

Stevens County Creative Cooks Contest

Revised 2017

The Creative Cooks Contest is held to encourage 4-H'ers to cook "real food" from the five major food groups, learn about kitchen safety, understand the basics of good nutrition, and get excited about creating fun and delicious meals. I hope this booklet helps prepare you for this fun and exciting 4-H experience!

--- Nancy Honig, Stevens County Extension Agent

General Rules for Creative Cooks Contest

1. Contestants may prepare a recipe that provides at least one serving per person from any one of the five major food groups. It cannot be a food that fits into the fat or sweet group.
2. The contestant has 1½ hours to prepare the recipe from start to finish.
3. There are three divisions: Beginner (7-9), Junior (10-13) and Senior (14-up).
4. Contestants must provide all their ingredients and utensils needed to create their entry.
5. Contestants must provide a place setting appropriate for their recipe and menu, containing all dishes and utensils needed for their setting. Beginners do not need to provide a centerpiece, but Juniors and Seniors must provide one.
6. A minimum of three ingredients must be measured during the contest. A maximum of two ingredients may be pre-cooked, or pre-measured prior to contest. All other preparation needs to be done at the contest.
7. Contestants must submit three copies prior to contest of each, the menu worksheet and foods worksheet to give to the judges.
8. Contestants will provide 3 recipes, one for the judge, one to work from and one for the office. Be sure name is written on recipes.
9. Contestants will provide a menu on a notecard to place beside the place setting.
10. Contestants need to use and understand correct measuring, mixing and preparation techniques for their entry.
11. Contestants need to know food safety involved in food preparation techniques: temperatures, personal sanitation, etc.
12. Nutritious drinks are acceptable in the Beginner category only.
13. Contestants should be poised and well groomed. Wear an apron, closed-toe shoes, and hair should be away from the face.
14. Contestants should study and understand the nutrition information in this book, according to their age category.
15. **SENIORS ONLY** Seniors must provide menus for an entire day, not just one meal. It should include all the food groups. They should also select their recipe and menu from a food with a special heritage or ethnic background, **OR** one that has been modified to create a healthier food, low-fat, lower sodium etc. They must fill out the additional worksheet for Cultural /Customized Meals.

Selecting your Recipe

This is a great time to try a fun and new recipe, just be sure to practice prior to the contest. You want to make sure the recipe can be prepared from start to finish in 1½ hour or less. Be sure that a serving of your dish provides at least one serving from at least one of the five major food groups. Consider if the recipe is a healthy choice, easy to prepare, and one you would like to make and eat often.

Menu Planning

Remember you only have to make one recipe, but you must plan a menu around that food to compliment and complete your meal. Remember Seniors must make a whole day of meal plans. Consider the following points.

Color: Mix colors. We eat first with our eyes, so create a selection of foods on the menu that are pleasing to the eye, and provide nice color and contrast to each other.

Flavor: Combine flavors. Contrast is always good. Compliment bland flavors with tang and zip. Mild flavors are best served first, stronger ones later, and sweets as a final taste. Don't cover or hide the flavor of your dish or items in your menu. Spices and herbs are good to use in your cooking, but use them wisely.

Texture: Contrast in texture is always good. It adds interest to the meal. Consider some of these contrasting textures.

<u>Crisp</u>	<u>Chewy</u>	<u>Hard</u>	<u>Soft</u>
Lettuce	Meats/Fish	Pretzels	Mashed Potatoes
Crackers	Bagel	Croutons	Bananas
Carrots	Cheese	Hard Roll	Puddings
Celery	Oatmeal		Yogurt

Shapes and Sizes: Include a combination of different shapes and sizes in your menu. A meal is more appealing with variety of shapes, sizes and portions.

Temperature: Always serve cold foods cold and hot foods hot. A good menu will include at least one hot food. Crisp salads, chilled juices and ice cream make good contrast for hot food.

Variety: Variety is the spice of life, so avoid repetition of color, flavor, texture, shape and temperature. Meals are most interesting when a variety of foods and flavors are offered, both within the meal and within the same day.

Nutrition: Remember your menu should include servings from four or five of the five food groups. For a snack it should include 2 or more of the food groups.

Menu Writing

Although there is really no right or wrong way to write a menu, please follow these general guidelines for the contest.

1. Capitalize all words except articles and prepositions.
2. The items in the menu should be grouped by courses, beginning with the first. The items would be listed in order this way:

Appetizer:	Chilled Tomato Juice
Main Course:	Meat Loaf Cups
Fruit &/or Veg.:	Carrot Strips
Bread:	Whole Wheat Roll
Dessert:	Lemon Bars
Beverage:	Iced Tea

3. When two or more items accompany an item, center the main item and space the accompanying items on the same line to the right and left, or on the line below. For example:

Pineapple Chunks	Fruit Dip	Apple Slices
OR		
Melon Balls	Pineapple Chunks	Apple Slices
Fruit Dip		

4. Beverages appear as the last item in the course with which it is served.
5. Such items as butter, cream, sugar or salad dressing are not written on menus unless they are particularly interesting or different. For example: Honey Butter, Poppy Seed Dressing, Red Current Jelly, or Fresh Herb Dressing.
6. Use descriptive terms that communicate temperature, texture, color, or other special characteristics of the food or method of preparation. For example: Chilled Apple Cider, Fresh Garden Strawberries, Smokey Grilled Vegetables, Crusty Rolls, Whipped Butter.
7. Plan the spacing and arrangement of the items on the menu so that the written menu is symmetrical. Allow extra spacing between courses. For Example:

Melon Balls	Fruit Dip	Apple Slices
Whole Wheat Wafers		
Grilled Sirloin Steak		
Baked Potato	Sour Cream	
Mixed Green Salad		
Hot Rolls		
Lemon Ice		
Coffee	Milk	

8. Menus may be decorated, laminated etc. to accompany your place setting appropriately. Contestants need one menu for their place setting and the menu worksheet for the judge.

Place Settings

The purpose of a place setting is to make the act of eating easier. A properly set table helps guests feel more at ease.

