Central Florida Fair
Nutrition Contest

Study Guide

Juniors
8-10 years of age
(As of September 1st)

UF | IFAS Extension
UNIVERSITY of FLORIDA

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Proper Hand Washing for School Children

Germs can hide under long fingernails and on dirty hands. Keeping your fingernails short and washing your hands often, are the most important things you can do to stop germs from making you sick. Germs that cause illnesses such as colds, flu, diarrhea, and vomiting can get on your hands from touching things around you. People, pets, raw foods, toys, soil, and objects used in our daily lives can all have germs on them. When you wash your hands properly it helps remove germs from your hands.

1. Keep your fingernails short. If you need to, ask an adult for help cutting fingernails.
2. Wet your hands under running water, then add soap.
3. Rub your hands together with soap while singing the Happy Birthday song twice.
4. Rinse your hands under running water.
5. If you are in a public restroom, use a paper towel to turn off the water.
6. Dry your hands with clean, disposable paper towels.

Wash your hands before:
- Eating and snacking
- Drinking
- Preparing foods
- Touching your mouth

Wash your hands after:
- Visiting the restroom
- Coughing or sneezing on your hands
- Playing outdoors
- Handling pets
- Doing other activities that dirty your hands
When to Wash Your Hands

- After Using the Toilet, Urinal or anytime you visit the restroom for any reason
- Before and After handling raw meats, raw poultry of other raw foods
- Before and After Handling or Preparing any Food Item
- Before Serving Food, Beverages, Setting or Waiting Tables
- After Sneezing, Coughing or Scratching Any Part of Your Body
- After Cleaning, Washing Dishes or Bussing Tables
- After Handling a Tissue or Handkerchief
- After Putting Gloves on, or Anytime You Take Gloves Off
- After Touching Your Face, Hair, Clothes or Any Part of Your Body
- After Eating, Drinking and After Breaks
- After Smoking, Chewing Gum or Chewing

Employees are required to wash your hands BEFORE beginning work. BEFORE working with foods and AFTER any activity that could contaminate the food and equipment you are working with.
Foods from plants and animals

Some of the foods we eat come from animals, including beef, veal, lamb, pork, fish and chicken. Other foods come from plants, including rice, wheat, fruit, beans and vegetables.

We also eat food that animals make. For example, chickens produce eggs and cows give milk. Plants produce food too, such as edible fruits. Plant and animal foods are used to make other foods, such as bread and cheese.

Many processed foods use a combination of foods from animal and plant sources. Biscuits are made from flour (food from a plant) while also containing butter and milk (food sourced from an animal).

How we get food from animals

Some foods are produced from the flesh or internal organs of animals, such as:

- beef, lamb, kangaroo, pork and mutton (red meats)
- chicken and fish (white meats)
- heart, liver, kidneys and brains (organ meats).

Most of these foods come from farmed animals. They are raised until they reach a target weight, then slaughtered (killed) and butchered (cut up) for us to buy, cook and eat. Some animals, like kangaroos and most fish, are killed or caught in their natural environments.

Other animal foods, such as eggs, milk and honey, are produced by animals over their lifetimes.

Foods from animal source are high in protein, they usually are also high in fat. Vitamin B12 and vitamin D are also present in many animal foods, these vitamins are not found in plant foods.

Cheese is an animal food

Cheese is made from milk, so it is also an animal food. Other foods made from milk are butter, cream and yoghurt.

How we get food from plants

Fruit is one of the many foods we get from plants. Other parts of plants we use for food include:

- leaves and stems – celery, lettuce, silver beet
- roots – potatoes, carrots, beetroot, cassava, radish, parsnip
- seeds – wheat, rice, legumes, ground nuts (peanuts), tree nuts (walnuts, almonds).

Most plant foods eaten in Australia are produced on farms and orchards, but some are grown in greenhouses.

Foods from plants are packed with many nutrients such as vitamins, minerals and antioxidants. Dietary fibre is found only in plants.

Cakes are made mainly from plant food

Most cakes are made from flour. Flour is made from wheat, which is a seed made by plants. Other foods made from wheat include:
- bread
- pastry
- biscuits
- pasta
- noodles

Cakes, biscuits and bread can also contain animal fat, eggs and milk.

**Where to get help**

- local food suppliers
- food retailers

**Things to remember**

- Animal foods include meat, eggs and milk.
- Cheese and yoghurt are made from milk, which is an animal food.
- Plant foods include vegetables, fruit, wheat and rice.

This page has been produced in consultation with, and approved by:

Deakin University - School of Exercise and Nutrition Sciences

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Measuring Abbreviations

tsp or t = teaspoon
Tbsp or T = tablespoon
c = cup
oz = ounce

pt = pint
qt = quart
gal = gallon
lb or # = pound

3 teaspoons = Tablespoon
4 Tablespoons = 1/4 Cup
2 Cups = 1 Pint
Pints = 1 Quart
4 Quarts = 1 Gallon
How to Measure Dry Ingredients

Remember, never measure ingredients over the mixing bowl or pan just in case you spill.

**Granulated sugar** is measured by using the measuring cup to scoop the sugar from the container. Then use the back of a knife to level off the top.

**Brown sugar** is packed firmly into the measuring cup. Use the back of the spoon to pack as much sugar as possible into the cup. When you turn the sugar out of the cup, it should retain the cups shape.

**Flour, powdered sugar and other dry ingredients are** measured by spooning them into the measuring cup from the container, then leveling off with the back of a knife or other straight edge.

How to Measure Liquids

You need liquid measuring cups in order to measure liquids properly. They come in several different sizes and are useful for melting chocolate and butter in the microwave as well as measuring.

Pour liquid into the cup, place on a level surface, then bend down so the mark at the amount you need is at eye level. The liquid should come just to the mark for the proper amount. For tablespoons and teaspoons, use ordinary measuring spoons for liquids.

Syrup and honey are difficult to measure because they stick to the measuring spoon. A helpful hint is to lightly grease or spray the measuring cup or spoon first so the sticky ingredients slide right off.

Shortening and Fats

Shortening should be packed into a measuring cup. Make sure there are no air pockets in the shortening, because this will reduce the amount in your recipe. 1 stick of butter or margarine is 1/2 cup. Do NOT use whipped products for baking; they contain air and liquids that will ruin the quality of your baked goods. To easily remove shortening from a measuring cup, rinse it with cool water and drain before packing the shortening into the cup. Oil is measured as a liquid.

Tablespoons and Teaspoons

Use special measuring spoons, not the ordinary spoons that you use for coffee or cereal.