Central Florida Fair
Nutrition Contest
Study Guide

Seniors
14 - 18 years of age
(As of September 1st)

UF IFAS Extension
UNIVERSITY of FLORIDA

LuAnn Duncan, FCS Extension Agent, Orange County, 407-254-9200 - LuAnn.Duncan@ocfl.net
Gabi Murza, FCS/4-H Ext. Agent, Osceola County, 321-697-3000 - Gabriela.Murza@osceola.org
**BAC** (foodborne bacteria) could make you and those you care about sick. In fact, even though you can't see BAC—or smell him, or feel him—he and millions more like him may have already invaded the food you eat. But you have the power to **Fight BAC**.

**CLEAN:** Wash hands and surfaces often
Bacteria can be spread throughout the kitchen and get into hands, cutting boards, utensils, counter tops and food. To **Fight BAC**, always:
- Wash your hands with warm water and soap for at least 20 seconds before and after handling food and after using the bathroom, changing diapers and handling pets.
- Wash your cutting boards, clothes, utensils and counter tops with hot soapy water after preparing each food item and before you go on to the next food.
- Consider using paper towels to clean up kitchen surfaces. If you use cloth towels, wash them often in the hot cycle of your washing machine.
- Rinse fresh fruits and vegetables under running tap water, including those with skins and rinds that are not eaten.
- Rub firm-skin fruits and vegetables under running tap water or scrub with a clean vegetable brush while rinsing with running tap water.

**SEPARATE:** Don't cross-contaminate
Cross-contamination is how bacteria can be spread. When handling raw meat, poultry, seafood and eggs, keep these foods and their juices away from ready-to-eat foods. Always start with a clean scene—wash hands with warm water and soap. Wash cutting boards, dishes, countertops and utensils with hot soapy water.
- Separate raw meat, poultry, seafood and eggs from other foods in your grocery shopping cart, grocery bags and in your refrigerator.
- Use one cutting board for fresh produce and a separate one for raw meat, poultry and seafood.
- Never place cooked food on a plate that previously held raw meat, poultry, seafood or eggs.

**COOK:** Cook to proper temperatures
Food is safely cooked when it reaches a high enough internal temperature to kill the harmful bacteria that cause illness. Refer to the chart on the back of this brochure for the proper internal temperatures.
- Use a food thermometer to measure the internal temperature of cooked foods. Make sure that meat, poultry, egg, dairy and other foods are cooked to the internal temperature shown on the chart on the back of this brochure.
- Cook ground meat or ground poultry until it reaches a safe internal temperature. Color is not a reliable indicator of doneness.
- Cook eggs until the yolk and whites are firm. Only use recipes in which eggs are cooked or heated thoroughly.

**CHILL:** Refrigerate promptly
Refrigerate foods quickly because cold temperatures slow the growth of harmful bacteria. Do not overfill the refrigerator.
- Cold air must circulate to help keep food safe. Keeping a constant refrigerator temperature of 40°F or below is one of the most effective ways to reduce the risk of foodborne illness. Use an appliance thermometer to be sure the temperature is consistently 40°F or below. The freezer temperature should be 0°F or below.
- Refrigerate or freeze meat, poultry, eggs and other perishables as soon as you get them home from the store.
- Never let raw meat, poultry, eggs, cooked food or cut fresh fruits or vegetables sit at room temperature more than two hours before putting them in the refrigerator or freezer (one hour when the temperature is above 90°F).
- Never defrost food at room temperature. Food must be kept at a safe temperature during thawing. There are three safe ways to defrost food in the refrigerator, in cold water, and in the microwave. Food thawed in cold water or in the microwave should be cooked immediately.
- Always marinate food in the refrigerator.
- Divide large amounts of leftovers into shallow containers for quicker cooling in the refrigerator.
- Use or discard refrigerated food on a regular basis. Check USDA cold storage information at www.fightbac.org for optimum storage times.
## Safe Minimum Cooking Temperatures

Use this chart and a food thermometer to ensure that meat, poultry, seafood, and other cooked foods reach a safe minimum internal temperature.

Remember, you can't tell whether meat is safely cooked by looking at it. Any cooked, uncooked red meats — including pork — can be pink, even when the meat has reached a safe internal temperature.

### Why the Rest Time is Important
After you remove meat from a grill, oven, or other heat source, allow it to rest for the specified amount of time. During the rest time, its temperature remains constant or continues to rise, which destroys harmful germs.