A table setting depends on:

- What food will be served
- How many persons will be seated
- What the table covering will be

Common sense tells us that a proper place setting provides the necessary utensils for eating a meal, and that they will be placed in convenient positions for use. Table utensils need not be expensive, but all items should be clean, and dishes and glassware should be free of cracks and chips. A *cover* is another name for a place setting. It consists of a combination of flatware, dishes, glasses, and linens that are appropriate for the foods served. A cover is approximately 20 to 24 inches long by 15 inches deep. It is the individual's place at the table. Table linens may be napkins, place mats, tablecloths or runners.

Tips: For the contest you only need to provide the utensils that would be used to eat the meal of your menu. If you do not need the knife, fork or spoon you don't have to include it.

- If using a placemat, place it so it is even with the edge of the table.
- If using a tablecloth it should have an 8-12-inch drop. Table runners should be wide enough to hold an individual place setting and should also have an 8-12-inch drop.
- Place all silverware and tableware 1-inch from the edge of the table. If your placemat is oval, follow the curve of the mat. The lowest piece of silverware should be 1-inch from the edge.
- The open corner of the folded napkin should be in the lower right hand corner. The napkin is usually placed at the left of the fork. However, when covers are close together, it can be placed in the center of the plate. Napkins can also be rolled and placed in a napkin ring (position it as you would a folded napkin).
- Nothing should be placed on top of the napkin.
- If the glass will only fit on half of the placemat, it is better to set it on the table to keep it level.
- When placing silverware on the table, place as many of each item as is needed to eat the meal. The general rule is to use the silverware from the outside in. In other words, if you had three forks, you would use the furthest to the left first. The last one used would be closest to the plate.
- The salad fork has shorter or fewer tines, and is placed to the left of the dinner fork if the salad is served before the main dish. The salad fork is placed to the right of the dinner fork if the salad is served with the main dish.
- The cutting edge of the knife should always be laid toward the plate. Make sure it does not get tucked under the rim of the plate. You should be able to pick it up without hitting the rim of the plate.
- Be sure everything you use to set the table is clean and free of water spots or finger prints.
- Be sure the texture and color of the dinnerware, flatware, glassware, centerpieces, napkin, placemat/tablecloth, all coordinate.
- Let your menu influence the table setting you use.

Beverage ware

- At least one piece of beverage ware should be included in your place setting.
- If you list more than one beverage on your menu (for example, milk and fruit juice) then two appropriate glasses should be provided at the setting. If only one beverage is listed on the menu, or none at all (water is assumed to be served if nothing is listed on the menu for a beverage) then one piece of beverage ware should be included in the table setting.
- A water glass may or may not be included in addition to other beverages, such as tea, listed on the menu. It is up to the host/hostess whether any additional glass for water is placed at the setting. If you don't list coffee on the menu, you do not need to put a cup and saucer at your place.

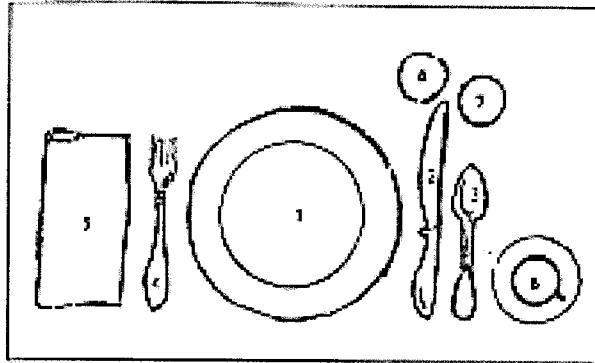
Serving Dishes and Utensils

- Table presentation of the food prepared is important for a successful and pleasing meal. Matching or coordinating serving dishes and utensils should be used for a unified look at the table. Foods that are prepared in blenders, fry pans, grills, etc. should always be transferred to an appropriate serving dish, plate or pitcher.
- Casserole type foods, salads, etc. may be prepared and served in the same dish, if the dish is also a serving dish. The preparation/serving dish should be appropriate for the menu item and blend well with the other dishes at the place setting. Instead of baking a casserole in a 9x13-inch cake pan, bake it in a casserole dish.

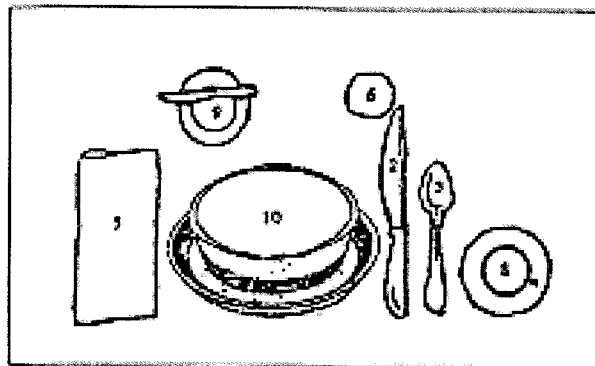
Centerpieces:

- Be sure to use good color combinations. The centerpiece can help to draw the whole place setting together. You can also use your center piece to accent another color in the rest of your place setting.
- You can use items other than candles and flowers. Some examples are: pinecones, fruits and vegetables, books, small ceramics. Be bold and try something different. Express your own personality.
- Keep the centerpiece in proportion to the size of the table. If it is too large it will overpower the table; too small and it will seem lost.
- Watch the height of the centerpiece. Keep the view and conversation zones open. Every guest should be able to see the other guests near him or her.
- A centerpiece can consist of more than one item. Be careful, though, when combining items to watch the sizes, textures, colors and themes.
- When using fresh flowers, watch for offensive odors, bugs, or other foreign matter.
- A mat of some kind is usually placed underneath the centerpiece to coordinate it with the place setting. It could be the same kind of mat used for the place setting, a napkin or something that coordinates with the other fabrics, colors and textures used in the place setting.
- If using a container select it carefully. Keep the container in proportion to the contents that it holds, as well as the area where it sits.

