FCS Skill-a-thon



State 4-H O-Rama
Senior 4-H'ers



OBJECTIVES

Targeted Life Skills: Wise Use of Resources, Planning/Organizing, Goal Setting, Critical Thinking, Problem Solving, Decision Making, Learning to Learn, Self-esteem, Teamwork, Contributions to Group Effort, Leadership, Conflict Resolution, Cooperation, Social Skills, Communication

ELIGIBILITY

Each county may enter one team composed of three or four senior 4-H members in the 4-H FCS Skill-a-thon activity at the Arkansas 4-H O-Rama. If four members participate, the lowest score will be dropped. No individual or member of a team who previously won first place in this activity is eligible to compete.

Counties unable to form a team may enter one 4-H member to compete as an individual. Scores of individual competitors will be ranked individually along with scores of individual team members.

ACTIVITY

All team members and individual competitors will participate in three identification classes and one judging class. The competition is comprised of the following:

- 1. Sewing & Clothing Identification: Identify from a provided list fabrics, fasteners, seams, design/cut, and other items related to apparel, fashion design, and/or sewing. Fifteen minutes are allowed to identify 25 items (50 points).
- 2. Interior Design & Housing Identification: Identify from a provided list decorating techniques, colors, patterns, design elements and/or layouts. Fifteen minutes are allowed to identify 25 items (50 points).
- 3. Food & Cooking Identification: Identify from a provided list appliances, utensils, spices, herbs and/or other food related items. Fifteen minutes are allowed to identify 25 items (50 points).
- 4. Food & Nutrition Judging Classes: Participants will judge two food and nutrition judging classes with four items in each class, based on a scenario provided. Classes may include snacks, menus and/or specific food items. Contestants will have 15 minutes to place the two classes using standard placing cards. Refer to page 388 in the FCS Skill-a-thon study materials (see Suggested Resources) for a sample placing card.

SCORING

Scoring for the three identification classes (Sewing & Clothing, Interior Design & Housing, and Food & Cooking) will be 50 points each for a total of 150 points from identification classes. Food and Nutrition Judging classes will be 100 points (two classes, 50 points each). Total points possible in the FCS Skill-a-thon are 250 points.

The team score will be calculated from the combined top three scores on individual events. Individual rank is determined by combined scores from all FCS Skill-a-thon activities.

SUGGESTED RESOURCES

FCS Skill-a-thon study materials are listed below.

Fabric samples to prepare for Sewing & Interior Design Identification are available for purchase: Nasco Fabric File: http://www.enasco.com/product/WA24060H#

AWARDS

The high-point individual will receive a trophy. Individuals scoring second-, third-, fourth-, and fifth-place will receive ribbons. Individual trophies will be given to each member of the first-place team. Each member of the second-, third-, fourth- and fifth-place teams will receive ribbons. All others will receive participation ribbons.

PREPARED BY

Lisa Washburn – Associate Professor – Health Revised 9/6/2017

FCS Skill-a-thon Study Materials

Food & Cooking

Name	County/State	Contestant #
	kill-a-thon - Foods & Cooking ID Sheet	(Revised March 2014)
	d 25 items from the list below. Write the number on t sents. Correct answers are worth 2 points each. (Com	
<u>Utensils</u>	•	,
Apple corer	Gripper	Rolling Pin
Apple slicer	Ice Cream Scoop	Rubber Spatula
BBQ Spatula	Kitchen Fork	Scraper
BBQ Tongs	Liquid Measuring Cups	Serving Fork
Butter Knife	Measuring Cups	Serving Spoon
Can Opener, Hand	Measuring Spoons	Slicing Knife
Chefs Knife	Meat Tenderizer	Soup Spoon
Chopper	Melon Baller	Spatula
Chopsticks	Mixing Bowl	Strainers
Cookie Cutter	Nut Chopper	Tart Press
Decorative slicer, I		Thermometer, Candy
Decorative Slicer,	VeePasta Measurer	Thermometer, Meat
Egg Separator	Pasta Server	Tongs
Egg Slicer	Pastry Blender	Turner
Egg Timer	Pastry Brush	Utility Knife

Herbs and Spices

Grater

Flour Sifter

_Garlic Press

Grill Brush

Allspice	Cinnamon	Mustard	Rosemary
Anise	Cloves	Nutmeg	Sage
Basil	Cumin	Oregano	Sesame Seed
Bay Leaves	Dill	Paprika	Tarragon
Celery Seed	Garlic	Parsley	Thyme
Chili Powder	Ginger	Pepper, Black	Turmeric
Chives	Mace	Pepper, White	
Cilantro	Mint Leaves	Poppy Seed	

Pie/Cake Server

Pizza Cuter

_____ Potato Masher

Vegetable Peeler Wire Wisk

Appliances Rlender

Blender	Ice Cream Maker	Tea Kettle
Can Opener, Electric	Mixer, Countertop	Toaster
Crock-pot	Mixer, Hand	Toaster Oven
Food Processor	Rice Cooker	Turkey Fryer
	Skillet, Electric	Waffle Iron
Cookware		

Baking Pan	Mini Muffin Tin	Sauce Pot
Baking Sheet	Muffin Tin	Steamer Basket
Broiler Pan	Pastry Press	Stockpot
Colander	Pie Plate	Trivet
Double Broiler	Pot Holder	Tube Pan
Dutch Oven	Roaster Pan	Wire Cooling Rack
Frying Pan	Sauce Pan	
TO 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1		

Dish and Tableware

Bread Plate	Gravy Boat	Pepper Mill
Butter Dish	Juice Glass	Saucer
Cake Plate	Meat Platter	Punch Bowl
Carafe	Napkin Ring	Tea Pot
Creamer and Sugar Set	Parfait Cup	

FSC Skill-a-thon Food and Cooking ID Definitions

Revised March 2014

Utensils

- 1. Apple Corer- This tool has a circular cutting edge that is forced down into the apple, allowing the apple to remain whole so it can then be easily sliced into sections for eating it out of hand or baking it whole with the outer skin. A tool used to extract the core from the apple without cutting the apple into sections and then individually cutting out each part of the core.
- 2. Apple Slicer- This professional-quality tool is pressed down over the apple to make eight uniform slices and remove the core.
- 3. BBQ Spatula- A utensil with a long handle and flat bottom used to turn food while cooking.
- 4. BBQ Tongs- A utensil with long handles used to grip and turn food while cooking.
- 5. Butter Knife A blunt knife used for cutting or spreading butter or other similar spreads.
- 6. Can Opener, Hand- A hand held device used for cutting cans open.
- 7. Chef's Knife- A large knife with a wide blade, generally considered all-purpose knives that are used for cutting and dicing.
- 8. Chopper- A utensil used to cut food into smaller pieces.
- 9. Chopsticks- A pair of slender sticks made especially of wood or ivory, held between the thumb and fingers and used as an eating utensil in Asian countries and in restaurants serving Asian food.
- 10. Cookie Cutter- A shaped template with a sharp edge used to cut cookies or biscuits from rolled dough.
- 11. Decorative Slicer, Ripple- A utensil used to cut food that leaves a rippled edge.
- 12. Decorative Slicer, Vee- A utensil used to cut food that leaves a vee shape.
- 13. Egg Separator- A spoon shaped utensil, which has a hole in the bottom and is used to separate white eggs from the yolk.
- 14. Egg Slicer- A kitchen tool with a slatted, egg-shaped hollow on the bottom and a hinged top consisting of 10 fine steel wires. When the upper portion is brought down onto a hard-cooked egg sitting in the base, it cuts the egg into even slices.
- 15. Egg Timer- A small hourglass or clockwork timing device used to time the boiling of an egg, usually capable of timing intervals of three to five minutes.
- 16. Flour Shifter- A utensil used to incorporate air into flour and other dry ingredients.
- 17. Garlic Press- A press used for extracting juice from garlic.
- 18. Grater- A device with sharp edged holes against which something is rubbed to reduce it to shreds. Used to grate such things as cheese.
- 19. Grill Brush- A brush with a long handle on the end that is used to clean a grill.
- 20. Gripper- Small rubbery circle used for opening jars.
- 21. Ice Cream Scoop- A utensil used to remove ice cream from a carton or other container while forming the ice cream into a ball or oval shape. Ice-cream scoops come in several styles and sizes. Scoops come in many sizes, from tiny to large (about 1 to almost 3 inches in diameter).

- 22. Kitchen fork- A utensil used to lift or turn small food.
- 23. Liquid measuring cups- Cups that come in clear plastic or glass with a ¼ inch headspace so liquid can be carried without spilling and a pouring spout.
- 24. Measuring Cups- Cups that are used to measure dry and solid ingredients. They usually come in a set of four nesting cups: ½ cup, 1/3 cup, ½ cup, and 1 cup.
- 25. Measuring Spoons- Spoons that are used to measure small amounts of dry or liquid ingredients.
- 26. Meat Tenderizer- Hammer or paddle type utensil that comes in metal or wood and in a plethora of sizes and shapes. They can be large or small, have horizontal or vertical handles and be round-, square- or mallet-shaped. Some have smooth surfaces while others are ridged.
- 27. Melon Baller- A small, bowl-shaped tool used to cut round- or oval-shaped pieces of melon. The best melon ballers are rigidly constructed with wood or metal handles and sharpedged, stainless steel bowls, which come in several sizes, from about 1/4 inch to 1 inch.
- 28. Mixing Bowl- A large bowl made of pottery, glass, metal, or plastic and are used to mix ingredients and come in a variety of sizes.
- 29. Nut Chopper- A device with blades that chops nuts into small pieces.
- 30. Paring Knife- A knife that is smaller and shorter with fairly narrow blades, generally used for delicate jobs.
- 31. Pasta Measurer- A utensil used to measure pasta
- 32. Pasta Server- A utensil used to serve pasta
- 33. Pastry Blender- A mixing utensil used to cut flour and shortening when making pastry and biscuits.
- 34. Pastry Brush- A small type brush used to spread butter or spices over food.
- 35. Pie/Cake Server- A utensil, which has a triangular, shaped bottom with handle and is used to serve cake or pie.
- 36. Pizza Cutter- A utensil consisting of a wheel with a sharpened blade used to cut pizza
- 37. Potato Masher- A tool used to crush food, usually after cooking it, so that it forms a soft mass.
- 38. Rolling Pin- A cylinder that may or may not have, small handles at either end used to roll dough for piecrusts, biscuits, or cookies.
- 39. Rubber Spatula- A flexible utensil used to remove food from spoons, side of bowls and pans.
- 40. Scraper- A plastic utensil used to scrap food from bowls etc.
- 41. Serving Fork- A large type fork used to serve food.
- 42. Serving Spoon- A large type spoon used to serve food.
- 43. Slicing Knife- A knife with long narrow flexible blades that may or may not be serrated.
- 44. Soup Spoon- A spoon with a rounded bowl for eating soup.
- 45. Strainers- A bowl type item with holes in it that is used to separate liquids from solid food.
- 46. Tart Press- Any type of press used to shape or mold pastry.
- 47. Thermometer, Candy A candy thermometer, also known as a sugar thermometer, is a thermometer used to measure the temperature and therefore the stage of a cooking sugar solution.

