**2023 Junior Food Challenge Script**

**TEAM MEMBER: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

Hello! We are the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ from Guadalupe County.

Today we made \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

**Knowledge of MyPlate**

Based on a 2000 calorie diet a person 9 to 13 needs:

2½ cups every day from the vegetable group. One serving would be one cup of vegetable juice.

2 cups every day from the fruits group. One serving would be 1 large banana.

6 ounces every day from the grains group. 3 ounces daily needs to be whole grain. One serving would be 1 slice of bread.

3 cups every day from the Dairy group. One serving would be 1 cup of milk.

5½ ounces every day from the protein group. One serving would be 1 ounce of fish.

Our dish fits nicely into MyPlate because it contains \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ from the grain group (tell which groups are represented in the dish – might have several foods from the vegetable group or might contain foods from several groups)

**We also need to follow the Dietary Guidelines for Americans by**

1. Following a healthy dietary pattern at every stage in life.
2. Focus on meeting food group needs with nutrient-dense foods and beverages and stay within calorie limits.
3. Limit foods and beverages higher in added sugars, saturated fat, and sodium.
4. And school-aged children and adolescents need at least 60 minutes of moderate to-vigorous activity daily to attain the most health benefits from physical activity.

**TEAM MEMBER: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

My name is \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**The Nutrient in our dish include:**

(Protein) from the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ which helps to build blood and builds and repairs body tissue. Protein supplies food energy at 4 calories per gram. If there is a lack of protein in the diet people can be tired and have loss of appetite.

(Fats) from the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ supplies a large amount of energy to the body in a small amount of food as well at 9 calories per gram. If there is a lack of fats in the diet people can suffer slow growth and loss of hair.

(Carbohydrates) from the \_\_\_\_\_\_\_\_\_\_\_\_\_\_ which helps the body use other nutrients and supplies 4 calories per gram to all body cells. If there is a lack of carbohydrates in the diet one can suffer a loss of energy.

**Of the *water-soluble vitamins* our dish provides:**

Vitamin C – found in \_\_\_\_\_\_\_\_\_\_\_\_\_\_ which helps wounds heal and promotes iron absorption. Without Vit. C we would develop poor wounds healing and pain in joints, bones, and muscles.

 **Of the *fat-soluble vitamins* our dish provides:**

 Vitamin A – found in \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ promotes growth and normal vision and protects against night blindness, helps keep us healthy and resistant to infections.

***Minerals* included in our dish consist of:**

Calcium – found in \_\_\_\_\_\_\_\_\_\_\_ is needed to build bones and teeth and helps clot blood.

Iron – found in \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ is needed to make and transport oxygen. Anemia can happen with enough of iron in the diet.

**Substitutions** that would make our dish healthier might be to use:

Substitutions are based on sugar, fat, sodium (salt) and whole grain.

Can also include cheaper items, fresh foods or based on a chronic disease (heart disease, diabetes, etc.)

**TEAM MEMBER: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

My name is \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

State the key steps in preparation of dish and function of ingredients.

 We used – list each amount of ingredients and WHY you used that (what purpose did it have to make the recipe)

 Then tell us how you decided to garnish your dish and why? We fanned a strawberry. We layered blah blah, or we sprinkled the plate with?

Things to keep in mind when cooking:

* Select vegetables with more potassium often, such as sweet potatoes, white potatoes, white beans, tomato products (paste, sauce, and juice), beet greens, soybeans, lima beans, spinach, lentils, and kidney beans.
* Sauces or seasonings can add calories, saturated fat, and sodium to vegetables. Use theNutrition Facts label to compare the calories and % Daily Value for saturated fat and sodium in plain and seasoned vegetables.
* Prepare more foods from fresh ingredients to lower sodium intake. Most sodium in the food supply comes from packaged or processed foods.
* Buy canned vegetables labeled "reduced sodium," "low sodium," or "no salt added." If you want to add a little salt it will likely be less than the amount in the regular canned product.

The main ingredient in our dish was \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and its role includes \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

**TEAM MEMBER: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

My name is \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

For Food Safety we followed the Fight BAC handout:

**CLEAN**

* Wash hands with warm water and soap for at least 20 seconds before and after handling food and after.
* Wash your cutting boards, dishes, utensils, and counter tops with hot soapy water after preparing each food item and before you go to the next food.

**SEPARATE**

* Prevent cross-contamination by keeping raw meat, poultry, seafood, and eggs separate from ready-to-eat foods.
* Use two cutting boards: one strictly for raw meat, poultry and seafood; the other for ready-to-eat foods like breads and vegetables.
* Wash cutting boards thoroughly in hot soapy water after each use or place in dishwasher.

**COOK**

Food is safely cooked when it reaches a high enough internal temperature to kill the harmful bacterial that cause foodborne illness. Use a food thermometer to measure the internal temperature of cooked foods.

**CHILL**

Refrigerate foods quickly because cold temperatures slow the growth of harmful bacteria. Refrigerator needs to always be at 40 degrees or below. The freezer temperature should be 0 degrees or below.

Never leave food out of refrigeration over 2 hours. If the temperature is above 90 °F, food should not be left out more than 1 hour.

Thaw food in the refrigerator, under cold running water, or in the microwave right before cooking.

**Serving Size Information**

One serving would consist of 1 pancake, one cup, ½ cup, or what?