BREAKFAST



Tomato Juice
Toasted English Muffins
Sausage Links
Milk Coffee



Oatmeal Granola
with Fresh Strawberries
and Milk
*Toast Orange Marmalade
Milk Coffee

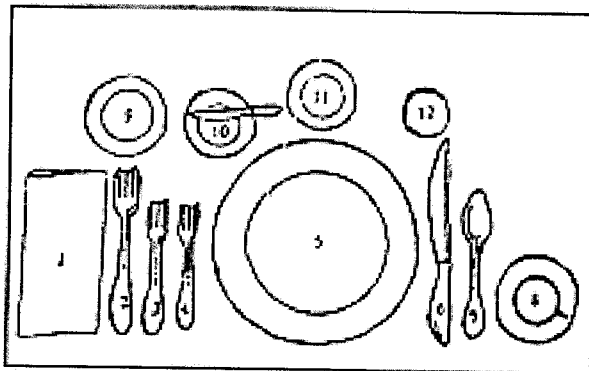
*May use a separate bread plate
or the plate under the bowl.

KEY:

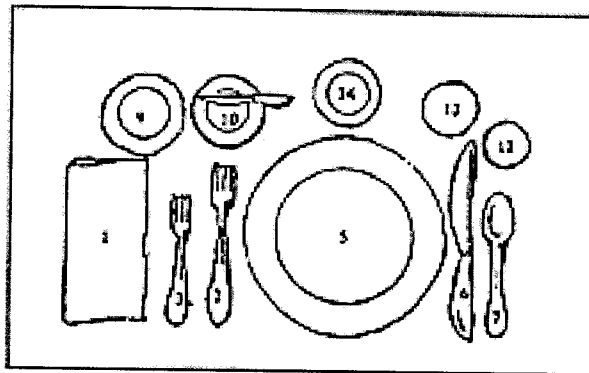
- 1) Plate
- 2) Knife
- 3) Spoon
- 4) Fork
- 5) Napkin

- 6) Milk Glass
- 7) Juice Glass
- 8) Coffee Cup & Saucer
- 9) Bread & Butter Plate
- 10) Bowl

DINNER / LUNCH MENU

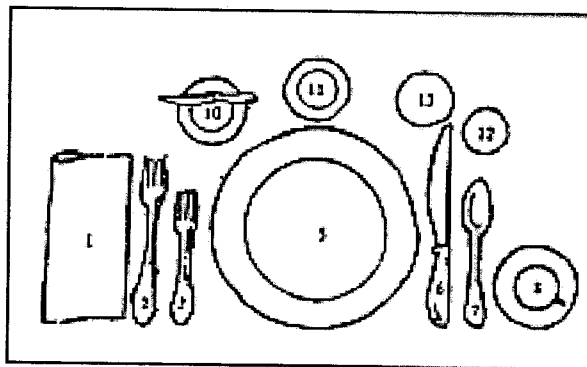


Sweet & Sour Pork
 Chow Mein Noodles
 Asparagus-Lettuce Salad
 Fan-Tan Rolls
 Raspberry Pie
 Milk Tea



Tossed Green Salad

Lasagna
 Skillet Zucchini
 Garlic Bread
 Fresh Fruit Compote
 Cookies
 Milk

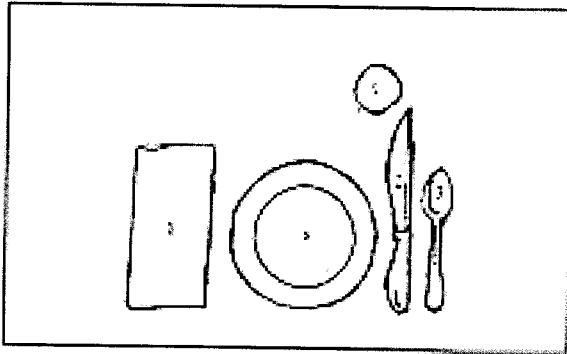


Beef Roll-Ups
 Buttered Noodles
 Green Peas with Mushrooms
 Perfection Salad
 Crusty Rolls
 Pineapple Cheesecake
 Coffee Milk

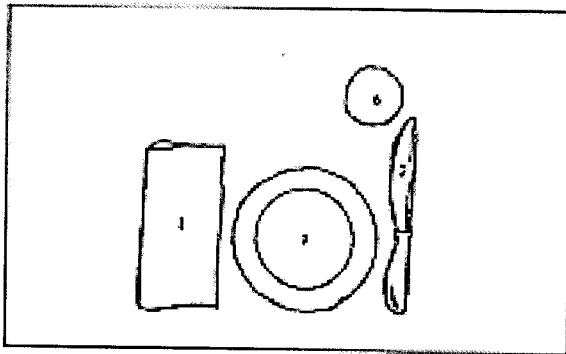
KEY:

- | | | |
|-----------------|--------------------------|-------------------|
| 1) Napkin | 6) Knife | 11) Dessert Plate |
| 2) Dinner Fork | 7) Spoon | 12) Milk Glass |
| 3) Salad Fork | 8) Cup & Saucer | 13) Water Glass |
| 4) Dessert Fork | 9) Salad Plate | 14) Dessert Cup |
| 5) Dinner Plate | 10) Bread & Butter Plate | |

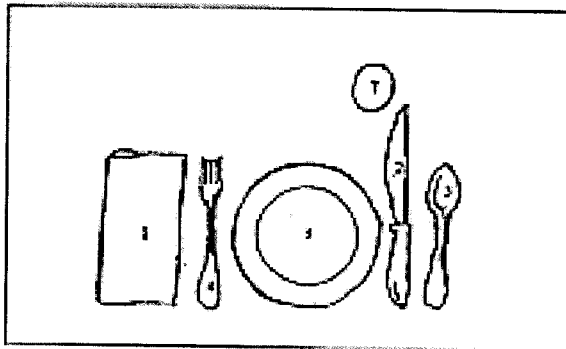
SNACK MENU



Refreshing Orange Sipper
Lemon Bread



Whole Wheat Muffins
Whipped Strawberry Butter
Milk



Pizza Sandwiches
Mixed Berry Milkshake

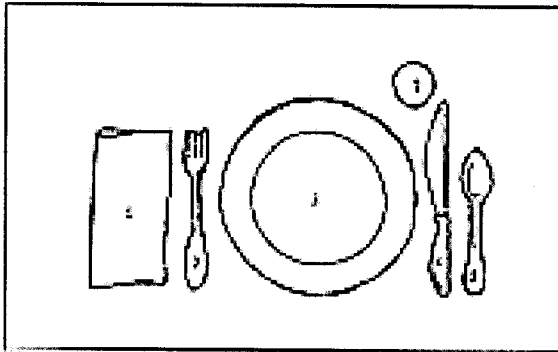
KEY:

1) Napkin
2) Knife

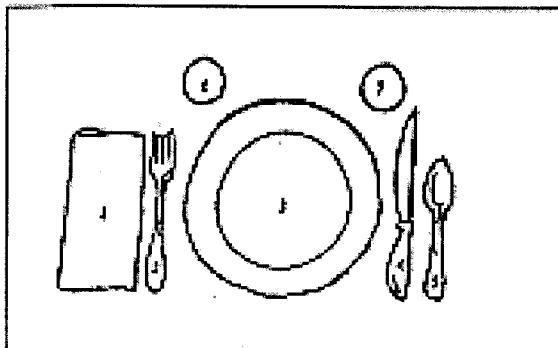
3) Spoon
4) Fork

5) Lanchon or
Bread & Butter Plate
6) Milk Glass
7) Beverage Glass

BASIC TABLE SETTING
(might be used at any meal)



Grilled Reuben Sandwich
Dill Pickles
German Potato Salad
Milk



Turkey Terazzini
Crisp Relishes
French Bread
Chocolate Pudding Parfait
Milk

KEY:

1) Napkin
2) Fork

3) Plate
4) Knife

5) Spoon
6) Dessert Cup
7) Milk Glass

Garnishes

Before we taste food, our eyes often “feast” upon what is set before us. This helps the appetite kick into gear. Good cooks always invest a little extra attention in making their dishes look special. Garnishes are one way to do that. Be sure to only use edible garnishes, and only if it enhances the food.

A garnish may be laid on the food or around the dish. It can also be added to an individual serving. It can be as simple as a dash of paprika, but it should be appropriate to the food it is accompanying, and should harmonize in flavor. Variety and contrast in color, form and texture is important when garnishing.

Work Area/Miscellaneous

- Keep your work area neat by cleaning up as you go along. Make sure your station is completely clean for the next contestant.
- Use dry potholders when needed. Be careful if moving hot items to drain in the sink.
- If you have things on the stove, turn the handles inward to avoid spills and burns.
- Be sure to use a cutting board if you are doing any cutting or chopping. Make sure to use different boards and knives if you are cutting raw meat and any other ingredients. This prevents cross contamination.
- Always keep in mind safety in the kitchen. If you need help with a utensil or appliance ask for help.
- Bring extra ingredients. If you spill or drop something you will have enough of what you need.
- When putting your food on the judge’s plate be sure and put one serving size on the plate. For example, if your recipe makes 4 servings than $\frac{1}{4}$ of that recipe should be on your plate.
- You may choose what order you make your recipes, set your place setting and talk to the nutrition judge. You have 1½ hour to do all three.
- To avoid promoting a brand name, cover with tape or paper the brand names on your ingredients, or transfer them to other containers to bring them.
- Remember the only food you need to prepare at the contest is your primary recipe. You don’t need to make or bring accompanying foods unless it goes with your dish, for example, syrup for your pancakes.

The Cook

Being prepared is important for any contest. Here are some ways that you can be prepared to do your best at the Creative Cooks Contest, and every time you prepare a dish in the kitchen.

Appearance

- Avoid long flowing sleeves that may get in your food or catch on fire
- Wear an apron or some type of protection for your clothing.
- Wear comfortable shoes that are close toed to protect your feet. (Imagine a dropped knife or spilling hot water on your feet!)
- Keep your hair pulled back from your face to keep it from falling in your food. Be clean and well groomed.
- Wash you hands before beginning. Have a wet cloth at your workstation to periodically wipe your hands as you work. Be sure to wash your hands often while preparing your food, especially after coughing, sneezing, or handling raw meat.

Attitude

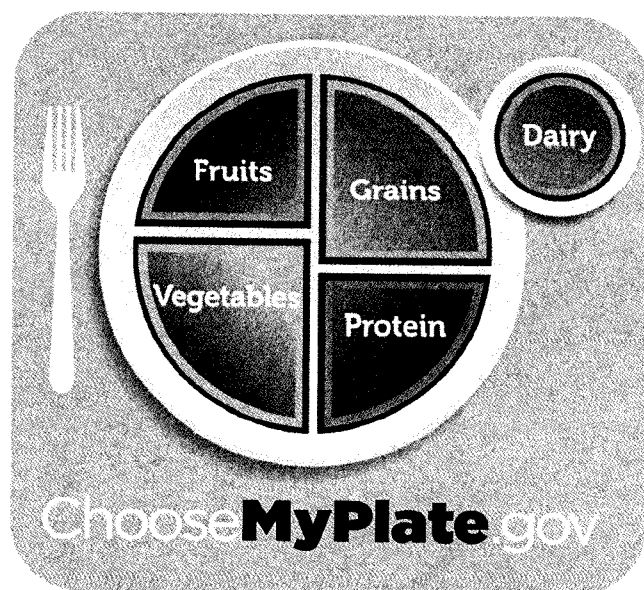
- Relax and enjoy yourself. Smile and be friendly to the judges. The judges understand people and any suggestions they give are to help you learn and improve your skills.
- Do your own work and be careful not to bother those around you. Many mistakes can be made in a recipe, so it is best to give all your attention to what you are doing.

Nutrition Knowledge

The information here is based on the USDA My Plate recommendations. All contestants need to understand how many cups or ounces they personally need each day.

There are five basic food groups you need to understand: fruits, vegetables, grains, protein foods and dairy. The amount of food you need to eat depends on age, sex, and level of physical activity. Recommended daily amounts are shown in the following charts for each food group.

*These amounts are appropriate for individuals who get less than 30 minutes per day of moderate physical activity, beyond normal daily activities. Those who are more physically active may be able to consume more while staying within caloric needs.