- 48. Thermometer, Meat A meat thermometer is a thermometer used to measure the internal temperature of meat, especially roasts and steaks, and other cooked foods. The degree of "doneness" of meat correlates closely with the internal temperature, so that a thermometer reading indicates when it is cooked as desired.
- 49. Tongs An instrument with two movable arms that are joined at one end, used for picking up and holding things.
- 50. Turner- A utensil used to lift foods such as biscuits and cookies from baking sheet.
- 51. Utility Knife- A knife that has a long and narrow blade that is generally used for cutting.
- 52. Vegetable Peeler- A utensil used to peel the skin from vegetables.
- 53. Wire Whisk- A utensil used to beat and blend ingredients or food-, especially egg white mixtures.

Herbs and Spices

- 1. Allspice- A spice, used especially in baking, made from the dried, nearly ripe berries of this plant.
- 2. Anise- An annual, aromatic Mediterranean herb (*Pimpinella anisum*) in the parsley family, cultivated for its seed like fruits and the oil obtained from them and used to flavor foods, liqueurs, and candies.
- 3. Basil- An Old World aromatic annual herb (*Ocimum basilicum*) in the mint family, cultivated for its leaves. Also called **sweet basil**. The leaves of this plant used as a seasoning. Any of various plants in the genus *Ocimum*, native to warm regions, having aromatic foliage and terminal clusters of small, usually white flowers.
- 4. Bay Leaves- The leaf of the bay_laurel or "true laurel", *Laurus nobilis*, is a culinary herb often used to flavor soups, stews, and braises and pates in Mediterranean Cuisine
- 5. Celery Seed- A seed of the celery plant used as seasoning.
- 6. Chili Powder- A seasoning consisting of ground chilies mixed with other spices, such as cumin and oregano.
- 7. Chives-A Eurasian bulbous herb (*Allium schoenoprasum*) in the lily family, having clusters of usually pink to rose-violet flowers and cultivated for its long, slender, hollow leaves. Often used in the plural. The leaves of this plant used as a seasoning.
- 8. Cilantro- A Parsley-like herb used as seasoning or garnish.
- 9. Cinnamon- The dried aromatic inner bark of certain tropical Asian trees in the genus *Cinnamomum*, especially *C. verum* and *C. loureirii*, often ground and used as a spice.
- 10. Cloves- The flower bud of this plant is used whole or ground as a spice. An evergreen tree (*Syzygium aromaticum*) native to the Moluccas and widely cultivated in warm regions for its aromatic dried flower buds.
- 11. Cumin- An annual Mediterranean herb (*Cuminum cyminum*) in the parsley family, having finely divided leaves and clusters of small white or pink flowers. The seed like fruit of this plant is used for seasoning, as in curry and chili powders.

- 12. Dill- An aromatic herb (*Anethum graveolens*) native to Eurasia, having finely dissected leaves and small yellow flowers clustered in umbels. The leaves or seeds of this plant are used as a seasoning.
- 13. Garlic A strong-smelling pungent-tasting bulb, used as a flavoring in cooking and in herbal medicine.
- 14. Ginger- A plant (*Zingiber officinale*) of tropical Southeast Asia having yellowish-green flowers and a pungent aromatic rhizome. The rhizome of this plant often dried and powdered and used as a spice. Also called **gingerroot.**
- 15. Mace- An aromatic spice made from the dried, waxy, scarlet or yellowish covering that partly encloses the kernel of the nutmeg.
- 16. Mint Leaves- Any plant with the aromatic family 'mentha'. The leaves are used to make essential oil or for seasoning and flavoring.
- 17. Mustard- Any of various Eurasian plants of the genus *Brassica*, especially *B. nigra* and *B. juncea*, which are cultivated for their pungent seeds and edible leaves. A condiment made from the powdered seeds of certain of these plants
- 18. Nutmeg- An evergreen tree (*Myristica fragrans*) native to the East Indies and cultivated for its spicy seeds. The hard, aromatic seed of this tree is used as a spice when grated or ground. A grayish to moderate brown.
- 19. Oregano- A perennial Eurasian herb (*Origanum vulgare*) of the mint family, having aromatic leaves. The leaves of this plant used as a seasoning. Pungent leaves used as seasoning with meats and fowl and in stews and soups and omelets
- 20. Paprika- A mild powdered seasoning made from sweet red peppers. A dark to deep or vivid reddish orange.
- 21. Parsley- A cultivated Eurasian herb (*Petroselinum crispum*) having flat or curled, ternately compound leaves. The leaves of this plant are used as a seasoning or garnish.
- 22. Pepper, Black- The small, dark, unripe fruit of the pepper plant (*Piper nigrum*), is used whole or ground as a pungent spice.
- 23. Pepper, White White pepper is used to a great extent in recipes for appearance only, usually in white sauces where you might not want dark specks if black pepper was used. White pepper is milder in flavor than black pepper as well.
- 24. Poppy Seed- Any plant or species of the genus Papaver, herbs with showy polypetalous flowers and a milky juice. From one species (Papaver somniferum) opium is obtained, though all the species contain it to some extent; also, a flower of the plant.
- 25. Rosemary-An aromatic evergreen Mediterranean shrub (*Rosmarinus officinalis*) having light blue or pink flowers and grayish-green leaves that are used in cooking and perfumery. The leaves of this plant are used as a seasoning
- 26. Sage- Any of various plants of the genus *Salvia*, especially *S. officinalis*, having aromatic grayish-green, opposite leaves. Also called **ramona**. The leaves of this plant are used as a seasoning.
- 27. Sesame Seed- Small oval seeds of the sesame plant.
- 28. Tarragon- An aromatic Eurasian herb (*Artemisia dracunculus*) having linear to lance-shaped leaves and small, whitish-green flower heads arranged in loose, spreading panicles. The leaves of this plant are used as a seasoning.

- 29. Thyme- Any of several aromatic Eurasian herbs or low shrubs of the genus *Thymus*, especially *T. vulgaris*, of southern Europe, having small, white to lilac flowers grouped in head like clusters. The leaves of this plant are used as a seasoning.
- 30. Turmeric- A widely cultivated tropical plant (*Curcuma domestica*) of India, having yellow flowers and an aromatic, somewhat fleshy rhizome. The powdered rhizome of this plant, used as a condiment and a yellow dye.

Appliances

- 1. Blender An electrical kitchen appliance used for mixing foods or batter.
- 2. Can Opener, Electric- An electrical device used for cutting cans open.
- 3. Crock-pot- An electric cooker that maintains a relatively low temperature, used to cook foods over a long period of time.
- 4. Food Processor- Appliance consisting of a container, in which food is cut, sliced, shredded, grated, blended, beaten or liquidized. Used to prepare foods.
- 5. Ice Cream Maker-An appliance used to make ice cream which may involve a paddle used to mix ingredients while melting ice provides low temperatures.
- 6. Mixer, Countertop-An electrical device that blends or mixes substances or ingredients, especially by mechanical agitation.
- 7. Mixer, Hand-A hand held device that blends or mixes substances or ingredients, especially by mechanical agitation.
- 8. Rice Cooker- A self-contained electrical appliance used primarily for cooking rice.
- 9. Skillet, Electric A skillet or frying pan that instead of being placed on the stove is heated by plugging it into an outlet. The best skillets provide an even heating surface, not always the case with stovetop cooking.
- 10. Tea Kettle A metal or plastic vessel with a lid, spout, and handle, used for boiling water.
- 11. Toaster- A mechanical device used to toast bread, especially by exposure to electrically heated wire coils.
- 12. Toaster Oven-An electrical appliance that can be used as either a toaster or an oven.
- 13. Turkey Fryer- An appliance used to deep fry turkeys or large birds.
- 14. Waffle Iron- An appliance having hinged indented plates that impress a grid pattern into waffle batter as it bakes.

Cookware

- 1. Baking Pan- A pan with sides that vary in deepness and are used to bake such things as cakes.
- 2. Baking Sheet- A flat, shiny metal tray used for cooking such things as biscuits and cookies.
- 3. Broiler Pan- A metal tray used to hold food while broiling under a grill.
- 4. Colander- A bowl-shaped kitchen utensil with perforations for draining off liquids and rinsing food.
- 5. Double Boiler- A pair of cooking pots, one fitting on top of and partly inside the other. Food cooks gently in the upper pot while water simmers in lower pot.

- 6. Dutch Oven- An iron container with lid used for cooking stews or casseroles.
- 7. Frying Pan- A pan, used for frying foods, with a single long side handle, measured in inches and may have either straight or sloped sides.
- 8. Mini Muffin Tin- A muffin tin with smaller holes used to make mini muffins
- 9. Muffin Tin- A tin consisting of holes in which batter is placed to make muffins
- 10. Pastry Press- Any type of press used to shape or mold cookies.
- 11. Pie Plate- A plate used to serve pie.
- 12. Pot Holder- A pad used to protect hands when working with hot pans.
- 13. Roaster Pan- A pan with deep sides used to cook roast.
- 14. Sauce Pan- A pan used to cook sauces on the stovetop, with a long side handle and straight sides measured in quarts.
- 15. Sauce Pot- A short and wide pot with two handles and close fitting lid.
- 16. Steamer Basket- Metal basket that inserts into a pan. Used for steaming vegetables.
- 17. Stockpot- A pot with two handles and are tall and narrow.
- 18. Trivet- An object placed between a serving dish or bowl and a dining table, usually to protect the table from heat damage. A metal stand with short feet, used under a hot dish on a table.
- 19. Tube Pan- A round pan with a hollow projection in the middle, used for baking or molding foods in the shape of a ring.
- 20. Wire Cooling Rack- A rack used to hold hot foods such as cakes, breads, and cookies for cooling.

