

Healthy Cuisine

Adapted from Quick Meal Contest developed by JoAnn Hermansen by the Utah 4-H Foods Committee

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Description: An individual or team of two prepare and serve a quick, nutritious meal in one hour.

Entries: May enter as an individual or team of two.

State Awards: TBA

Introduction:

Quick meal preparation is a **must** these days with people's busy schedules. Time saved in meal preparation can be used to sit down with your family and enjoy a healthy meal together. Also, when preparation takes less time a meal will be less stressful!

There is no perfect food so we need a variety of foods to get proper nutrition. Moderation is needed for controlling the number of calories we take in for the day. In order to get the optimum proportion of daily nutrients, we need to balance the foods throughout the day's menu planning.

Purpose:

- Plan and prepare a quick, nutritious meal in one hour.
- Prepare meal using proper food safety.

Healthy Cuisine is open to 4-H members, 3rd - 12th grades as of January 1 of the calendar year in which the contest is held. County competition will be held on three different levels:

- Junior Level 3rd to 5th grades
- Intermediate Level 6th to 8th grades
- Senior Level 9th to 12th grades

General Information:

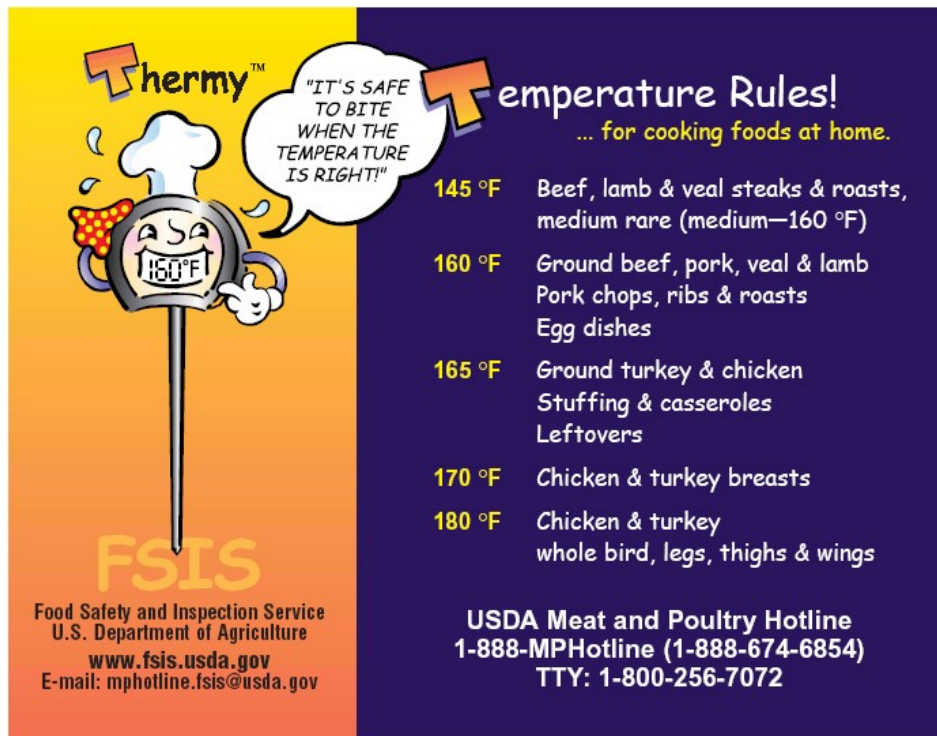
- May be done as an individual or as a team of two with separate awards given for each category.
- **The purpose of Healthy Cuisine is to prepare a quick, nutritious meal in one hour (from preparation to cleanup).** Microwave ovens may be used.
- Utilize creative talents in planning and preparing the meal.
- Use appropriate portion sizes when serving meals.
- Recipes serve a minimum of 2 people. One serving, on a plate provided by the contest committee, will be served to judges. No place settings will be allowed.
- All materials, ingredients, and supplies will be furnished by the contestant.
- It is suggested that contestants practice preparing the meal at least three times prior to the contest.
- Each contestant or team will be responsible for clean up, including washing dishes, wiping down the counter tops, stove and any other equipment used, and cleaning the sink.
- The amount of convenience foods should not exceed the preparation of foods from scratch.
- Hair needs to be properly restrained with a hairnet or hat.
- In daily menu planning, it is important to minimize the use of excess fat, sugar and sodium, to fit within current dietary guidelines.
- Pleasing combinations of foods should be planned. Select a good balance between strong and mild flavored foods, hot and cold, with a variety of textures and colors.
- If using high sugar, salt or fat in favorite family recipe, modify them to make them healthier.
- **Please refer to State Contests General Schedule for times when the kitchen in the Family Life Building is available to store perishable ingredients.**

Each Contestant will:

- Plan the Quick Meal
- Prepare, at the contest site, the meal planned, using correct food preparation principles, time management, safety, sanitation and clean up skills, within the overall 60 minute time limit.
- Present to the judges one plate of the whole meal. This should be done as soon as the meal is ready then participants can continue their clean up work.
- Submit the following:
 - Information & Recipes of prepared meals
 - Menu

Tips for Handling Food Safely:

- Always wash hands, utensils, and surfaces – including cutting boards – in hot, soapy water before and after food preparation; especially after preparing raw meat, poultry, eggs, or seafood. Also remember to wash your hands after using the bathroom.
- When cooking, don't forget to wash your food thermometer after each use.
- Never place cooked food back on the same plate or cutting board that previously held raw food.
- Always separate raw meat, poultry, and seafood from other foods.
- Bacteria grow most rapidly in the Danger Zone – the unsafe temperatures are between 40 F and 140 F – so it's essential to keep foods out of this temperature range.
- Since cool temperatures keep most harmful bacteria from growing and multiplying, be sure to refrigerate foods quickly.
- Never defrost food at room temperature. Thaw food in the refrigerator, in cold water, or in the microwave (if you'll be cooking it immediately).
- Cold foods should be kept at 40 F or colder.
- Hot foods should be kept at 140 F or hotter.
- See Thermy Chart below for temperatures.



