

# 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:

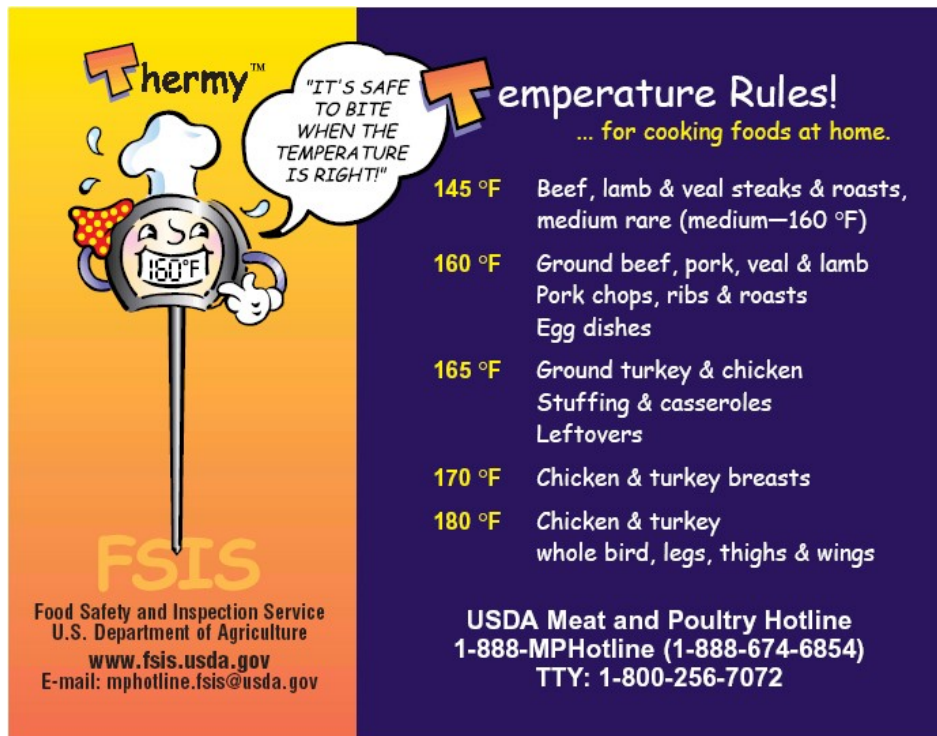
- May be done as an individual or as a team of two with separate awards given for each category.
- **The purpose of Healthy Cuisine is to prepare a quick, nutritious meal in one hour (from preparation to cleanup).** Microwave ovens may be used.
- Utilize creative talents in planning and preparing the 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.



The image is a colorful poster titled "Thermy Temperature Rules". On the left, a cartoon thermometer character with a face, arms, and legs is holding a speech bubble that says "IT'S SAFE TO BITE WHEN THE TEMPERATURE IS RIGHT!". The thermometer's dial shows "160°F". The character is wearing a white chef's hat and a red polka-dot bow tie. The background is split into yellow and orange on the left and dark blue on the right. The text "Thermy™" is at the top left, and "Temperature Rules!" is at the top right. Below the title is the subtitle "... for cooking foods at home." A list of cooking temperatures and corresponding foods is provided. At the bottom left, the FSIS logo and contact information are listed. At the bottom right, the USDA Meat and Poultry Hotline information is provided.

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

**Temperature Rules!**  
... for cooking foods at home.


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

**FSIS**  
Food Safety and Inspection Service  
U.S. Department of Agriculture  
[www.fsis.usda.gov](http://www.fsis.usda.gov)  
E-mail: [mph hotline.fsis@usda.gov](mailto:mph hotline.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](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	<b>Looks like</b>		1 Deck of playing cards
1 medium apple, orange, peach, or pear	<b>Looks like</b>		1 Tennis ball
1 Tortilla	<b>Looks like</b>		1 7-inch plate
1 Muffin	<b>Looks like</b>		1 Large egg
2 Tbsp. Peanut Butter	<b>Looks like</b>		1 Golf ball
1 Pancake or Waffle	<b>Looks like</b>		1 4-inch CD
1 oz. Cheese	<b>Looks like</b>		4 Dice
½ cup Fruit, Vegetable, Cooked Cereal, Pasta, or Rice	<b>Looks like</b>		1 Palm of average woman's hand
(Leafy greens should equal 1 cup) 1 small baked potato (2 ½" – 3" long)	<b>Looks like</b>		1 Computer mouse
1 oz. Nuts	<b>Looks like</b>		1 handful
½ cup Ice Cream	<b>Looks like</b>		1 Racquet ball
4 small Cookies – 1" diameter	<b>Looks like</b>		4 Casino Chips

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



## Healthy Cuisine Checklist

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**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

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## Menu of Meal Being Served



## Healthy Cuisine Information & Recipes

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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

<b>Blue Ribbon?</b> (Circle One) <b>Yes</b> <b>No</b>	11/15
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Name: \_\_\_\_\_ County: \_\_\_\_\_

Name: \_\_\_\_\_ County: \_\_\_\_\_

Dish being prepared: \_\_\_\_\_

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

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