Dish and tableware

- 1. Bread Plate- A small plate used to hold bread while eating.
- 2. Butter Dish- A small dish with cover used to store and serve butter.
- 3. Cake Plate- A small plate that is used to serve or eat.
- 4. Carafe- A glass or metal bottle, often with a flared lip, used for serving water or wine. A glass pot with a pouring spout, used in making coffee.
- 5. Creamer and Sugar Set- A set used to hold and serve creamer and sugar at the table.
- 6. Gravy Boat- An elongated dish or pitcher for serving gravy.
- 7. Juice Glass- A small glass used for juices.
- 8. Meat Platter- A large serving plate.
- 9. Napkin Ring- A circular band used to hold a particular person's napkin.
- 10. Parfait Cup Fluted cup designed to serve sundaes and parfaits.
- 11. Pepper Mill- A utensil for grinding peppercorns.
- 12. Punch Bowl- A large bowl for serving a beverage, such as punch.
- 13. Saucer- A small shallow dish having a slight circular depression in the center for holding a cup.
- 14. Tea Pot- A pot used for tea.



Oklahoma State University and New Mexico State University, U.S. Department of Agriculture, State and Local governments cooperating. Oklahoma State University and New Mexico State University offers their programs to all eligible persons regardless of race, color, national origin, religion, gender, age, disability of status as a veteran, and is an Equal Opportunity Employer.





The photos shown here are only one option of what an item may look like. Other options are available.

Revised March 2014

4-H

FCS Skill-a-thon Food

and Cooking ID





Cooking Utensils



























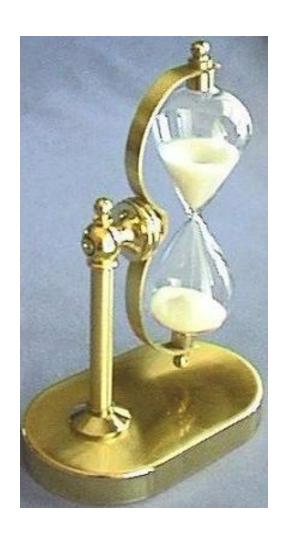




































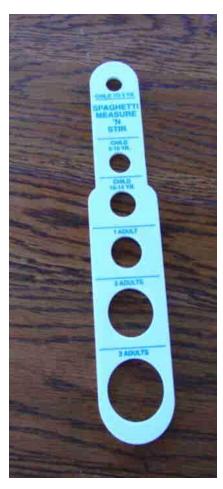


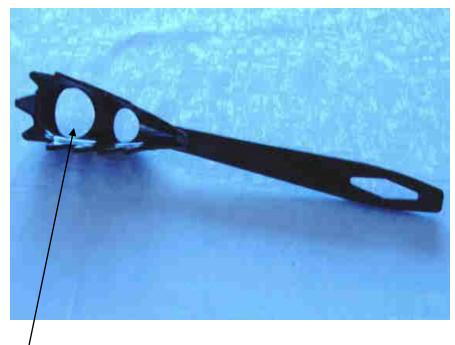


















































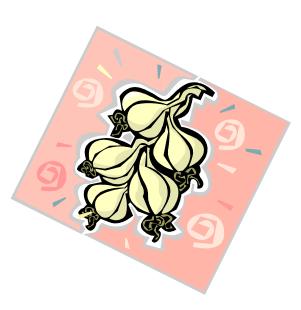








Herbs and Spices







































































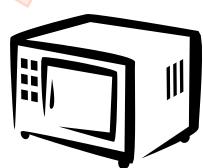






APPLIANCES







































Cookware















































DISH AND TABLEWARE































4-H FCS Skill-a-thon Foods and Cooking ID



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Revised March 2014

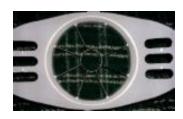




Utensils



Apple Corer — This tool has a circular cutting edge that is forced down into the apple, allowing the apple to remain whole so it can then be easily sliced into sections for eating it out of hand or baking it whole with the outer skin. A tool used to extract the core from the apple without cutting the apple into sections and then individually cutting out each part of the core.



Apple Slicer — This professional-quality tool is pressed down over the apple to make eight uniform slices and remove the core.



BBQ Tongs — A utensil with long handles used to grip and turn food while cooking.



BBQ Spatula — A utensil with long handle and flat bottom used to turn food while cooking.



Can Opener, Hand — A hand held device used for cutting cans open.

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Decorative Slicer, Ripple — A utensil used to cut food that leaves a rippled edge.



Egg Separator — A spoon shaped utensil, which has a hole in the bottom and is used to separate the white from the yolk of the egg.



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Egg Slicer — A kitchen tool with a slatted, egg-shaped hollow on the bottom and a hinged top consisting of 10 fine steel wires. When the upper portion is brought down onto a hard-cooked egg sitting in the base, it cuts the egg into even slices.



Egg Timer — A small hourglass or clockwork timing device used to time the boiling of an egg, usually capable of timing intervals of three to five minutes.



Flour Sifter — A utensil used to incorporate air into flour and other dry ingredients.



Garlic Press — A press used for extracting juice from garlic



Grater — A device with sharp edged holes against which something is rubbed to reduce it to shreds. Used to grate such things as cheese.



Grill Brush — A Brush with a long handle on the end that is used to clean a grill





Gripper — Small rubbery circle used for opening jars.



Ice Cream Scoop — A utensil used to remove ice cream from a carton or other container while forming the ice cream into a ball or oval shape. Ice-cream scoops come in several styles and sizes. Scoops come in many sizes, from tiny to large (about 1 to almost 3 inches in diameter.



Liquid Measuring Cups — Cups that come in clear plastic or glass with a 1/4" headspace so liquid can be carried without spilling and a pouring spout..



Measuring Spoons — Spoons that are used to measure small amounts of dry or liquid ingredients



Kitchen Fork — A utensil used to lift or turn small food.



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Nut Chopper — A device with blades that chops nuts into small



Pasta Measurer — A utensil used to measure pasta



Paring Knife — A knife that is smaller and shorter with fairly narrow blades, generally used for delicate jobs.



Pasta Server — A utensil used to serve pasta.



Pastry Blender — A mixing utensil used to cut flour and shortening when making pastry



Pastry Brush — A small type brush used to spread butter or spices over food



Pie/Cake Server — A utensil, which has a triangular, shaped bottom with handle and is used to serve cake or pie.



Pizza Cutter — A utensil consisting of a wheel with a sharpened blade used to cut pizza



Potato Masher — A tool used to crush food, usually after cooking it, so that it forms a soft mass



Rolling Pin — A cylinder that may or may not have small handles at either end used to roll dough for pie crusts, biscuits, or cookies.



Rubber Spatula — A flexible utensil used to remove food from spoons, side of bowls, and pans



Scraper — A plastic utensil used to scrape food from bowls, etc.



Serving Fork — A large type fork used to serve food



Serving Spoon — A large type spoon used to serve food



Slicing Knife — A knife with long narrow flexible blades that may or may not be serrated



Soup Spoon — A spoon with a rounded bowl for eating soup



Strainer — A bowl type item with holes in it that is used to separate liquids from solid food.



Thermometer, Candy - A candy thermometer, also known as a sugar thermometer, is a thermometer used to measure the temperature and therefore the stage of a cooking sugar solution.



Tongs - An instrument with two movable arms that are joined at one end, used for picking up and holding things.



Tart Press — Any type of press used to shape or mold pastry



Meat Thermometer - A thermometer used to measure the internal temperature of meat, especially roasts and steaks, and other cooked foods. The degree of "doneness" of meat correlates closely with the internal temperature, so that a thermometer reading indicates when it is cooked as desired.



Turner — is a kitchen utensil with a long handle and a broad flat edge, used for lifting and turning fried foods, biscuits or cookies.



Utility Knife — A knife that has a long and narrow blade that is generally used for



Vegetable Peeler — A utensil used to peel the skin from vegetables



Wire Whisk — A utensil used to beat and blend ingredients or food, especially egg





















Allspice — A spice used especially in baking, made from the dried, nearly ripe berries of this plant.

Anise — An annual, aromatic Mediterranean herb (*Pimpinella anisum*) in the parsley family, cultivated for its seed like fruits and the oil obtained from them and used to flavor foods, liqueurs, and candies. plant.





Basil — An Old World aromatic annual herb (*Ocimum basilicum*) in the mint family, cultivated for its leaves. Also called **sweet basil**. The leaves of this plant are used as a seasoning. Any of various plants in the genus *Ocimun*, native to warm regions, having aromatic foliage and terminal clusters of small, usually white flowers..

Bay Leaves — The leaf of the bay laurel or "true laurel", *Laurus nobilis*, is a culinary herb often used to flavor soups, stews, and braises and pates in Mediterranean Cuisine.





Celery Seed— A seed of the celery plant used as seasoning.

Chili Powder — A seasoning consisting of ground chilies mixed with other spices, such as cumin and oregano.





Chives — A Eurasion bulbous herb (Allium schoenoprasum) in the lily family, having clusters of usually pink to rose-violet flowers and cultivated for its long, slender, hollow leaves. Often used in the plural. The leaves of this plant are used as a seasoning.

Cilantro— Parsley-like herb that is used as a seasoning or garnish, usually in Mexican dishes and salsas, sometimes referred to as Mexican parsley.





Cinnamon — The dried aromatic inner bark of certain tropical Asian trees in the genus *Cinnamomum*, especially *C. verum* and *C. loureirii*, often ground and used as a spice.

Cloves — The flower bud of this plant is used whole or ground as a spice. An evergreen tree (*Syzygium aromaticum*) native to the Moluccas and widely cultivated in warm regions for its aromatic dried flower buds.





Cumin — An annual Mediterranean herb (*Cuminum cyminum*) in the parsley family, having finely divided leaves and clusters of small white or pink flowers. The seed like fruit of this plant is used for seasoning, as in curry and chili powders.

Garlic - A strong-smelling pungent-tasting bulb, used as a flavoring in cooking and in herbal medicine.





Dill — An aromatic herb (*Anethum graveolens*) native to Eurasia, having finely dissected leaves and small yellow flowers clustered in umbels. The leaves or seeds of this plant are used as a seasoning.

Ginger— A plant (*Zingiber officinale*) of tropical Southeast Asia having yellowish-green flowers and a pungent aromatic rhizome. The rhizome of this plant is often dried and powdered and used as a spice. Also called **gingerroot**.





Mace — An aromatic spice made from the dried, waxy, scarlet or yellowish covering that partly encloses the kernel of the nutmeg.