<table>
<thead>
<tr>
<th>Category</th>
<th>Food</th>
<th>Temperature (°F)</th>
<th>Rest Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ground Meat &amp; Meat Mixtures</td>
<td>Beef, Pork, Veal, Lamb, Turkey, Chicken</td>
<td>160 None</td>
<td></td>
</tr>
<tr>
<td>Fresh Beef, Veal, Lamb Poultry</td>
<td>Steaks, roasts, chops, Turkey, whole chicken, birds, wings</td>
<td>145 3 minutes</td>
<td></td>
</tr>
<tr>
<td>Pork and Ham</td>
<td>Fresh pork, Fresh ham (raw), Poultry dishes (cooked alone or in bind)</td>
<td>145 3 minutes</td>
<td></td>
</tr>
<tr>
<td>Eggs &amp; Egg Dishes</td>
<td>Eggs, Egg dishes, Leftovers</td>
<td>160 None</td>
<td></td>
</tr>
<tr>
<td>Leftovers &amp; Casseroles</td>
<td>Casserole, Fish dishes</td>
<td>145 or cook until flesh is opaque and separates easily with a fork.</td>
<td></td>
</tr>
<tr>
<td>Seafood</td>
<td>Shrimp, lobster, clams, oysters, mussels, Scallops</td>
<td>Cook until flesh is milky white or opaque and firm.</td>
<td></td>
</tr>
</tbody>
</table>

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http://www.foodsafety.gov/keep/charts/mintemp.html

1/24/2014
If you choose to drink alcohol, do so in moderation. Moderate drinking means up to 1 drink a day for women and up to 2 drinks for men. Twelve ounces of regular beer, 5 ounces of wine, or 1½ ounces of 80-proof distilled spirits count as a drink for purposes of explaining moderation. Remember that alcoholic beverages have calories but are low in nutritional value.

Generally, anything more than moderate drinking can be harmful to your health. And some people, or people in certain situations, shouldn't drink at all. If you have questions or concerns, talk to your doctor or healthcare provider.
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 = 1 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.
CHEF SAFETY

1. Tie Back Hair
2. Wash Your Hands
3. Clean Food Prep Area With Clean Cloth
4. Check Recipe for Ingredients And Equipment Needed
5. Place Ingredients and Equipment on Counter
6. Measure Ingredients Follow Steps in Order
7. Clean As You Cook
8. Put Away Things As You Use Them
9. Turn Off Stove and Burners When Done
10. Wash Dishes With Hot Soapy Water
Making food choices for a healthy lifestyle can be as simple as using these 10 Tips.
Use the ideas in this list to balance your calories, to choose foods to eat more often, and to cut back on foods to eat less often.

1 balance calories
Find out how many calories YOU need for a day as a first step in managing your weight. Go to www.ChooseMyPlate.gov to find your calorie level. Being physically active also helps you balance calories.

2 enjoy your food, but eat less
Take the time to fully enjoy your food as you eat it. Eating too fast or when your attention is elsewhere may lead to eating too many calories. Pay attention to hunger and fullness cues before, during, and after meals. Use them to recognize when to eat and when you've had enough.

3 avoid oversized portions
Use a smaller plate, bowl, and glass. Portion out foods before you eat. When eating out, choose a smaller-size option, share a dish, or take home part of your meal.

4 foods to eat more often
Eat more vegetables, fruits, whole grains, and fat-free or 1% milk and dairy products. These foods have the nutrients you need for health—including potassium, calcium, vitamin D, and fiber. Make them the basis for meals and snacks.

5 make half your plate fruits and vegetables
Choose red, orange, and dark-green vegetables like tomatoes, sweet potatoes, and broccoli, along with other vegetables for your meals. Add fruit to meals as part of main or side dishes or as dessert.

6 switch to fat-free or low-fat (1%) milk
They have the same amount of calcium and other essential nutrients as whole milk, but fewer calories and less saturated fat.

7 make half your grains whole grains
To eat more whole grains, substitute a whole-grain product for a refined product—such as eating whole-wheat bread instead of white bread or brown rice instead of white rice.

8 foods to eat less often
Cut back on foods high in solid fats, added sugars, and salt. They include cakes, cookies, ice cream, candies, sweetened drinks, pizza, and fatty meats like ribs, sausages, bacon, and hot dogs. Use these foods as occasional treats, not everyday foods.

9 compare sodium in foods
Use the Nutrition Facts label to choose lower sodium versions of foods like soup, bread, and frozen meals. Select canned foods labeled “low sodium,” “reduced sodium,” or “no salt added.”

10 drink water instead of sugary drinks
Cut calories by drinking water or unsweetened beverages. Soda, energy drinks, and sports drinks are a major source of added sugar, and calories, in American diets.

Go to www.ChooseMyPlate.gov for more information.
build a healthy meal

10 tips for healthy meals

A healthy meal starts with more vegetables and fruits and smaller portions of protein and grains. Think about how you can adjust the portions on your plate to get more of what you need without too many calories. And don’t forget dairy—make it the beverage with your meal or add fat-free or low-fat dairy products to your plate.

