

**2007 Food Skill Stations
Set-up Suggestions for Unit Staff**

NOTE: Detailed information is only provided when it will not provide the “answers” to the State Fair Skill Stations. Some of the score sheets will not be available on the website because the activity is specifically detailed on the score sheet.

You Learn to Bake

Station	Suggested Equipment	Suggestions for Implementation	Scoresheet Available?
Measure Flour	Variety of measuring cups & tools, bowls, waxed paper, spoons, leveling tools, flour	Exhibitor will demonstrate skill	Yes
Measure Brown Sugar	Variety of measuring cups & tools, bowls, waxed paper, spoons, leveling tools, brown sugar	Exhibitor will demonstrate skill	Yes
Break an Egg	Bowls, tools, paper towels, waxed paper, eggs	Exhibitor will demonstrate skill	Yes
Grease Pan	Various pans (cake & otherwise), tools, solid shortening, paper towels	Exhibitor will demonstrate skill	Yes
Flour Pan	Cake pans, oil or shortening, waxed paper, measuring cups, tools, bowls, flour	Exhibitor will demonstrate skill	Yes
Identifying Foods Rich in Calcium	Pictures of a variety of foods	Exhibitor will identify foods rich in calcium	Yes
Reading a Recipe	Recipe divided up on index cards.	Exhibitor will put recipe in correct order	Yes
MyPyramid	Pictures of variety of foods	Exhibitor will place foods into areas of the MyPyramid.	Yes
Menu Planning	Variety of menus provided; questions relate to those menus	Exhibitor will answer questions relating to different menus for one meal.	No
Measuring Liquid	Variety of measuring cups & tools, bowls, paper towels, liquid	Exhibitor will demonstrate skill	Yes
Judging Cookies	Four plates of the same type of cookie	Exhibitor will judge plates, rank & give reasons	Yes

Let's Start Cooking

Station	Suggested Equipment	Suggestions for Implementation	Scoresheet Available?
Definition of Terms	List of terms and definitions from book	Exhibitor will demonstrate knowledge by matching terms with definitions	No
Cutting Skills (Knife Usage)	Sharp knives, other necessary tools, cutting board, paper towels, appropriate vegetables for cutting	Exhibitor will demonstrate skill	Yes
Measuring Skills	Variety of measuring cups & tools, bowls, waxed paper, spoons, leveling tools,	Exhibitor will demonstrate skill	Yes
Types of Milk	Cartons or labels from different types of milk	Exhibitor will answer questions related to information on labels	No
Separating & Beating Eggs	Eggs, small bowl, glass measuring cup, knife, measuring spoons, egg separator (inexpensive), paper towels, waxed paper	Exhibitor will demonstrate skill and knowledge of terms	No
Proper Table Settings	Variety of items included in table place settings (plate, bowl, glasses, silverware, etc.)	Exhibitor will demonstrate skill by placing given items in correct location	No
Kitchen Safety	Drawing or photo illustrating various safety hazards	Exhibitor will point out hazards in kitchen photo	No
Reading a Recipe	Recipe divided up on index cards.	Exhibitor will put recipe in correct order	Yes
MyPyramid	Pictures of variety of foods	Exhibitor will place foods into areas of the MyPyramid.	Yes
Menu Planning (One Meal)	Variety of menus provided; questions relate to those menus	Exhibitor will answer questions relating to different menus for one meal.	No

S'Mores and More: 4-H Outdoor Cooking and Living

Station	Suggested Equipment	Suggestions for Implementation	Scoresheet Available?
Make a Sanitizing Solution	Water; Chlorine Bleach; Nest of measuring cups and measuring spoons; Milk; Other liquids, detergent or other cleaning supplies (To save on supplies, use only 1 cup of water, milk, other liquids and have members “pretend” it is the equivalent of 1 gallon)	Exhibitor will be able to select the correct items to use and demonstrate the appropriate method to make a sanitizing solution.	No
Pack a Cooler or Picnic Basket	Variety of food models or photos of food that one could/would take on an outdoor trip	Exhibitor will be able to demonstrate knowledge of how to safely pack foods for an outdoor trip	No
Fire Safety & Safety Check	Drawing or photo illustrating various safety hazards.	Exhibitor will demonstrate knowledge of fire and outdoor cooking safety.	No
Outdoor Cooking Tools	Various cooking items for outdoor and indoor cooking purposes	Exhibitor will be able to identify which tools are appropriate for outdoor cooking and explain why it is or is not appropriate	Yes
Let's Get Into It Menu Activity	Various food preparation steps for an outdoor meal divided up on index cards.	Exhibitor will be able to put food preparation steps in correct order.	Yes
Making a Survival Kit	Large variety of items, both appropriate and inappropriate for an outdoor survival kit	Exhibitor will demonstrate knowledge of items necessary for an outdoor survival kit and how to pack the kit	No
Create Your Own Backpack	Jeans; Pieces of cloth; Rope; String; Dowel rods; other items	Exhibitor will demonstrate how to make an “on the spot” backpack	Yes
Buying Smart	Various ingredients to make a recipe, plus costs of those items & the recipe; Package of convenience food (same as recipe), plus cost	Exhibitor will demonstrate how to compare the prices of making the “homemade” item and the convenience item to determine the better purchase	No
Basic First Aid for the Outdoors (Caring for a Sting or Bite)	Various basic first aid supplies	Exhibitor will demonstrate and review the steps in handling a specified incident (i.e. choking, splinters, etc.)	No
MyPyramid	Pictures of variety of foods	Exhibitor will place foods into areas of the MyPyramid.	No