Mint Leaves — Any plant with the aromatic family 'menthe'. The leaves are used to make essential oil or for seasoning and flavoring.





Mustard — Any of various Eurasian plants of the genus *Brassica*, especially *B. nigra* and *B. juncea*, which are cultivated for their pungent seeds and edible leaves. A condiment made from the powdered seeds of certain of these plants.

Nutmeg — An evergreen tree (Myristica fragrans) native to the East Indies and cultivated for its spicy seeds. The hard, aromatic seed of this tree is used as a spice when grated or ground. A grayish to moderate brown.





Oregano — A perennial Eurasian herb (Origanum vulgare) of the mint family, having aromatic leaves. The leaves of this plant are used as a seasoning. Pungent leaves used as seasoning with meats and fowl and in stews and soups and omelets

Paprika — A mild powdered seasoning made from sweet red peppers. A dark to deep or vivid reddish orange.



Parsley — A cultivated Eurasian herb (*Petroselinum crispum*) having flat or curled, alternately compound leaves. The leaves of this plant are used as a seasoning or garnish.







Pepper, Black — The small, dark, unripe fruit of the pepper plant (*Piper nigrum*), is used whole or ground as a pungent spice.



Pepper, White - White pepper is used to a great extent in recipes for appearance only, usually in white sauces where you might not want dark specks if black pepper was used. White pepper is milder in flavor than black pepper as well.

Poppy Seed — Any plant or species of the genus *Papaver*, herbs with showy polypetalous flowers and a milky juice. From one species (*Papaver somniferum*) opium is obtained, though all the species contain it to some extent; also, a flower of the plant.







Rosemary — An aromatic evergreen Mediterranean shrub (*Rosmarinus officinalis*) having light blue or pink flowers and grayish-green leaves that are used in cooking and perfumery. The leaves of this plant are used as a seasoning.

Sage — Any of various plants of the genus Salvia, especially *S. officinalis*, having aromatic grayish-green, opposite leaves. Also called **ramona**. The leaves of this plant are used as a seasoning.







Sesame Seed — Small oval seeds of the sesame plant.

Tarragon — An aromatic Eurasian herb (*Artemisia dracunculus*) having linear to lance-shaped leaves and small, whitish-green flower heads arranged in loose, spreading panicles. The leaves of this plant are used as a seasoning.





Thyme — Any of several aromatic Eurasian herbs or low shrubs of the genus Thymus, especially *T. vulgaris*, of southern Europe, having small, white to lilac flowers grouped in head like clusters. The leaves of this plant are used as a seasoning.

Turmeric — A widely cultivated tropical plant (Curcuma domestica) of India, having yellow flowers and an aromatic, somewhat fleshy rhizome. The powdered rhizome of this plant, used as a condiment and a yellow dye.





Appliances



Blender — An electrical kitchen appliance used for mixing foods or batter



Can Opener, Electrical— An electrical device used for cutting cans open



Crock Pot — An electrical cooker that maintains a relatively low temperature, used to cook foods over a long period of time.



Food Processor — An appliance consisting of a container in which food is cut, sliced, shredded, grated, blended, beaten or liquidized. Used to prepare foods.



Ice Cream Maker — An appliance used to make ice cream which may involve a paddle used to mix ingredients while melting ice provides low temperatures.



Mixer, Countertop — An electrical device that blends or mixes substances or ingredients, especially by mechanical agitation.



Mixer, Hand — A hand held device that blends or mixes substances or ingredients, especially by mechanical agitation.



Rice Cooker — A selfcontained electrical appliance used primarily for cooking rice.



Skillet, Electric - A skillet or frying pan that instead of being placed on the stove is heated by plugging it into an outlet. The best skillets provide an even heating surface, not always the case with stovetop cooking.

Tea Kettle - A metal or plastic vessel with a lid, spout, and handle, used for boiling water.





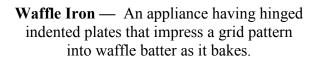
Toaster — A mechanical device used to toast bread, especially by exposure to electrically heated wire coils.

Toaster Oven — An electrical appliance that can be used as either a toaster or an oven





Turkey Fryer — An appliance used to deep fry turkeys or large birds.





Cookware

Baking Pan — A pan with sides that vary in deepness and are used to bake such things as cakes.







Baking Sheet — A flat, shiny metal tray used for cooking such things as biscuits and cookies.

Broiler Pan — A metal tray used to hold food while broiling under a grill.



Colander — A bowl-shaped kitchen utensil with perforations for draining off liquids and rinsing food.



Double Boiler — A pair of cooking pots, one fitting on top of and partly inside the other. Food cooks gently in the upper pot while water simmers in lower pot.



Dutch Oven — An iron container with lid used for cooking stews or casseroles.



Frying Pan — A pan used for frying foods with a single long side handle, measured in inches and may have either straight or sloped sides.



Mini Muffin Tin— A muffin tin with smaller holes used to make mini muffins.



Muffin Tin — A tin consisting of holes in which batter is placed to make muffins



Pastry Press — Any type of press used to shape or mold cookies.



Pie Plate — A plate used to serve pie.



Pot holder — A pad used to protect hands when working with hot pans.



Roaster Pan — A pan with deep sides used to cook roast.



Sauce Pan — A pan used to cook sauces on the stovetop with a long side handle and straight sides measured in quarts.



Sauce Pot — A short and wide pot with two handles and close fitting lid



Steamer Basket — Metal basket that inserts into a pan. Used for steaming vegetables.



Stockpot — A pot with two handles and are tall and narrow



Trivet — An object placed between a serving dish or bowl and a dining table, usually to protect the table from heat damage. A metal stand with short feet, used under a hot dish on a table.



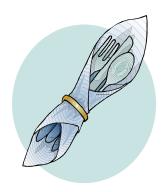
Tube Pan — A round pan with a hollow projection in the middle, used for baking or molding foods in the shape of a ring



Wire Cooling Rack — A rack used to hold hot foods such as cakes, breads, and cookies for cooling.



Dish And Tableware





Bread Plate — A small plate used to hold bread while eating



Butter Dish — A small dish with cover used to store and serve butter.



Cake Plate/Stand — A small plate that is used to serve cake



Carafe — A glass or metal bottle, often with a flared lip, used for serving water or wine. A glass pot with a pouring spout used in making coffee.



Creamer and Sugar Set — A set used to hold and serve creamer and sugar at the table



Gravy Boat — An elongated dish or pitcher for serving gravy



Juice Glass — A small glass used for juices



Meat Platter — A large serving plate



Napkin Ring — A circular band used to hold a particular person's napkin.



Parfait Cup — Fluted cup designed to serve sundaes and parfaits.



Pepper Mill — A utensil for grinding peppercorns



Punch Bowl — A large bowl for serving a beverage, such as punch



Saucer — A small shallow dish having a slight circular depression in the center for holding a cup



Tea Pot — A pot used for Tea.

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Interior Design & Housing

Name	County/State	_ Contestant#
You will be provided 25 items from	er Science) Skill-a-thon - Interior Design the list below. Write the number on t	he item in the blank for what
that item represents. Correct answ	ers are worth 2 points each. (To be com	ipleted as an individual.)
Curtain & Window Treatment		
Banner Valance	Goblet Pleats	Roman Shade
Cafe Curtains	Header	Sconce
Casing	Leading Edge	Spring tension rod
Cornice	Pinch pleats	Valance
Curtain Drop	Piping	
Windows		
Bay window	Double hung window	Recessed window
Bow window	Palladian window	
Casement window	Picture window	
Carpet		
Textured Cut Pile	Loop pile (Berber)	Cut Loop
Saxony	Frieze	Commercial Loop
Material		
Brocade	Damask	Lining
Burlap	Denim	Silk
Chenille	Gingham	Tapestry
Chintz	Interlining	
Decorative Woods		
Base board	Crown Molding	Door/Window Jamb
Chair Rail	Door Casing	Fascia Board
Cove Molding		
Tools		
Hammer	Putty Knife	Tape Measure
Flathead Screwdriver	Safety Glasses	Wire Cutter
Level	Slip Joint Pliers	Wrench
Needle-nose Pliers	Tongue & Groove Pliers	Utility Knife
Phillips Screwdriver		
Painting		
Drop Cloth	Paint Brush, Synthetic Bristle	Roller Tray
Pad Applicator	Paint Pail Hook	Paint Shield/Guide
Paint Brush, Natural Bristle	Roller	Sandpaper
Faux Finishes/Techniques		
Color washing	Metallic	Soft Suede
Combing	Ragging	Sponging
Crackle	Sandstone	

FCS Skill-a-thon Interior Design and Housing ID Definitions

Revised March 2014

Curtain and Window Treatment

- 1. Banner valance- a series of fabric triangles attached to a mounting board or threaded on a rod.
- 2. Café Curtains- short curtains hung on a rod.
- 3. Casing- a fabric pocket to encase a curtain rod or elastic for gathering. Usually made by folding fabric over twice and stitching basically, a hem with open ends.
- 4. Cornice- an ornamental band for covering a curtain rod. It is made of a rigid panel covered with fabric.
- 5. Curtain drop- the length of a curtain window treatment from the hanging system to the bottom edge.
- 6. Goblet Pleats- a pleat that is pushed out and filled with curtain lining instead of folded inward.
- 7. Header- the extra fabric above the curtain rod pocket.
- 8. Leading Edge- where the curtain panels overlap in the center of a way traverse
- 9. Pinch pleats- a style of pleat, usually triple folded, used at the header of curtain window treatments.
- 10. Piping- a decorative edge made from bias-cut fabric strips that cover a cord.
- 11. Roman Shade- a window shade made from fabric that hangs flat when down but folds like an accordion when raised.
- 12. Sconce- a wall mounted fixture that is great for draping fabric through.
- 13. Spring tension rod- an adjustable rod that fits inside the window frame. The internal spring makes it possible to adjust the rod.
- 14. Valance- a top window treatment that can stand-alone or be mounted over curtains.

Windows

- 1. Bay window- a three sided or more window that protrudes from the exterior wall of a house.
- 2. Bow window- bay windows that are semi-circular.
- 3. Casement Window- a hinged window operated by a crank mechanism that can open in or out.
- 4. Double hung window- the most common type of window, consisting of an upper and lower sash.
- 5. Palladian window- a series of windows with an arch on top.
- 6. Picture window- a large window with fixed panes.
- 7. Recessed window- a window set back into a wall. Curtain window treatments are often hung inside the recess.