1. make half your plate veggies and fruits
   Vegetables and fruits are full of nutrients and may help to promote good health. Choose red, orange, and dark-green vegetables such as tomatoes, sweet potatoes, and broccoli.

2. add lean protein
   Choose protein foods, such as lean beef and pork, or chicken, turkey, beans, or tofu. Twice a week, make seafood the protein on your plate.

3. include whole grains
   Aim to make at least half your grains whole grains. Look for the words "100% whole grain" or "100% whole wheat" on the food label. Whole grains provide more nutrients, like fiber, than refined grains.

4. don’t forget the dairy
   Pair your meal with a cup of fat-free or low-fat milk. They provide the same amount of calcium and other essential nutrients as whole milk, but less fat and calories. Don’t drink milk? Try soymilk (soy beverage) as your beverage or include fat-free or low-fat yogurt in your meal.

5. avoid extra fat
   Using heavy gravies or sauces will add fat and calories to otherwise healthy choices. For example, steamed broccoli is great, but avoid topping it with cheese sauce. Try other options, like a sprinkling of low-fat parmesan cheese or a squeeze of lemon.

6. take your time
   Savor your food. Eat slowly, enjoy the taste and textures, and pay attention to how you feel. Be mindful. Eating very quickly may cause you to eat too much.

7. use a smaller plate
   Use a smaller plate at meals to help with portion control. That way you can finish your entire plate and feel satisfied without overeating.

8. take control of your food
   Eat at home more often so you know exactly what you are eating. If you eat out, check and compare the nutrition information. Choose healthier options such as baked instead of fried.

9. try new foods
   Keep it interesting by picking out new foods you’ve never tried before, like mango, lentils, or kale. You may find a new favorite! Trade fun and tasty recipes with friends or find them online.

10. satisfy your sweet tooth in a healthy way
    Indulge in a naturally sweet dessert dish—fruit!
    Serve a fresh fruit cocktail or a fruit parfait made with yogurt.
    For a hot dessert, bake apples and top with cinnamon.

Go to www.ChooseMyPlate.gov for more information.

USDA Nutrition Education Series

DG TipSheet No. 7
June 2011
USDA is an equal opportunity provider and employer.
<table>
<thead>
<tr>
<th>1 Serving Looks Like...</th>
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</tr>
</thead>
<tbody>
<tr>
<td><strong>GRAIN PRODUCTS</strong></td>
<td><strong>VEGETABLES AND FRUIT</strong></td>
</tr>
<tr>
<td>1 cup of cereal flakes = fist</td>
<td>1 cup of salad greens = baseball</td>
</tr>
<tr>
<td>1 pancake = compact disc</td>
<td>1 baked potato = fist</td>
</tr>
<tr>
<td>½ cup of cooked rice, pasta, or potato = ½ baseball</td>
<td>1 med. fruit = baseball</td>
</tr>
<tr>
<td>1 slice of bread = cassette tape</td>
<td>½ cup of fresh fruit = ½ baseball</td>
</tr>
<tr>
<td>1 piece of cornbread = bar of soap</td>
<td>¼ cup of raisins = large egg</td>
</tr>
<tr>
<td><strong>DAIRY AND CHEESE</strong></td>
<td><strong>MEAT AND ALTERNATIVES</strong></td>
</tr>
<tr>
<td>1½ oz. cheese = 4 stacked dice or 2 cheese slices</td>
<td>3 oz. meat, fish, and poultry = deck of cards</td>
</tr>
<tr>
<td>½ cup of ice cream = ½ baseball</td>
<td>3 oz. grilled/baked fish = checkbook</td>
</tr>
<tr>
<td><strong>FATS</strong></td>
<td></td>
</tr>
<tr>
<td>1 tsp. margarine or spreads = 1 dice</td>
<td>2 Tbsp. peanut butter = ping pong ball</td>
</tr>
</tbody>
</table>
How Much Do YOU Eat?

Use these everyday items to estimate the amount you eat.

2 cups
Fruit Group

2 1/2 cups
Vegetable Group

3 cups
Milk Group

5 1/2 ounces
Meat & Beans Group

6 ounces
Grains Group

1/2 cup of fruit juice
1 small apple = 1 cup
1/2 cup of sliced fruit
1 1/2 cups of carrots or other vegetables
10 medium fried counts as 1/2 cup
1 cup of milk
1 cup of yogurt
1 1/2 oz. of low-fat cheese
1 tablespoon of peanut butter counts as 1 oz
1/2 cup of beans counts as 2 oz
1 cup of cooked pasta = 1 oz
1 slice of bread counts as 1 oz

Amounts of foods for each group