

Intermediate Nutrition Skillathon Study Sheet

Food Safety

Know important Food Safety guidelines:

1. Juice from raw meat, poultry or seafood should be carefully contained so they don't contaminate other foods which may not be cooked prior to eating. It is also important not to let them contaminate other food containers like the mayonnaise jar, which would allow you to cross-contaminate any pathogens from the raw meat to other surfaces or foods in your kitchen.
2. It is important to wash your hands both before and after working with food. It is especially important to make sure you wash your hands well with soap and warm, running water after you have handled raw foods, which might contain pathogens.
3. You should never allow a cutting board which has touched raw meat or poultry to be used for other foods, until it has been washed thoroughly with soap and hot water.
4. You should never leave hot or cold foods at room temperature for longer than a maximum of 2 hours. The less time these foods stay at room temperature, the better. **Keep cold foods cold & hot foods hot!**
5. You should never taste a food if you are unsure about its safety. **Remember: When in doubt, throw it out!**



THE OHIO STATE UNIVERSITY

COLLEGE OF FOOD, AGRICULTURAL,
AND ENVIRONMENTAL SCIENCES



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Intermediate Nutrition Skillathon Study Sheet (Con't)

Food Preparation

Identify the details of each breakfast and lunch:

1. Breakfast A and Lunch A are the lowest in calories.
2. Breakfast C and Lunch D are the highest in calories.
3. Breakfast B and Lunch A are the lowest in total fat.
4. Breakfast A and Lunch D are the highest in total fat.
5. Breakfast D and Lunch A are the lowest in saturated fat.
6. Breakfast B and Lunch B are the highest in saturated fat.
7. Breakfast B and Lunch C are the lowest in cholesterol.
8. Breakfast A and Lunch D are the highest in cholesterol.
9. Breakfast D and Lunch C are the lowest in sodium.
10. Breakfast A and Lunch A are the highest in sodium.
11. Breakfast A and C and Lunch B and D have the most variety in temperature.
12. Breakfast D and Lunch A have the least variety in temperature.
13. Breakfast B and Lunch A have the most variety in color.
14. Breakfast A and C and Lunch B and C have the least variety in color.

My Plate

Know the food group and main nutrient for each food pictured:

- A. Carrots – Vegetable Food Group & Vitamin A.
- B. Sandwich – Whole Grain Food Group, which is a good source of fiber, thiamin, B vitamins and iron.
- C. Strawberries – Fruit Food Group & Vitamin C.
- D. Candy Bar – No Food Group & should be eaten sparingly.

Intermediate Nutrition Skillathon Study Sheet (Con't)

Food Shopping

Identify the details of each pizza ad:

- A. Cassano's
 - 1. Offers online ordering
 - 2. Has a coupon for a special deal
 - 3. Deals are available for dine-in or carry-out
 - 4. Has a wide variety of toppings
- B. Yankee's Pizza
 - 1. Has special recipe crust
 - 2. Advertises using only the freshest ingredients
 - 3. Guarantees satisfaction
 - 4. Deals are available for dine-in or carry-out
- C. Lisa's Pizzeria
 - 1. Advertises cheap pizza
 - 2. Has 2 varieties of crust
 - 3. Deal is for pepperoni pizza only
 - 4. Has a charge for delivery
- D. Buddy's Pizza
 - 1. Deal is for pepperoni pizza only
 - 2. Has 2 varieties of crust
 - 3. Special deal is for take-out only
 - 4. Offers free soft drink with minimum purchase