Carpet

- 1. Textured Cut Pile Is the most decoratively versatile cut-pile, its textured surface helps hide footprints and vacuum marks. Textured pile is considered a great whole house carpet.
- 2. Saxony Is a refined cut-pile surface. Its soft texture is created by twisting yarns tightly together and straightening with heat. It is a luxuriously smooth, soft finish carpet that adds beauty to traditional interiors and elegance to any room. Its soft texture shows subtle highlights and accents.
- 3. Loop-pile (Berber) carpet has wool like look and rugged loop surface. The loop pile carpet wears well and is suited for casual rooms with lots of traffic and activity. Tight loop texture helps hide footprints and vacuum marks. Subtle patterns fit a variety of room styles.
- 4. Frieze carpet is the great plush "feel" of thick, cut pile carpet. It is very versatile decoratively, ideal for casual rooms and kids' rooms. The beautifully crafted and colored yarns add personality to any room. Subtle color flecks help hide soil that might appear between cleaning.
- Cut/Loop This carpet carves definition with cut and loop pile. This carpet accent colors spice up floor surfaces in both formal and contemporary settings.
 Multicolor effect hide soil and stains making it look great between vacuuming.
- 6. Commercial Loop This durable long-wearing surface pile engineered for high traffic areas comes in versatile styles that blend with any décor. The intriguing color choices are suitable for professional and practical installations. Textured surfaces provide subtle highlights.

Fabric

- 1. Burlap It is a loosely constructed, heavy, plain weave fabric made from jute fiber. It is used as a backing for carpet and may even appear as a drapery fabric.
- 2. Brocade- a rich fabric with an embossed design, usually gold or silver.
- 3. Chenille- a very soft fabric made with fluffy cotton yarns
- 4. Chintz- a floral printed cotton fabric
- 5. Damask- a woven fabric made from wool, silk, or cotton. The special weave gives the fabric a raised appearance.
- 6. Denim A fabric in which the warp threads are usually dyed blue or black and the weft is white, so the top surface of the fabric is mainly blue or black, and the underside remains whitish.
- 7. Gingham- plain weave cotton cloth with a checked pattern
- 8. Interlining- a soft fabric placed between the fabric and the lining that provides insulation.
- 9. Lining- fabric layer placed on the back of curtains to protect them from light and dust.
- 10. Silk- a very strong, yet soft fabric, made from threads produced by silkworms.
- 11. Tapestry- machine woven fabric that looks hand woven.

Decorative Woods

- 1. Base board- A narrow border that runs along the base of a wall where it meets the floor.
- 2. Chair Rail Chair rails have a decorative and practical function. Applies to a wall anywhere from 24 to 48 inches from the floor they are a beautiful accent to the room, running horizontally, while also protecting the wall from scuffs and dents from the backs of chairs.
- 3. Cove Molding Used where walls and ceiling meet. They have a concave profile and are often used as inside corner guards, or to hide joints. Cove molding is very similar to crown molding. The difference is in the profile. Cove molding bends inward (concave) and crown molding bends outwards.
- 4. Crown Molding- A decorative strip of material with various cross sections used to cover transitions between surfaces or for decoration. It is traditionally made from solid milled wood or plaster, but may be made from plastic or reformed wood.
- 5. Door Casing Is the frame work around doors. This type of trim is most often found on residential doors.
- 6. Door/Window Jamb-The molding around the window or door. Any type of vertical support around an opening.
- 7. Fascia Board- A finish member around the face of eves and roof projections. Horizontal boards attached to rafter/truss ends at the eves and along gables. Roof drain gutters are attached to the fascia.

Tools

- 1. Hammer- A hand tool that has a handle with a perpendicularly attached head of metal or other heavy rigid material, and is used for striking or pounding.
- 2. Flathead Screwdriver A screwdriver that has a flat blade and corresponds to slotted screws.
- 3. Level-An instrument for ascertaining whether a surface is horizontal, vertical, or at a 45° angle, consisting essentially of an encased, liquid-filled tube containing an air bubble that moves to a center window when the instrument is set on an even plane
- 4. Needle-nose Pliers The long, tapering forged head that gives needle-nose pliers their name is particularly useful in electrical work where spaces can get tight. May come with a wire-cutting blade near the hinge.
- 5. Phillips Screwdriver A screwdriver with four intersecting perpendicular points that corresponds to Phillips screws.
- 6. Putty Knife A tool having a flat flexible blade, used for scraping dry glues and paints and for spreading putty, paste and spackle.
- 7. Safety Glasses Used to protect eyes when using an electric sander, etc.
- 8. Tape Measure-A tape of cloth, paper, or steel marked off in a linear scale, of inches or centimeters, for taking measurements.
- 9. Wire Cutter A tool used for cutting wire.
- 10. Wrench -Open-end wrench or open-ended spanner: a one-piece wrench with a U-shaped opening that grips two opposite faces of the bolt or nut. This wrench is often double-ended, with a different-sized opening at each end.

Painting

- 1. Drop Cloth-Used to protect furniture, fixtures and floors when painting.
- 2. Pad Applicator- Small pad with a handle on the back that is used to apply paint.
- 3. Paint Brush, Natural Bristle Natural bristle brushes are made from animal hair. Natural bristle brushes may only be used with oil-based paints.
- 4. Paint Brush, Synthetic Bristle They are nylon or nylon/polyester. Used for latex paint, but they can work with oil products as well. It is advisable to dedicate a synthetic bristle brush to either oil- or water-based paint use and not switch between paint types with the same brush.
- 5. Paint Pail Hook Hook that holds the paint can on the ladder.
- 6. Roller- A device used for applying paint consisting of a cylinder attached to a handle and a pad which fits over the cylinder.
- 7. Roller Tray-A container that holds paint when using a paint roller.
- 8. Paint Shield/Guide-Also known as a trim guard. Used primarily in corners where wall meets ceiling or where two walls meet that are not painted the same color.
- 9. Sandpaper Paper with sand or another abrasive stuck to it, used for smoothing or polishing woodwork or other surfaces.

Faux Finishes/Techniques

- 1. Color washing- Produces a casual appearance with a translucent texture. By using different color palettes with this versatile technique, you can give your room a fluid calm or the Old World charm of an aged fresco.
- 2. Combing- A fun technique that creates a striated effect with paint and glaze. Traditionally produces vertical lines that mimic the sheen of opulent silk. But can also be used create waves, horizontal stripes, or checkered patterns for a more striking impression.
- 3. Crackle- A finish that when used with a combination of traditional colors can easily create an aged antique appearance.
- 4. Metallic- A finish which adds an opulent shimmer to a room. This special finish makes a bold, stylish statement when applied over a single basecoat, and adds elegant reflective highlights when used in combination with another faux finishing technique like ragging or combing.
- 5. Ragging-This finish produces a delicate, fabric-like texture with a soft, variegated appearance. It's the perfect way to create an intimate mood.
- 6. Sandstone- This finish gives walls a rich, granulated texture that is as beautiful as it is dramatic. Suggesting the earthen color of sandstone cliffs, it brings the feel of nature into your home.
- 7. Soft Suede- This finish allows you to skillfully achieve the velvety suppleness of a well-worn suede jacket. The comfortable and relaxed atmosphere created by this effect works well with rich wood trim and furnishings.
- 8. Sponging-This technique adds a subtle texture and rich depth to your walls using a basic technique. By adding multiple layers of color in a random pattern, you build intricate dimension that lends visual interest to your home.



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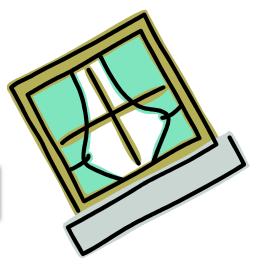


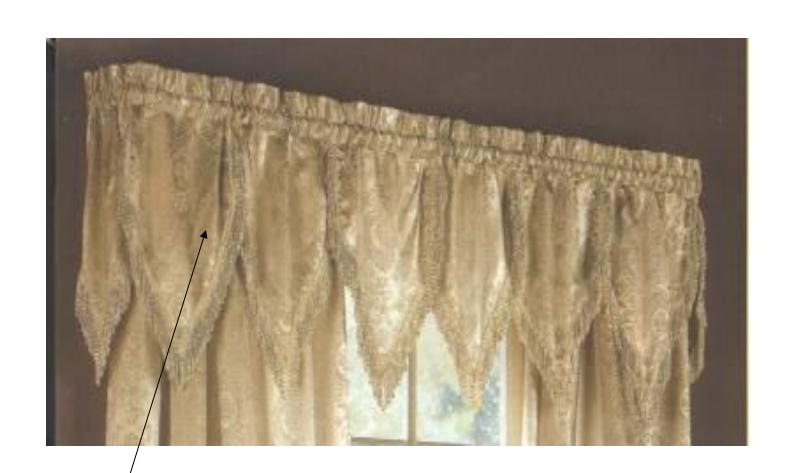


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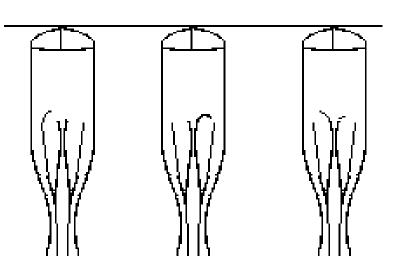




