

Food & Nutrition Skillathon



2008 STUDY AREAS



Questions will be taken from the following areas:

- 1) Food Preparation – Terms:** (I Spy in the Kitchen - pg. 9; Mini Meal Magic- pg. 60; Fast Break for Breakfast- pgs. 15, 36; Outdoor Chef- pg. 48; Food and Fitness Choices for You- pg. 34; Pathways to Culinary Success- pgs. 14, 37, 61-63)
- 2) MyPyramid** (Review the MyPyramid sheet included in your project book. Information can also be viewed on the website: <http://mypyramid.gov>. Skillathon questions will be based on a 2000 calorie diet.)
- 3) Food Safety** (I Spy in the Kitchen- pg. 8; Mini Meal Magic- pgs. 13, 25, 42, 44; Food, Fitness & Fun-pgs. 10, 20, 24, 25, 32; Fast Break For Breakfast- pgs. 9, 18, 26, 29, 42; Food and Fitness Choices for You- pgs. 12, 22, 34, 37; Star Spangled Foods- pgs.6, 15, 27, 31, 40, 43, 46; Outdoor Chef- pgs.10, 11, 12, 19, 20, 23, 26, 28, 34, 37; Meals in Minutes- pgs.17, 24, 30, 38, 43, 51; Let's Bake Quick Bread- pgs.18 & 19; You're the Chef- pgs.13, 26, 36; Global Gourmet- pgs.11, 13, 20, 22, 26, 30, 35, 37, 42, 44, 48, 51, 52, 59, 60; Pathways to Culinary Success- pgs.17, 18, 24, 25, 26, 36)
- 4) Food Shopping – Food Labels** (Fast Break for Breakfast- pg. 39; Food and Fitness Choices for You- pgs. 22, 23, 26, 27, 46, 47; Star Spangled Foods- pgs. 43, 50, 55; Meals in Minutes- pgs. 24, 37; Global Gourmet- pg. 52)
- 5) General 4-H Information** 4-H Pledge, 4-H Motto, Colors and Meaning, When and Where 4-H started, What the 4 H's stand for, Names of County Educators, What University Ohio 4-H is Associated With, 4-H Member Rules and Project Guidelines, 4-H Club Name, Advisors' Name(s), Where Does Scioto County attend 4-H Camp, etc. This can be found in the Advisor's Project Requirements.
- 6) Tie Breaker – Food Preparation Terms** (refer to study pages listed above in #1)

Please utilize this information, as well as the appropriate project book material, to prepare for the skillathon.

Skillathon and Food & Nutrition Judging July 24 Portsmouth Elementary School

Please contact OSU Extension, Scioto County with any questions, 354-7879 or visit us online at: <http://scioto.osu.edu>

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Keith L. Smith, Ph.D., Associate Vice President for Agricultural Administration and Director, Ohio State University Extension TDD No. 800-589-8292 (Ohio only) or 614-292-1868

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