

Texas 4-H Food Show Resources

Participants are encouraged to use the following resources as a foundation to learning nutrition, food safety, and food preparation knowledge. Participants should not solely rely on these resources but seek other credible resources to expand their knowledge and expertise.

NUTRITION RESOURCES

Dietary Guidelines-Top 10 Things You Need to Know

<https://www.dietaryguidelines.gov/2020-2025-dietary-guidelines-online-materials/top-10-things-you-need-know>

FightBac

https://texas4-h.tamu.edu/wp-content/uploads/national_food_challenge_fight_back_brochure.pdf

Food Safety Fact Sheet

https://texas4-h.tamu.edu/wp-content/uploads/food_kitchen_safety_fact_sheet.pdf

Know Your Nutrients

https://texas4-h.tamu.edu/wp-content/uploads/Know-Your-Nutrients_FINAL.pdf

MyPlate Mini Poster

<https://texas4-h.tamu.edu/wp-content/uploads/MyPlate-Mini-Poster.pdf>

Preparation Principles & Function of Ingredients

<https://texas4-h.tamu.edu/wp-content/uploads/Preparation-Principles-and-Function-of-Ingredients.pdf>

Quick Ingredient Substitutions

https://texas4-h.tamu.edu/wp-content/uploads/project_food_nutrition_quick_ingredient_subs-1.pdf

THEME RESOURCES

20th Century Food Timeline

<https://www.foodtimeline.org/fooddecades.html>

All Recipes - Convert Vintage Recipes for Modern Kitchens

<https://www.allrecipes.com/article/how-to-convert-vintage-recipes-for-modern-kitchens/>

Taste of Home

<https://www.tasteofhome.com/collection/vintage-recipes-from-every-decade/>