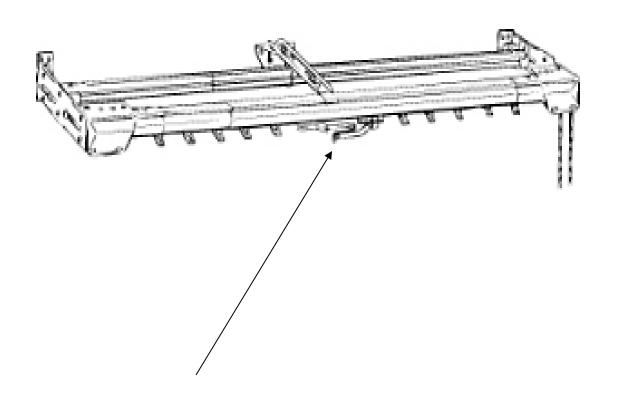


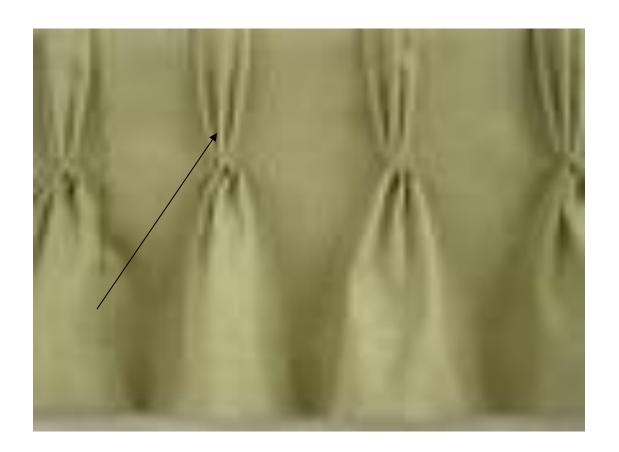






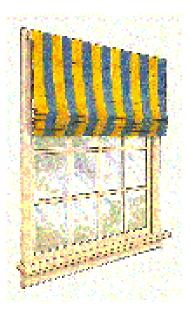














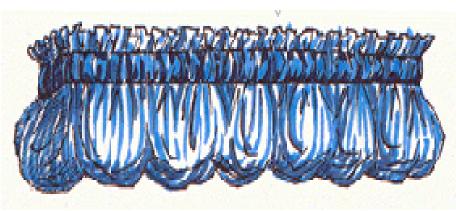




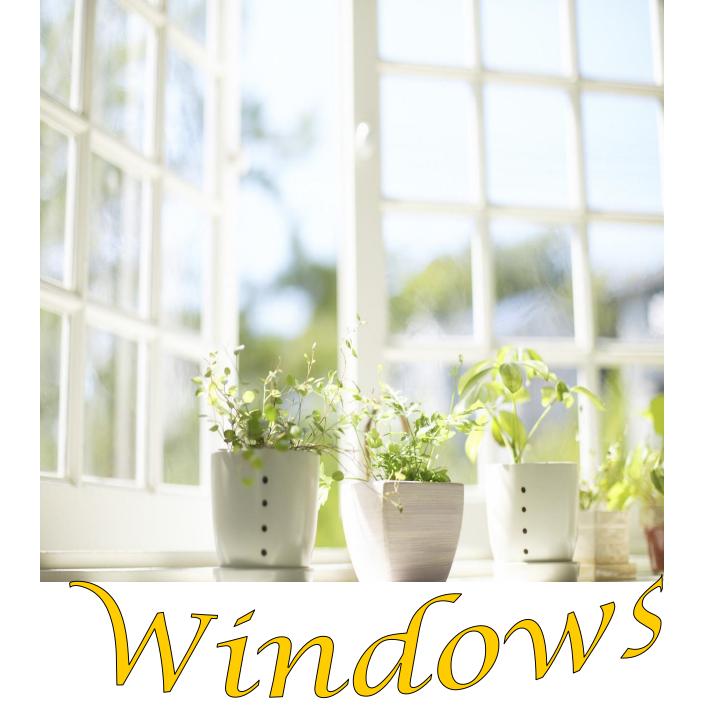














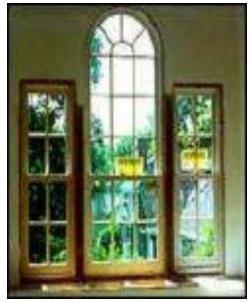




















Carpeting



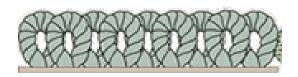






























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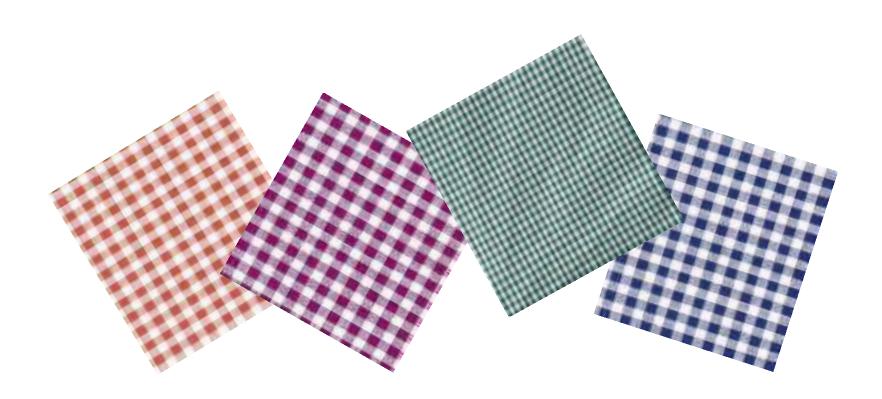


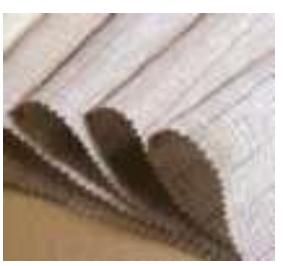


















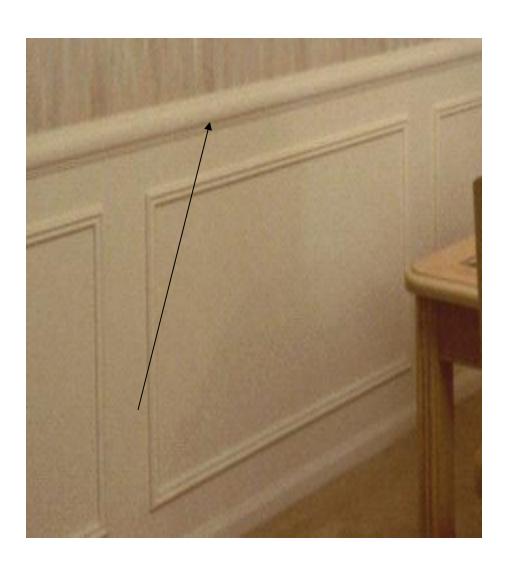












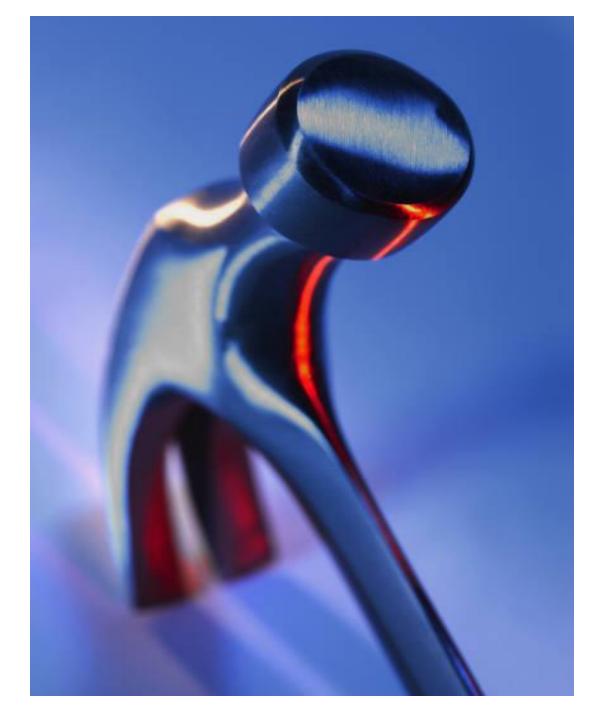












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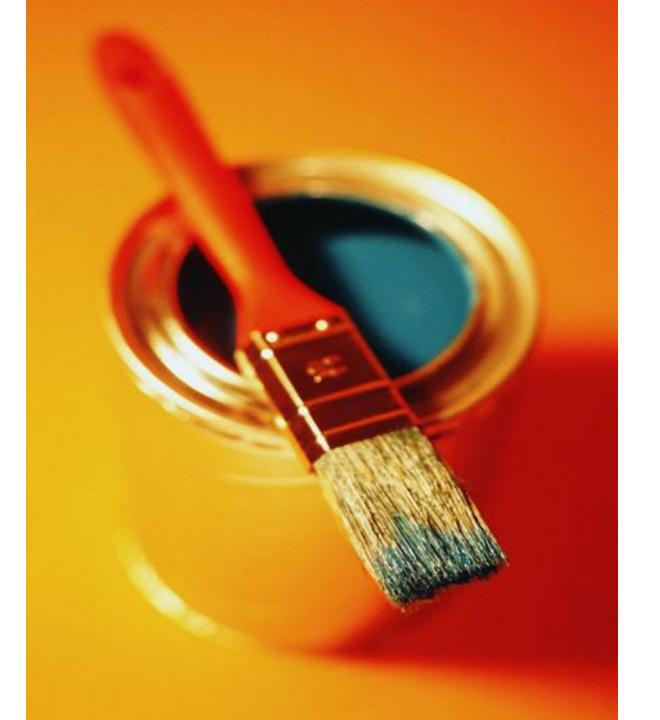












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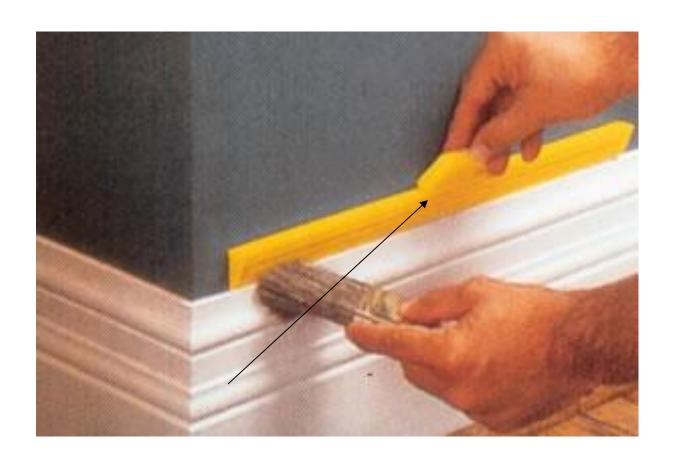