Six Basic Nutrients Required for Good Health

1. Carbohydrates:

Carbohydrates can be grouped into two categories: simple and complex. Simple carbohydrates are sugars, whereas complex carbohydrates consist of starch and dietary fiber. Carbohydrates provides about 4 calories per gram (except for fiber) and is the energy that is used first to fuel muscles and the brain. Soluble fiber (fruits, legumes, nuts, seeds, brown rice, and oat, barley and rice brans) lowers blood cholesterol and helps to control blood sugar levels while providing very little energy. Insoluble fiber (in wheat and corn bran, whole-grain breads and cereals, vegetables, fruit skins, nuts) doesn't provide any calories. It helps to alleviate digestive disorders such as constipation, and may help prevent colon cancer. The most daily caloric intake (55-60%) should come from carbohydrates. Sources of carbohydrates include grain products such as breads, cereals, pasta, and rice; fruits and vegetables, and refined sugar.

2. Protein:

Protein from food is broken down into amino acids by the digestive system. These amino acids are then used for building and repairing muscles, red blood cells, hair and other tissues, and for making hormones. Adequate protein intake is also important for a healthy immune system. Because protein is a source of calories (4 kcal per gram), it will be used for energy if not enough carbohydrate is available due to skipped meals, heavy exercise, etc. Main sources of protein are animal products, such as meat, fish, poultry, milk, cheese and eggs, and vegetable sources including legumes (beans, lentils, dried peas, nuts) and seeds.

3. Fat:

The fat in food includes a mixture of saturated and unsaturated fat. Animal-based foods such as meats and milk products are higher in saturated fat, whereas most vegetable oils are higher in unsaturated fat. Compared to carbohydrate and protein, each gram of fat provides more than twice the amount of calories (9 kcal per gram). Nevertheless, dietary fat does play an important role in a healthy diet. Fat is necessary for the production and absorption of certain vitamins and hormones, maintains skin and hair, cushions vital organs, and provides insulation.

4. Vitamins:

Vitamins help to regulate chemical reactions in the body. There are 13 vitamins, including vitamins A, B complex, C, D, E, and K. Because most vitamins cannot be made in the body, we must obtain them through the diet. Vitamins are best consumed through a healthful varied diet rather than as a supplement, because there is little chance of taking too much.

5. Minerals:

Minerals are components of foods that are involved in many body functions. For example, calcium and magnesium are important for bone structure, and iron is needed for our red blood cells to transport oxygen. Like vitamins, minerals are not a source of energy and are best obtained through a varied diet rather than supplements.

6. Water:

Water is a vital nutrient for good health. Water helps to control our body temperature, carries nutrients to, and waste products from our cells, and is needed for our cells to function. It is recommended that adults drink 8 glasses of fluid daily. Caffeine-containing beverages (coffee, tea, cola) don't count because caffeine is a diuretic, making us lose water.

Vitamins and Minerals

(Required for Seniors to Learn)

VITAMINS

Fat Soluble - stored in body fat

- Vitamin A
 - Helps eyes adjust to dim light
 - Keeps our skin healthy
 - Helps keep lining of mouth, nose, throat and digestive tract healthy, helps to resist infection.
 - **Sources:** liver, whole milk, egg yolk, dark green leafy vegetables
- Vitamin D
 - Helps the body use calcium and phosphorus to build strong bones
 - Prevents Rickets
 - **Sources:** Fortified milk, exposure to sunlight

Water Soluble - not stored in the body

- Vitamin C
 - Helps hold body cells together and strengthens walls of blood vessels.
 - Helps keep nerves healthy.
 - Helps promote good appetite and digestion.
 - **Sources:** Citrus fruits, tomatoes, strawberries, cantaloupe, cabbage, broccoli, kale, potatoes.
- Thiamin (B1)
 - Helps body cells obtain energy from food.
 - Helps keep nerves healthy.
 - Helps promote good appetite and digestion.
 - **Sources:** Pork, liver and other organs, wheat germ, whole grains or enriched breads and cereals, soybeans, peanuts and other legumes and milk.
- Riboflavin (B2)
 - Aids in utilization of calories.
 - Promotes healthy skin, eyes, clear vision.
 - **Sources:** Milk, organ meat, enriched breads and cereals.
- Niacin (B3)
 - Helps the cells of the body use oxygen to produce energy.
 - Helps maintain health of skin, tongue, digestive tract and nervous system.
 - Aids in the digestion and fosters normal appetite.
 - **Sources:** Lean meat, poultry, fish, liver, kidney, whole wheat and enriched breads and cereals, peanuts.
- Folic Acid (B9)
 - Helps prevent certain forms of anemia.
 - Necessary for of blood cell formation.
 - Works with B12
 - **Sources:** Widespread in foods, liver, kidney, yeast, deep green leafy vegetables highest sources.

MINERALS

- Calcium
 - Building of strong bones and teeth promotes proper function of nerves, heart and muscle.
 - Assist in the clotting of blood.
 - **Sources:** All forms of milk, cheese, dairy products.
- Iron
 - Helps to make red blood cells.
 - Carries oxygen through blood to the muscles and organs.
 - Helps to utilize energy.
 - **Sources:** Red meats, fish, poultry, shellfish, eggs, legumes, iron-fortified cereals and breads.

How Much Fruit Is Needed Daily?



Daily recommendation*		
Children	2-3 years old 4-8 years old	1 cup 1 1/2 cups
Girls	9-18 years old	1 1/2 cups
Boys	9-13 years old 14-18 years old	1 1/2 cups 2 cups
Women	19-30 years old	2 cups
	31+ years old	1 1/2 cups
Men	19 + years old	2 cups

How Many Vegetables Are Needed Daily?

Daily recommendation*		
Children	2-3 years old 4-8 years old	1 cup 1 1/2 cups
Girls	9-13 years old 14-18 years old	2 cups 2 1/2 cups
Boys	9-13 years old 14-18 years old	2 1/2 cups 3 cups
Women	19-50 years old 51+ years old	2 1/2 cups 2 cups
Men	19-50 years old 51+ years old	3 cups 2 1/2 cups

How Much Grains Are Needed Daily?

Any food made from wheat, rice, oats, cornmeal, barley or another cereal grain is a grain product. Bread, pasta, oatmeal, breakfast cereals, tortillas, and grits are examples of grain products. Grains are divided into 2 subgroups, **Whole Grains** and **Refined Grains**. Whole grains contain the entire grain kernel — the bran, germ, and endosperm.

