_dry_fruit.pdf

Preservation Resources

Web Sites:

For the most recent web links, visit: <http://www.4-H.uiuc.edu/projects/onlineref.html>

National Center for Home Food Preservation: <http://www.homefoodpreservation.com>

University of Georgia College of Family and Consumer Sciences Publications: Food Safety and Preservation: <http://www.fcs.uga.edu/ext/pubs/food/canning.php>

University of Georgia Cooperative Extension Service, *Preserving Food: Drying Fruits and Vegetables* fact sheet: http://www.uga.edu/nchfp/publications/uga/uga_dry_fruit.pdf

USDA Complete Guide to Home Canning, 1994:
http://www.uga.edu/nchfp/publications/publications_usda.html

Print Resources:

“So Easy To Preserve” by the University of Georgia Cooperative Extension Service, 5th Edition. Your local extension office or information on ordering at:

<http://www.uga.edu/setp/>

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