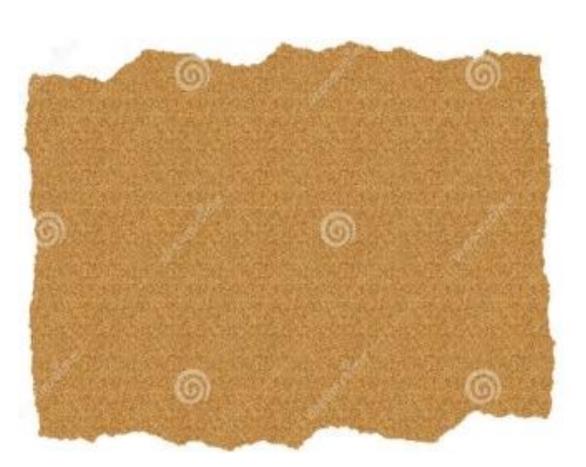




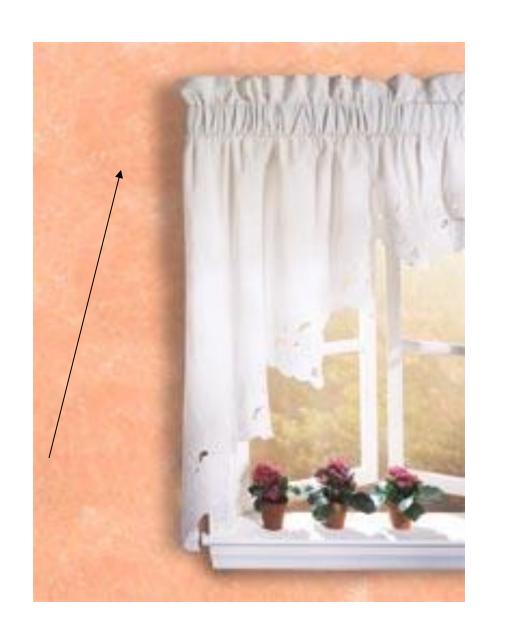














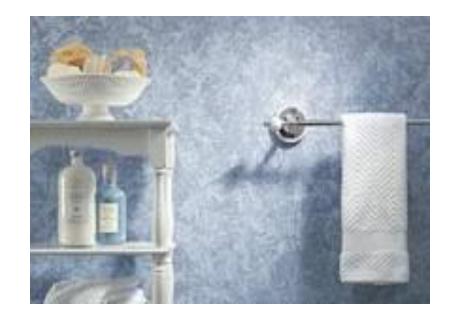


















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Revised March 2014





Curtain and Vindow Treatments

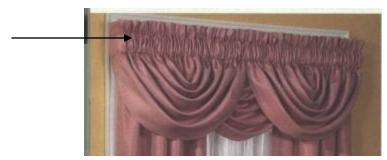




Banner ValanceA series of fabric triangles attached to a mounting board or threaded on a rod.



Café CurtainsShort curtains hung on a rod.



Casing

A fabric pocket to encase a curtain rod or elastic for gathering. Usually made by folding fabric over twice and stitching basically, a hem with open ends.

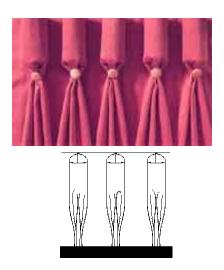


Cornice An ornamental band for covering a curtain rod. It is made of a rigid panel covered with fabric.



Curtain Drop

The length of a curtain window treatment from the hanging system to the bottom edge.

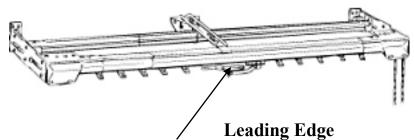


Goblet Pleats

A pleat that is pushed out and filled with curtain lining instead of folded inward.



HeaderThe extra fabric above the curtain rod pocket



Where the curtain panels overlap in the center of a way traverse rod.



Pinch Pleats
A style of pleat, usually triple folded, used at the header of curtain window treatments.



PipingA decorative edge made from bias-cut fabric strips that cover a cord.





Roman Shade

A window shade made from fabric that hangs flat when down but folds like an accordion when raised.





Sconce A wall mounted fixture that is great for draping fabric through

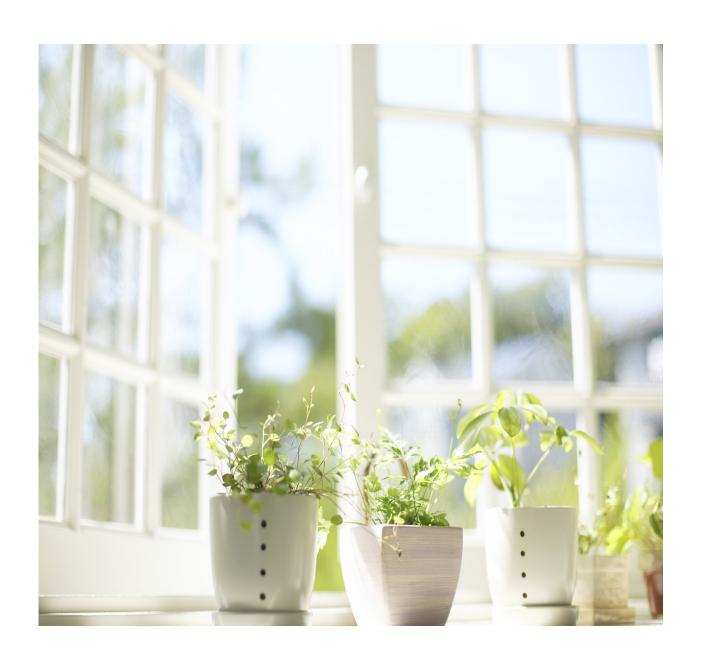


Spring Tension RodAn adjustable rod that fits inside the window frame





Valance
A top window treatment that can stand-alone or be mounted over curtains



Windows



Bay WindowA Three sided or more window that protrudes from the exterior wall of a house

Bow Window Bay windows that are semi-circular





Casement Window

A hinged window operated by a crank mechanism that can open in or out

Double Hung Window

The most common type of window, consisting of an upper and lower sash









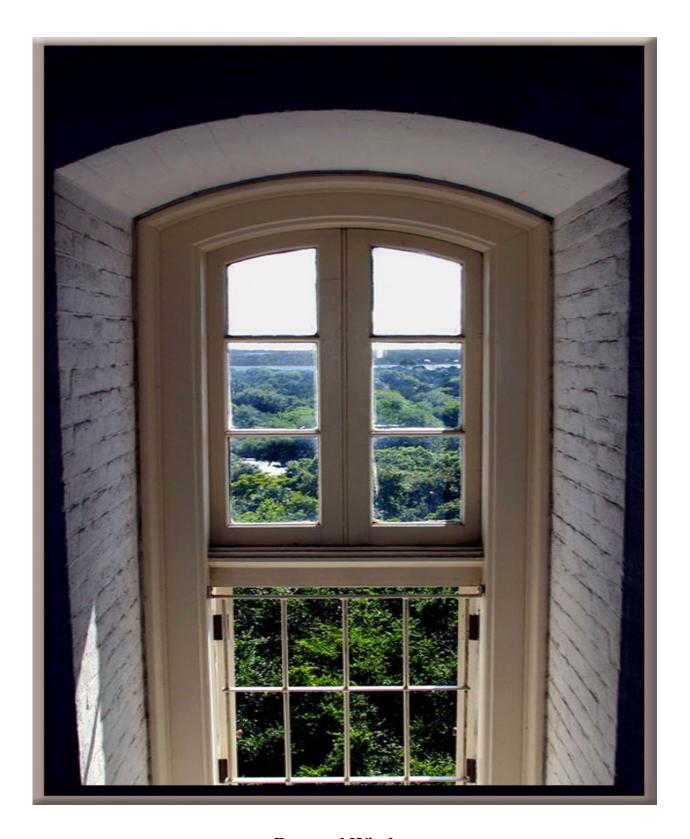


Palladian WindowA series of windows with an arch on top





Picture Window A large window with fixed panes



Recessed Window

A Window set back into a wall. Curtain window treatments are often hung inside the recess.



Carpeting





Textured Cut Pile

Is the most decoratively versatile cut-pile carpet, its textured surface helps hide footprints and vacuum marks. Textured pile is considered a great whole house carpet.



Saxony

Saxony is a refined cut-pile surface. Its soft texture is created by twisting yarns tightly together and straightening with heat. It is a luxuriously smooth, soft finish carpet that adds beauty to traditional interiors and elegance to any room. Its soft texture shows subtle highlights and accents.

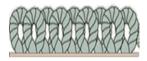






Loop-Pile (Berber)

Loop-pile carpet has wool like look and rugged loop surface. The loop pile carpet wears well and is suited for casual rooms with lots of traffic and activity. Tight loop texture helps hide footprints and vacuum marks. Subtle patterns fit a variety of room styles.



Frieze

Frieze carpet is the great plush "feel" of thick, cut pile carpet. It is very versatile decoratively, ideal for casual rooms and kids' rooms. The beautifully crafted and colored yarns add personality to any room. Subtle color flecks help hide soil that might appear between cleaning.







Cut/Loop

This carpet carves definition with cut and loop pile.
This carpet accent colors spice up floor surfaces in both formal and contemporary settings. Multicolor effect hide soil and stains making it look great between vacuuming.



Commercial Loop

This durable long-wearing surface pile engineered for high traffic areas comes in versatile styles that blend with any décor. The intriguing color choices are suitable for professional and practical installations. Textured surfaces provide subtle highlights.

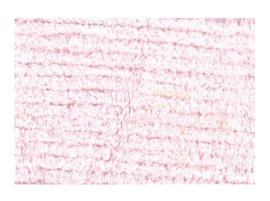








BrocadeA rich fabric with an embossed design, usually gold or silver.



Burlap
It is a loosely constructed, heavy, plain weave fabric made from jute fiber. It is used as a backing for carpet and may even appear as a drapery fabric.

Chenille
A very soft fabric made with fluffy cotton yarns.



ChintzA floral printed cotton fabric.





Denim

A fabric in which the warp threads are usually dyed blue or black and the weft is white, so the top surface of the fabric is mainly blue or black, and the underside remains whitish.







Damask

A woven fabric made from wool, silk, or cotton. The special weave gives the fabric a raised appearance.



Gingham

Plain weave cotton cloth with a checked pattern.



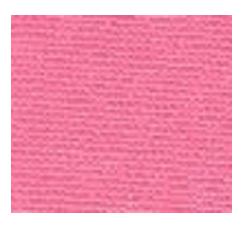


Interlining

A soft fabric placed between the fabric and the lining that provides insulation

Lining

Fabric layer placed on the back of curtains to protect them from light and dust.











Silk A very strong, yet soft fabric, made from threads produced by silkworms



TapestryMachine woven fabric that looks hand woven





Base Board

A Narrow border that runs along the base of a wall where it meets the floor.



Chair Rail

Chair rails have a decorative and practical function. Applied to a wall anywhere from 24 to 48 inches from the floor they are a beautiful accent to the room, running horizontally, while also protecting the wall from scuffs and dents from the backs of chairs.

Cove Molding

Used where walls and ceiling meet. They have a concave profile and are often used as inside corner guards, or to hide joints. Cove molding is very similar to crown molding. The difference is in the profile. Cove molding bends inward and crown molding bends outwards.