		Daily recommendation*
Children	2-3 years old 4-8 years old	3 ounce equivalents 5 ounce equivalents
Girls	9-13 years old 14-18 years old	5 ounce equivalents 6 ounce equivalents
Boys	9-13 years old 14-18 years old	6 ounce equivalents 8 ounce equivalents
Women	19-50 years old 51+ years old	6 ounce equivalents 5 ounce equivalents
Men	19-30 years old 31-50 years old 51+ years old	8 ounce equivalents 7 ounce equivalents 6 ounce equivalents

* At least 1/2 of your daily grain servings should be whole grains.

How Much Protein Foods Are Needed Daily?

All foods made from meat, poultry, seafood, beans and peas, eggs, processed soy products, nuts, and seeds are considered part of the Protein Foods Group.

Daily recommendation*		
Children	2-3 years old 4-8 years old	2 ounce equivalents 4 ounce equivalents
Girls	9-18 years old	5 ounce equivalents
Boys	9-13 years old 14-18 years old	5 ounce equivalents 6 1/2 ounce equivalents
Women	19-30 years old 31-51+ years old	5 1/2 ounce equivalents 5 ounce equivalents
Men	19-30 years old 31-50 years old 51+ years old	6 1/2 ounce equivalents 6 ounce equivalents 5 1/2 ounce equivalents

How Much Dairy Foods Are Needed Daily?

All fluid milk products and many foods made from milk are considered part of this food group. Most Dairy Group choices should be fat-free or low-fat. Foods made from milk that retain their calcium content are part of the group. Foods made from milk that have little to no calcium, such as cream cheese, cream, and butter, are not. Calcium-fortified soymilk (soy beverage) is also part of the Dairy Group.

Daily recommendation*		
Children	2-3 years old 4-8 years old	2 cups 2½ cups
Girls	9-18 years old	3 cups
Boys	9-18 years old	3 cups
Women	19-51+ years old	3 cups
Men	19 - 51+ years old	3 cups

MyPlate illustrates the five food groups that are the building blocks for a healthy diet using a familiar image—a place setting for a meal. Before you eat, think about what goes on your plate or in your cup or bowl.

What Counts as a Cup of Vegetables?

In general, 1 cup of raw or cooked vegetables or vegetable juice, or 2 cups of raw leafy greens can be considered as 1 cup from the Vegetable Group.

The chart lists specific amounts that count as 1 cup of vegetables towards your recommended intake.



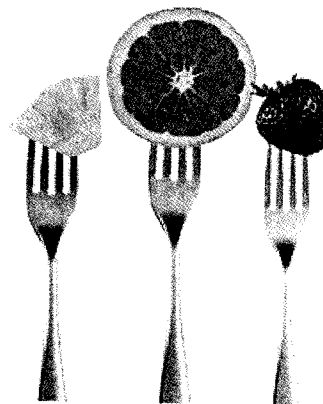
		Amount that counts as 1 cup of vegetables
Dark Green Vegetables	Broccoli	1 cup chopped or florets 3 spears 5" long raw or cooked
	Greens (collards, mustard greens, turnip greens, kale) Spinach Raw leafy greens: Spinach, romaine, watercress, dark green leafy lettuce, endive, escarole	1 cup cooked 1 cup, cooked 2 cups raw is equivalent to 1 cup
Red and Orange Vegetables	Carrots	1 cup, strips, slices, or chopped, raw or cooked 2 medium 1 cup baby carrots (about 12)
	Pumpkin	1 cup mashed, cooked
	Red peppers	1 cup chopped, raw, or cooked 1 large pepper (3" diameter, 3¾" long)
	Tomatoes	1 large raw whole (3") 1 cup chopped or sliced, raw, canned, or cooked
	Tomato juice	1 cup
	Sweet potato	1 large baked (2¼" or more diameter) 1 cup sliced or mashed, cooked
	Winter squash (acorn, butternut, hubbard)	1 cup cubed, cooked ½ acorn squash, baked = ¾ cup
Beans and Peas	Dry beans and peas	1 cup whole or mashed, cooked
Starchy Vegetables	Corn, yellow or white	1 cup 1 large ear, 8" to 9" long 1 small ear, about 6" long = ½ cup
	Green peas	1 cup
	White potatoes	1 cup diced, mashed 1 medium boiled or baked potato (2½" to 3" diameter) French fried: 20 medium to long strips (2½" to 4" long) (Contains added calories from solid fats.)
Other Vegetables	Bean sprouts	1 cup cooked
	Cabbage, green	1 cup, chopped or shredded, raw or cooked
	Cauliflower	1 cup pieces, raw or cooked
	Celery	1 cup, diced or sliced, raw/cooked 2 large stalks (11" to 12" long)
	Cucumbers	1 cup raw, sliced or chopped
	Green or wax beans	1 cup cooked
	Green peppers	1 cup chopped, raw or cooked 1 large pepper (3" dia., 3¾" long)
	Lettuce, iceberg or head	2 cups raw, shredded or chopped = 1 cup of vegetables
	Mushrooms	1 cup raw or cooked
	Onions	1 cup chopped, raw or cooked
	Summer squash or zucchini	1 cup cooked, sliced or diced

Key Consumer Message: Make half your plate fruits and vegetables.

What Counts as a Cup of Fruit?

In general, 1 cup of fruit or 100% fruit juice, or ½ cup of dried fruit can be considered as 1 cup from the Fruit Group.