Thermometer™

"IT'S SAFE TO BITE WHEN THE TEMPERATURE IS RIGHT!"

Temperature Rules!

... for cooking foods at home.

145 °F	Beef, lamb & veal steaks & roasts, medium rare (medium—160 °F)
160 °F	Ground beef, pork, veal & lamb Pork chops, ribs & roasts Egg dishes
165 °F	Ground turkey & chicken Stuffing & casseroles Leftovers
170 °F	Chicken & turkey breasts
180 °F	Chicken & turkey whole bird, legs, thighs & wings

FSIS
Food Safety and Inspection Service
U.S. Department of Agriculture
www.fsis.usda.gov
E-mail: mphotline.fsis@usda.gov

USDA Meat and Poultry Hotline
1-888-MPHotline (1-888-674-6854)
TTY: 1-800-256-7072

For this chart and more information, see the USDA food safety site:
http://www.fsis.usda.gov/food_safety_education/thermy/index.asp

Common Items to Estimate Serving Sizes

3 oz. of cooked meat, poultry, or fish

Looks like



1 Deck of playing cards

1 medium apple, orange, peach, or pear

Looks like



1 Tennis ball

1 Tortilla

Looks like



1 7-inch plate

1 Muffin

Looks like



1 Large egg

2 Tbsp. Peanut Butter

Looks like



1 Golf ball

1 Pancake or Waffle

Looks like



1 4-inch CD

1 oz. Cheese

Looks like



4 Dice

½ cup Fruit, Vegetable, Cooked Cereal, Pasta, or Rice

Looks like



1 Palm of average woman's hand

(Leafy greens should equal 1 cup)
1 small baked potato
(2 ½" – 3" long)

Looks like



1 Computer mouse

1 oz. Nuts

Looks like



1 handful

½ cup Ice Cream

Looks like



1 Racquet ball

4 small Cookies – 1" diameter

Looks like



4 Casino Chips

Utah State University is an equal opportunity/affirmative action institution

adapted from Williams DP, Christensen NK
Stepping Up to the Plate Handout
Serving Sizes



Healthy Cuisine Checklist

Remember to make sure you've done the following:

- ___ If bringing a cooler, but sure it's adequately cooled with ice.
- ___ Secure hair with hair net or hat.
- ___ Be sure to clean the sink and counter tops before you leave the kitchen area.
- ___ Wear closed-toe shoes.
- ___ You may want to bring containers for leftovers.
- ___ The recipes selected should not contribute excessive amount of fat, sugar, or sodium.
- ___ Review cooking principles in your 4-H manuals and make sure you are preserving the flavor, color, texture and nutrients by cooking properly.
- ___ Plan an efficient clean-up. By cleaning up as you go, the final clean-up will be easier. Keep the working spaces clean and learn proper use of the equipment.
- ___ Always handle food in a safe and sanitary manner. Be sure to wash hands often, not leave foods out to spoil, not nibble on food while preparing it, etc. Have a sanitizer handy.
- ___ Practice proper dish washing methods and sanitize counter tops and cutting surfaces.
- ___ Remember to keep hot things hot and cold things cold. Chilling or pre-heating plates helps to achieve this purpose.
- ___ Use a meat thermometer to test the internal temperature of the meat. Use the USDA temperature rules for the correct temperatures.



Healthy Cuisine Menu

Menu of Meal Being Served



Healthy Cuisine Information & Recipes

Name: _____ County: _____

Name: _____ County: _____

Preparation time for entire meal _____

Why is this a healthy meal?

List of convenience practices used in preparation of this meal:

Anything you did to reduce the salt, sugar, fat in the recipe?

Attach recipes for all foods prepared in this meal.



Healthy Cuisine Scorecard

Blue Ribbon? (Circle One) Yes No	11/15
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Name: _____ County: _____

Name: _____ County: _____

Dish being prepared: _____

ITEMS TO BE SCORED	FAIR	GOOD	EXCELLENT	POINTS EARNED	COMMENTS
Simplicity: (25 Points) <ul style="list-style-type: none"> • Can this recipe be easily made by a busy person with “average” cooking skills? • Is there a balance between pre-made convenience foods and simple foods made from scratch? 					
Appeal: (20 Points) <ul style="list-style-type: none"> • Has appetizing appearance, aroma and flavor • Includes variety or contrast in color, texture, flavor, etc. • Does the meal show creativity in blending the concepts of being quick to prepare and also nutritious? 					
Effective Work Habits: (20 Points) <ul style="list-style-type: none"> • Uses effective time management techniques • Uses correct food preparation skills • Uses proper safety and sanitation skills • Leaves kitchen clean • Wearing a hairnet or hat 					
Nutrition: (20 Points) <ul style="list-style-type: none"> • Is the portion appropriate? • Meal does not contribute excessive amount of fat, sugar, or salt? • Is the meal an overall healthy meal? 					
Written information given to judges complete and correct: (15 Points) <ul style="list-style-type: none"> • Information and recipes of prepared meal • Menu form 					
Total Score: (100 Points)					

Time: 1 point/minute will be subtracted from total score for going over 60 minutes