Sports Nutrition

Station	Suggested Equipment	Suggestions for Implementation	Scoresheet Available?
Recipe Preparation	Recipe from book, with ingredients and various measuring and mixing tools	Exhibitor will demonstrate ability to follow a recipe and safely prepare a food product.	Yes
Types of Fitness	Definitions of types of fitness and list of various activities	Exhibitor will be able to definite the types of fitness and match different activities with the type of fitness illustrated	No
Sports Nutrition Facts	List of various facts and myths relating to sports nutrition	Exhibitor will be able to correctly identify fact and false statements	No
Definition of Terms	List of terms and definitions from book	Exhibitor will demonstrate knowledge by matching terms with definitions	No
High Carbohydrates	Photos, names or food models of foods with high and low carbohydrates	Exhibitor will be able to identify the high carbohydrate foods	No
MyPyramid	Variety of food photos or models; Names of categories within MyPyramid	Exhibitor will be able to place foods in correct MyPyramid groups	Yes
Menu Planning (Snacks)	Four different menus; Questions related to those menus	Exhibitor will answer questions relating to various menus	No

Dairy Foods

Station	Suggested Equipment	Suggestions for Implementation	Scoresheet Available?
Nutrients in Dairy Foods	List of nutrients and their functions from the book.	Exhibitor will demonstrate knowledge of the nutrients and their functions.	No
Major Nutrients in Dairy Foods	Copy of the Nutrient Chart (page 7) and questions related to the chart	Exhibitor will demonstrate how to locate correct information regarding various dairy foods.	No
Buying & Storing Dairy Foods	True/False statements regarding storage of various dairy products; Packages of some containers	Exhibitor will demonstrate knowledge of correct storage of dairy products.	No
Dairy Products Storage	Copy of the Dairy Products Storage Chart and questions related to the chart	Exhibitor will demonstrate how to locate correct information regarding storage of various dairy foods.	No
Types of Milk	Photographs or food models of various types of milk	Exhibitor will identify various milks by fat content	No
Check Out Cheese	Photographs, food models, or real food -- various types of cheeses	Exhibitor will identify various types of cheese	No
Recipe Demonstration	Recipe from book, with ingredients and various measuring and mixing tools	Exhibitor will demonstrate ability to follow a recipe and safely prepare a food product.	Yes
Menu Planning	Four different menus; Questions related to those menus	Exhibitor will answer questions relating to various menus	No
MyPyramid	Variety of food photos or modules: Names of categories within MyPyramid	Exhibitor will be able to place foods in the correct MyPyramid groups	No
Measuring Butter	Copies of sticks of butter or real butter, butter knife	Exhibitors will demonstrate the number of sticks of butter for various measurements.	No