The following specific amounts count as 1 cup of fruit (in some cases, other equivalent amounts are also shown) towards your daily recommended intake:

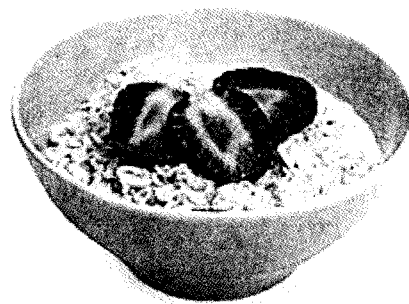


	Amount that counts as 1 cup of fruit	Other amounts (count as ½ cup of fruit unless noted)
Apple	½ large (3.25" diameter) 1 small (2.5" diameter) 1 cup sliced/chopped, raw or cooked	½ cup sliced/chopped, raw or cooked
Applesauce	1 cup	1 snack container (4 oz)
Banana	1 cup sliced 1 small (less than 6" long)	1 large (8" to 9" long)
Cantaloupe	1 cup diced or melon balls	1 wedge (1/8 of a med. melon)
Grapes	1 cup whole or cut-up 32 seedless grapes	16 seedless grapes
Grapefruit	1 medium (4" diameter) 1 cup sections	½ medium (4" diameter)
Mixed fruit (fruit cocktail)	1 cup diced or sliced, raw or canned, drained	1 snack container (4 oz) drained = 3/8 cup
Orange	1 large (3-1/16" diameter) 1 cup sections	1 small (2-3/8" diameter)
Orange, mandarin	1 cup canned, drained	
Peach	1 large (2 ¾" diameter) 1 cup sliced or diced, raw, cooked, or canned, drained 2 halves, canned	1 small (2" diameter) 1 snack container (4 oz) drained = 3/8 cup
Pear	1 medium pear (2.5 per lb) 1 cup sliced or diced, raw, cooked, or canned, drained	1 snack container (4 oz) drained = 3/8 cup
Pineapple	1 cup chunks, sliced or crushed, raw, cooked or canned, drained	1 snack container (4 oz) drained = 3/8 cup
Plum	1 cup sliced raw or cooked 3 medium or 2 large plums	1 large plum
Strawberries	About 8 large berries 1 cup whole, halved, or sliced,	½ cup whole, halved, or sliced
Watermelon	1 small wedge (1" thick) 1 cup diced or balls	6 melon balls
Dried fruit	½ cup dried fruit	¼ cup dried fruit = ½ cup fruit 1 small box raisins (1.5 oz)

Key Consumer Message: Make half your plate fruits and vegetables.

What counts as an ounce equivalent of grains?

In general, 1 slice of bread, 1 cup of ready-to-eat cereal, or ½ cup of cooked rice, cooked pasta, or cooked cereal can be considered as 1 ounce equivalent from the Grains Group.



The chart lists specific amounts that count as 1 ounce equivalent of grains towards your daily recommended intake. In some cases the number of ounce-equivalents for common portions are also shown.

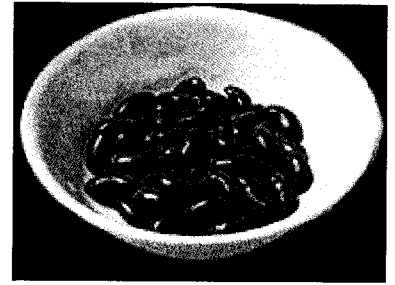
		Amount that counts as 1 ounce equivalent of grains	Common portions and ounce equivalents
Bagels	WG*: whole wheat RG*: plain, egg	1 "mini" bagel	1 large bagel = 4 ounce equivalents
Biscuits	RG*: baking powder/ buttermilk	1 small (2" diameter)	1 large (3" diameter) = 2 ounce equivalents
Breads	WG*: 100% whole wheat RG*: white, wheat, French, sourdough	1 regular slice 1 small slice French 4 snack-size slices rye bread	2 regular slices = 2 ounce equivalents
Bulgur	WG*: cracked wheat	½ cup cooked	
Cornbread	RG*	1 small piece, 2½" x 1¼" x 1¼"	1 medium piece, 2½" x 2½" x 1¼" = 2 ounce equivalents
Crackers	WG*: 100% whole wheat, rye RG*: saltines, snack crackers	5 whole wheat crackers 2 rye crispbreads 7 square or round cracker	
English muffins	WG*: whole wheat RG*: plain, raisin	½ muffin	1 muffin = 2 ounce equivalents
Muffins	WG*: whole wheat RG*: bran, corn, plain	1 small (2½" diameter)	1 large (3½" diameter) = 3 ounce equivalents
Oatmeal	(WG)	½ cup cooked 1 packet instant 1/3 cup dry, regular or quick	
Pancakes	WG*: Whole wheat, buckwheat RG*: buttermilk, plain	1 pancake (4½" diameter) 2 small pancakes (3" diameter)	3 pancakes (4½" diameter) = 3 ounce equivalent
Popcorn	(WG*)	3 cups, popped	1 mini microwave bag or 100-calorie bag, popped = 2 ounce equivalents
Ready-to-eat breakfast cereal	WG*: toasted oat, whole wheat flakes RG*: corn flakes, puffed rice	1 cup flakes or rounds 1¼ cup puffed	
Rice	WG*: brown, wild RG*: enriched, white, polished	½ cup cooked 1 ounce dry	1 cup cooked = 2 ounce equivalents
Pasta: spaghetti, noodles	WG*: whole wheat RG*: enriched, durum	½ cup cooked 1 ounce dry	1 cup cooked = 2 ounce equivalents
Tortillas	WG*: whole wheat, whole grain corn RG*: Flour, corn	1 small flour tortilla, 6" diameter 1 corn tortilla, 6" diameter	1 large tortilla (12" diameter) = 4 ounce equivalents

*WG = whole grains, RG = refined grains; shown when products are available both in whole and refined grain forms.

What Counts as an Ounce Equivalent in the Protein Foods Group?

In general, 1 ounce of meat, poultry or fish, ¼ cup cooked beans, 1 egg, 1 tablespoon of peanut butter, or ½ ounce of nuts or seeds can be considered as 1 ounce equivalent from the Protein Foods Group.

