**Senior Food Challenge Script**

**Opening**

Hello! We are the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ from Guadalupe County. My names is \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and my team members are \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

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

**Knowledge of MyPlate**

Based on a 2000 calorie diet the daily requirement for a 14-18 years old, which is our age group, you need daily:

3 cups of vegetables. One serving would be a cup of raw vegetables, one cup of vegetable juice or 2 cups leafy salad greens.

2 cups fruits. One serving would be 1 cup of raw fruit, 8 ounces of 100 % fruit juice or ½ cup dried fruit.

8 ounces of grains with 3 ounces being whole wheat. One serving would be 1 slice of bread or ½ cup cooked rice.

3 cups of Dairy. One serving would be 1 cup of milk or yogurt or 2 ounces processed cheese.

5½ ounces of protein. One serving would be 1 ounce of lean meat, poultry or fish, 1 egg or ½ cup nuts.

Oils/Fat should be eaten in moderation but no more than 27 grams daily.

Other ingredients used in our dish include seasonings such as: salt, butter, pepper, garlic powder, etc.

Seasonings are important because they add flavor but when adding salt, one must watch the sodium amounts. Most Americans only need 2300 milligrams of sodium a day but get way more.

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 across the lifespan to meet nutrient needs, help achieve a healthy body weight, and reduce the risk of chronic disease.
2. Focus on meeting food group needs with nutrient-dense foods and beverages and stay within calorie limits. Nutrient-dense foods provide vitamins, minerals, and other health-promoting components.
3. Limit foods and beverages higher in added sugars, saturated fat, and sodium. Sugars and Saturated fat should be less than 10% of calories per day. Sodium should be less than 2300 milligrams per day.
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: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**The Nutrient in our dish include:**

The main nutrient in our dish would be (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 suffer fatigue, loss of appetite, edema, and poor growth.

Another nutrient in our dish is (Fats) from the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ which supplies a large amount of energy to the body in a small amount of food. Fats supply energy as well at 9 calories per gram. Fats supply essential fatty acids that are needed for proper use and storage of fat in our bodies. If there is a lack of fats in the diet people can suffer eczema, retarded growth, diarrhea, and loss of hair.

We also have the nutrient (Carbohydrates) from the \_\_\_\_\_\_\_\_\_\_\_\_\_\_ which helps the body use other nutrients and supplies 4 calories per gram to all body cells. And if there is a lack of carbohydrates in the diet one can suffer a loss of energy, fatigue, and ketosis condition caused by abnormal burning of fat in the body.

Last, we have the nutrient (Fiber) from the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ which helps lower cholesterol, improves bowel movement, and gives feeling of fullness without extra calorie. High-fiber diets for elderly, very young or those on low-calorie diets may cause nutrient deficiencies if too much fiber is consumed.

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.

Vitamin B1 – found in \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ help the body use carbohydrates for energy. Without Vit. B1 we would have depression and apathy.

Vitamin B2 – found it \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ assists in the release of energy in our body. Without it we would see problems with our skin, mouth and eyes.

Niacin – found in \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ helps us absorb carbohydrates so without we could be anorexia. It also affects our brains causing confusion and anxiety when we do not get enough.

Vitamin B6 – found in \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ helps convert complex carbohydrates to simple carbohydrates which helps with anemia, convulsions, and weakness.

Vitamin B12 – found in \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ helps maintain nerve tissue and normal blood formation. Without it we could see problems with anemia and neurologic disorders.

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. Infants could have faulty bone and tooth development without it.

Vitamin D – found in \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Regulates amount of calcium and phosphorus absorbed in the blood. Needed to prevent rickets and bone deformities.

*Minerals* included in our dish consist of:

Calcium – found in \_\_\_\_\_\_\_\_\_\_\_ is needed to build bones and teeth and helps clot blood. Without it you could develop osteoporosis.

Chromium – found in \_\_\_\_\_\_\_\_ works with insulin in your body. Without it you have the inability of cells to use glucose for energy.

Iodine – found in salt and is needed for your thyroid hormone to work correctly. Without it you could have stunted growth with mental retardation.

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

We also have a trace amount of Electrolytes in our dish from the salt we added.

**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: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

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: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

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.
* Rinse fresh fruits and vegetables under running tap water, including those with skins and rinds that are not eaten.

**SEPARATE**

When juices from raw meats or germs from unclean objects accidentally touch cooked or ready-to-eat foods such as fruits or salads, cross-contamination occurs.

* 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.

**Today we cooked our \_\_\_\_\_\_\_\_\_\_\_ to blank temperature \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.**

* Reheat leftovers to at least 165°F.
* Boil a meat marinade for several minutes if you plan to re-use it.
* Keep hot food hot—at or above 140 °F. Place cooked food in chafing dishes, preheated steam tables, warming trays, and/or slow cookers.

**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.

Store foods in small, shallow containers (two inches deep or less).

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

Marinate foods in the refrigerator.

**Serving Size Information**

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