Fruits & Vegetables

Station	Suggested Equipment	Suggestions for Implementation	Scoresheet Available?
High in Vitamins	Food models or pictures of fruits & vegetables	Exhibitor will identify fruits & vegetables as high Vitamins A, D or both	Yes
Adv. & Disadv. of Fresh, Frozen & Canned	Compare Your Choices chart from book; Questions relating to the chart	Exhibitors will need to use the chart to determine if the statement gives an advantage or disadvantage and for what type of fruit or vegetable (i.e. fresh, cooked, etc.)	No
Selection & Storage	Charts on pages 9 & 10; List of True/False statements regarding storage & selection of fruits & vegetables	Exhibitor will answer true or false to statements listed, using the charts for reference	No
F & V In Season	Chart on page 11; True/false statements regarding the seasonality of food items	Exhibitor will answer true or false to statements listed, using the chart for reference	No
Apple Varieties	Chart on page 14; Questions regarding the uses of several Illinois apple varieties	Exhibitor will answer questions, using the chart for reference	No
Measuring	Recipe from book, with ingredients and various measuring and mixing tools	Exhibitor will demonstrate ability to follow a recipe and correctly measure ingredients	Yes
Spices & Herbs	Chart on page 21; Questions regarding use of various spices and herbs	Exhibitor will demonstrate an ability to use the chart to find information relating to spices & herbs	No
Specialty Fruits & Vegetables	Food models, photos or actual food – from specialty fruits & vegetables list	Exhibitor will identify specialty fruits & vegetables	No
Make a Garnish	Knives or other garnish tools; Cutting board; Different fruits or vegetables	Exhibitor will demonstrate skills in making garnishes from fruits & vegetables	No
Menu Planning	Different menus; Questions related to those menus	Exhibitor will answer questions relating to various menus	Yes
MyPyramid	Variety of food photos or modules: Names of categories within MyPyramid	Exhibitor will be able to place foods in the correct MyPyramid groups	No

Meat and Other Protein Sources

Station	Suggested Equipment	Suggestions for Implementation	Scoresheet Available?
Cooking Temperatures	List of foods and possible cooking temperatures	Exhibitor will match correct cooking temperature with food items.	No
Refrigerator & Freezer Storage Times & Temperatures	List of foods and possible storage times, designated for freezer or refrigerator	Exhibitor will match storage times with food items.	No
Dry Heat vs. Moist Heat	List of Dry Heat & Moist Heat cooking terms and their definitions	Exhibitor will demonstrate knowledge of cooking terms for various cooking methods.	No
Meat Labels & Labeling	Labels from different types of meat; questions related to the information on the label.	Exhibitor will demonstrate how to read a meat label and knowledge of consumer terms.	No
Calibrating a Thermometer	Metal stemmed thermometer with holder (must be able to be calibrated – use U of I model); 2 c. glass measuring cup; crushed ice; two spoons; water	Exhibitor will demonstrate how the correct steps to calibrate a thermometer	No
Protein Identification	Photos or food models of various cuts of meat and other protein sources	Exhibitor will be able to identify various sources of protein (including different cuts of meat).	No
Labels & Nutrients of Other Protein Sources	Labels from a variety of protein sources.	Exhibitor will demonstrate how to read food labels to obtain necessary information.	Yes
Matching Terms	List of terms and definitions from book	Exhibitor will demonstrate knowledge by matching terms with definitions	No
Cost a Meal	Various ingredients to make a recipe, plus costs of those items & the recipe	Exhibitor will demonstrate how to compute the cost of a meal	No
Menu Planning	Four different menus; Questions related to those menus	Exhibitor will answer questions relating to various menus	No
MyPyramid	Variety of food photos or modules: Names of categories within MyPyramid	Exhibitor will be able to place foods in the correct MyPyramid groups	

Food Preservation

Station	Suggested Equipment	Suggestions for Implementation	Scoresheet Available?
MyPyramid	Variety of food photos or modules: Names of categories within MyPyramid	Exhibitor will demonstrate knowledge of MyPyramid	No
Menu Planning (One Day)	Variety of menus; questions about completeness & appropriateness of menu	Exhibitor will be able to answer questions about one day's menus.	No
Select Appropriate Jars & Lids	Variety of appropriate & inappropriate jars & lids	Exhibitor must indicate if jar/lid is appropriate for canning	Yes
Filling a Jar	Jars, food item to can, bowls, water, tools, paper towels	Exhibitor will demonstrate skill	Yes
Hot Water Bath or Pressure Canner?	Photos of various foods	Exhibitor will select correct processing method for foods	No
Keeping Foods from Getting Dark	List or cards with variety of correct & incorrect pre-treatments	Exhibitor will select correct pre-treatments	Yes
Blanching Times for Vegetables for Drying	Copies of charts from book	Exhibitor will demonstrate how to select & read charts	Yes
Processing Steps for Jellies	Cards with various steps outlined	Exhibitor will place cards in correct order	Yes
Labeling Processed Food	Cards with variety of food processing scenarios	Exhibitor will demonstrate skill	Yes
Filling a Boiling Water Bath Canner	Different water bath canners, water, tools, jars w/ lids & rings	Exhibitor will demonstrate skill	Yes
Types of Jelly Products	Variety of jelly products	Exhibitor will identify products	Yes
Wrap Food for Freezer	Variety of types of wrap, block of wood (to wrap), variety of items to "seal" wrap	Exhibitor will demonstrate skill	Yes