The chart lists specific amounts that count as 1 ounce equivalent in the Protein Foods Group towards your daily recommended intake:



	Amount that counts as 1 ounce equivalent in the Protein Foods Group	Common portions and ounce equivalent
Meats	1 ounce cooked lean beef 1 ounce cooked lean pork or ham	1 small steak (eye of round, filet) = 3½ to 4 ounce equivalents 1 small lean hamburger = 2 to 3 ounce equivalents
Poultry	1 ounce cooked chicken or turkey, without skin 1 sandwich slice of turkey (4½ x 2½ x 1/8")	1 small chicken breast half = 3 ounce equivalents ½ Cornish game hen = 4 ounce equivalents
Seafood	1 ounce cooked fish or shell fish	1 can of tuna, drained = 3 to 4 ounce equivalents 1 salmon steak = 4 to 6 ounce equivalents 1 small trout = 3 ounce equivalents
Eggs	1 egg	3 egg whites = 2 ounce equivalents 3 egg yolks = 1 ounce equivalent
Nuts and seeds	½ ounce of nuts (12 almonds, 24 pistachios, 7 walnut halves) ½ ounce of seeds (pumpkin, sunflower or squash seeds, hulled, roasted) 1 Tablespoon of peanut or almond butter	1 ounce of nuts or seeds = 2 ounce equivalents
Beans and peas	¼ cup of cooked beans (such as black, kidney, pinto, or white beans) ¼ cup of cooked peas (such as chickpeas, cowpeas, lentils, or split peas) ¼ cup of baked beans, refried beans ¼ cup (about 2 ounces) of tofu 1 oz. tempeh, cooked ¼ cup roasted soybeans 1 falafel patty (2¼", 4 oz) 2 Tablespoons hummus	1 cup split pea soup = 2 ounce equivalents 1 cup lentil soup = 2 ounce equivalents 1 cup bean soup = 2 ounce equivalents 1 soy or bean burger patty = 2 ounce equivalents

What counts as a cup in the Dairy Group?

In general, 1 cup of milk, yogurt, or soymilk (soy beverage), 1½ ounces of natural cheese, or 2 ounces of processed cheese can be considered as 1 cup from the Dairy Group.

The chart lists specific amounts that count as 1 cup in the Dairy Group towards your daily recommended intake:



	Amount That Counts as a Cup in the Dairy Group	Common Portions and Cup Equivalents
Milk (choose fat-free or low-fat)	1 cup milk ½ cup evaporated milk	
Yogurt (choose fat-free or low-fat)	1 regular container (8 fluid ounces) 1 cup yogurt	1 small container(6 ounces) = ¾ cup 1 container (4 ounces) = ½ cup
Cheese (choose reduced-fat or low-fat cheeses)	1½ ounces hard cheese (cheddar, mozzarella, Swiss, Parmesan) ⅓ cup shredded cheese 2 ounces processed cheese (American) ½ cup ricotta cheese 2 cups cottage cheese	1 slice of processed cheese is equivalent to ⅓ cup milk
Milk-based desserts (choose fat-free or low-fat)	1 cup pudding made with milk 1 cup frozen yogurt 1 ½ cups ice cream	1 scoop ice cream is equal to ⅓ cup milk
Soy milk (soy beverage)	1 cup calcium-fortified soy milk 1 half-pint container calcium-fortified soy milk	

Sample Creative Cooks Recipe Worksheet

Name Chris Clover Division (circle): **Beginner** Junior Senior

Name of Recipe Chicken Ranch Alfredo

Directions: List all ingredients and amounts used. Use the Creative Cooks Serving Size Guide to determine number of servings each ingredient provides for a food group. Recipe serving must provide at least one full serving from any of the five major food groups. Detail recipe preparation instructions on the back of this form.

Ingredients and Amount	Protein	Milk	Grain	Fruit	Vegetable	Fat, sugar X only	Seasoning X only	Cost of Ingredients (Seniors only)
1. 2 T. butter						X		
2. 12 oz. evaporated milk		1.5						
3. 1½ c. Parmesan cheese		4						
4. ½ c. ranch dressing						X		
5. 1 lb. chicken, grilled	4							
6. 16 oz. Fettuccine noodles			16					
7.								
8.								
9.								
10.								
11.								
12.								
13.								
14.								
15. Total of all food groups	4	5.5	16					
16. # of servings in recipe	6	6	6					
Amount of food group servings per recipe serving (divide line 15 by Line 16)	.67	.92	2.67				Seniors cost per serving	

Creative Cooks Worksheet – Menus (Sample Page)

Name _____ Division (circle): **Beginner** **Junior** **Senior**

Name of Recipe _____

Directions: Write your menu on the lines below. Keep in mind guidelines for writing menus. Label each meal (Breakfast, Lunch, Snack, Dinner). Beginners and Juniors list a snack or one meal. Seniors must list a full day's menu.

Breakfast	Lunch
Orange Juice	Grilled Reuben Sandwiches
Cinnamon Oatmeal Muffins	Dill Pickles
Whipped Butter	German Potato Salad
Milk Coffee	Milk
Snack	Dinner
Orange Smoothie	Lasagna
Lemon Poppy Seed Bread	Skillet Zucchini
Milk	Fresh Mixed Fruit
	Milk

Creative Cooks Recipe Worksheet

Name _____ Division (circle): Beginner Junior Senior

Name of Recipe _____

Directions: List all ingredients and amounts used. Use the Creative Cooks Serving Size Guide to determine number of servings each ingredient provides for a food group. Recipe serving must provide at least one full serving from any of the five major food groups.

Detail recipe preparation instructions on the back of this form.

Ingredients and Amount	Protein	Milk	Grain	Fruit	Vegetable	Fat, sugar X only	Seasoning X only	Cost of Ingredients (Seniors only)
1.								
2.								
3.								
4.								
5.								
6.								
7.								
8.								
9.								
10.								
11.								
12.								
13.								
14.								
15.								
16. Total of all food groups								
17. # of servings in recipe								
Amount of food group servings per recipe serving (divide line 16 by Line 17)							Seniors cost per serving	

Creative Cooks Worksheet
Cultural Foods/ Customized Meal
(Seniors Only)

Name _____

Name of Recipe _____

Answer the following questions concerning your recipe and the menu you have chosen.

1. Why does your recipe have special meaning to you? (2-3 sentences)

2. How does your recipe and meal fit the servings from My Plate guidelines? (2-4 sentences)

3. Cultural Meal: Discuss the culture you have chosen including the foods important to the culture and food preparation techniques that may be different compared to your own daily foods. (5-7 sentences)

OR Customized Meal: Discuss the why you reduced fats, sugars, or substituted ingredients to create a healthier dish and what are the benefits to the changes? (5-7 sentences)

4. Cost per serving?