Crown Molding

A decorative strip of material used to cover transitions between surfaces or for decoration.





Door Casing

Is the frame work around the doors. This type of trim is most often found on residential doors.

Door/Window Jamb

The molding around the window or door. Any type of vertical support around an opening.

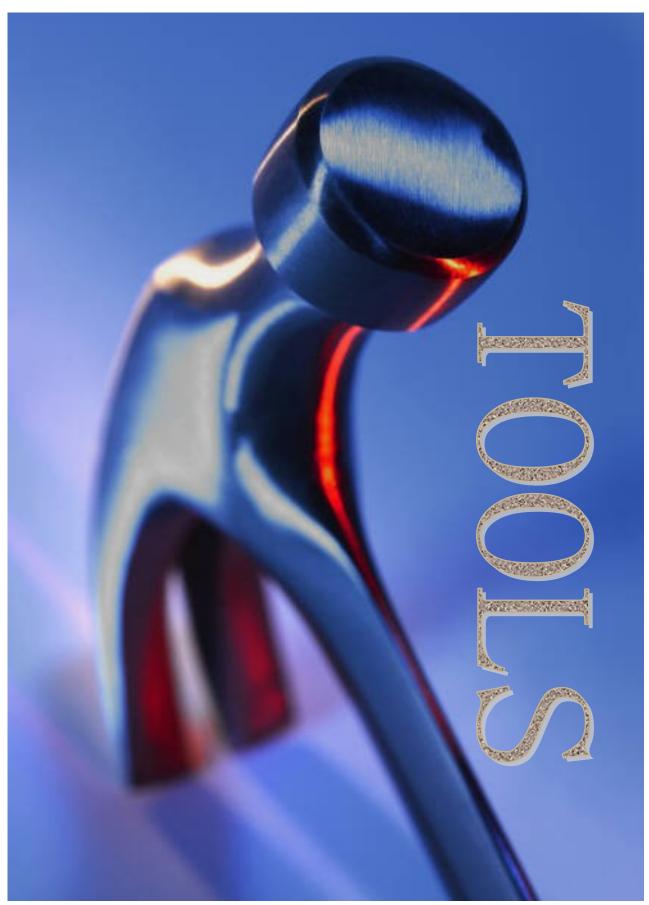






Fascia Board

A finish member around the face of eaves and roof projections. Horizontal boards attached to rafter/truss ends at the eaves and along gables. Roof drain gutters are attached to the fascia.





Hammer

A hand tool that has a handle with a perpendicularly attached head of metal or other heavy rigid material, and is used for striking or pounding.



Flathead Screwdriver

A screwdriver that has a flat blade and corresponds to slotted screws.



Level

An instrument for determining whether a surface is horizontal, vertical, or at a 45 degree angle, consisting of an encased, liquid-filled tube containing an air bubble that moves to a center window when the instrument is set on an even plane.



Needle-nose pliers

The long, tapering, forged head that gives needle-nose pliers their name is particularly useful in electrical work where spaces can get tight. May come with a wire-cutting blade near the hinge.



Phillips Screwdriver

A screwdriver with four intersecting perpendicular points that corresponds to Phillips screws.



Putty Knife

A tool having a flat flexible blade, used for scraping dry glues and paints and for spreading putty, paste and spackle.

Safety Glasses

Used to protect eyes when using an electric sander, etc.







Slip-joint Pliers

Slip joint pliers can grasp, bend and turn wire or fasteners. Slip joint pliers are distinctive in their adjustable design. These pliers have pivot points which can be moved into two different positions. This lets the pliers handle different sizes of fasteners without losing leverage.

Tongue-and-Groove Pliers

Are commonly used for turning and holding nuts and bolts, gripping irregularly shaped objects, and clamping materials. They have serrated jaws generally set 45 – to 60-degrees from the handles. The lower jaw can be moved to a number of positions by sliding along a tracking section under the upper jaw.



Tape Measure

A tape of cloth, paper, or steel marked off in a linear scale, as inches or centimeters, for taking measurements.



Wire Cutter

A tool used for cutting wire.



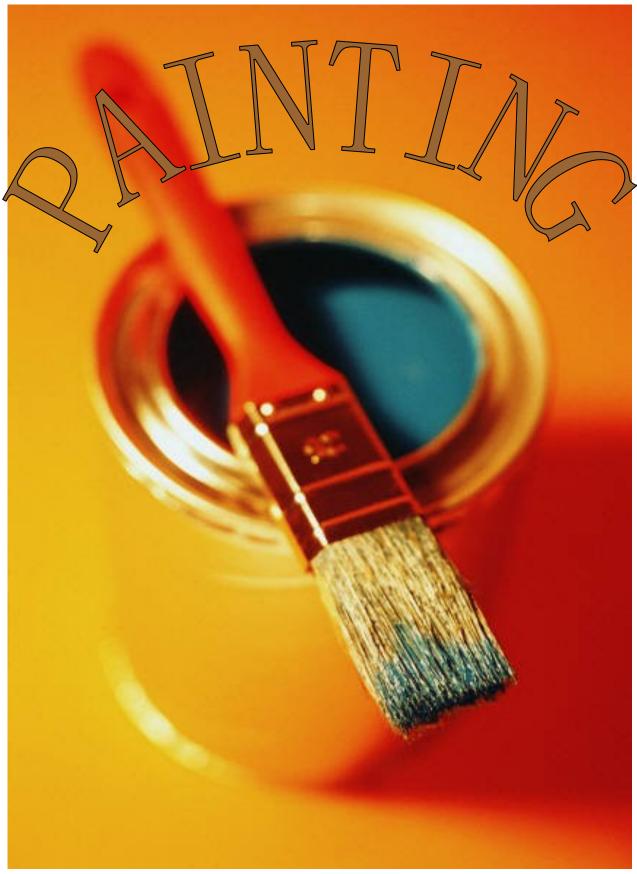
Wrench

Open-end wrench or open-ended spanner: a one-piece wrench with a U-shaped opening that grips two opposite faces of the bolt or nut. This wrench is often double-ended, with a different-sized opening at each end.

Utility knife

A few of the utility knifes uses are: cutting paint around windows that are stuck closed; opening boxes; scoring drywall; and trimming the edges of carpet.







Drop ClothUsed to protect furniture, fixtures and floors when painting.



Pad Applicator
Small pad with a handle on the back that is used to apply paint.



Paint Brush, Synthetic Bristle
They are nylon or nylon/polyester. Used for latex paint, but they can work with oil products as well. It is advisable to dedicate a synthetic bristle brush to either oil- or water-based paint use and not switch between paint types with the same brush.



Paint Brush, Natural Bristle
Natural bristle brushes are made from animal hair. Natural bristle brushes may only be used with oil-based paints.



Paint Pail Hook
Hook that holds the paint can on the ladder.



Roller

A device used for applying paint consisting of a cylinder attached to a handle and a pad which fits over the cylinder.

Roller Tray
A container that holds paint when using a paint roller.



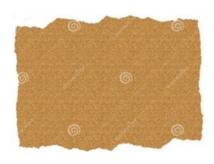


Paint Shield/Guide

Also known as a trim guard. Used primarily in corners where wall meets ceiling or where two walls meet that are not painted the same color.

Sandpaper

Paper with sand or another abrasive stuck to it, used for smoothing or polishing woodwork or other surfaces.







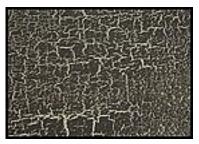
Color Washing

Produces a casual appearance with a translucent texture. By using different color palettes with this versatile technique, you can give your room a fluid calm or the Old World charm of an aged fresco.

Combing

A fun technique that creates a striated effect with paint and glaze. Traditionally produces vertical lines that mimic the sheen of opulent silk. But can also be used to create waves, horizontal stripes, or checkered patterns for a more striking impression.







Crackle

A finish that when used with a combination of traditional colors can easily create an aged antique appearance.



Metallic

A finish which adds an opulent shimmer to a room. This special finish makes a bold, stylish statement when applied over a single basecoat, and adds elegant reflective highlights when used in combination with another faux finishing





Ragging

This finish produces a delicate, fabric-like texture with a soft, variegated appearance. It's the perfect way to create an intimate mood.





Sandstone

This finish gives walls a rich, granulated texture that is as beautiful as it is dramatic. Suggesting the earthen color of sandstone cliffs, it brings the feel of nature into your home.



Soft Suede

This finish allows you to skillfully achieve the velvety suppleness of a well-worn suede jacket. The comfortable and relaxed atmosphere created by this effect works well with rich wood trim and furnishings.



Sponging

This technique adds a subtle texture and rich depth to your walls using a basic technique. By adding multiple layers of color in a random pattern, you build intricate dimension that lends visual interest to your home.



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Sewing & & Clothing

Name	County/State	Contestant#
	nily Consumer Science) - Sewing & C s section is completed as an individual)	_
You will be provided 25 items from that item represents. Correct answer	n the list below. Write the number on the transfer are worth 2 points each.	he item in the blank for what
Fabric/EtcAida ClothCottonFelt	FleeceMuslin, UnbleachedSelvage	Silk Spandex Wool
Trims & Fasteners BattingBias TapeButtonElastic	Decorative TrimFold Over ElasticHook and EyesRibbed Elastic	Rick RackRuffle ElasticSew on Snaps
Sewing Machine Parts Balance/Hand Wheel Bobbin Bobbin Case Bobbin Winder Feed Dogs Foot Control	Presser Foot Presser Foot Lifter Power Switch Spool Pin Stitch Length Regulator Stitch Width Regulator	Sewing Machine NeedleThread Take UpThread GuideThroat PlateUpper Tension RegulatorZipper Foot
TechniquesAppliquéCenter Zipper ApplicationDart	GatherHemLapped Zipper Application	PleatSeam AllowanceUnder-Stitching
Tools Acrylic RulerBall Point BodkinCrewelsCutting Mat	PatternPattern WeightsPin CushionPinking Shears	Seam RipperSeam RollSewing Gauge Sharps

<u>Tools</u>		
Acrylic Ruler	Pattern	Seam Ripper
Ball Point Bodkin	Pattern Weights	Seam Roll
Crewels	Pin Cushion	Sewing Gauge
Cutting Mat	Pinking Shears	Sharps
Dress Form	Pins	Shears
Dressmaker's Ham	Point Presser w/clapper	Tailors Chalk
Emery Bag	Press Cloth	Tapestry Needle Threader
Iron	Pressing Machine	Thimble
Ironing Board	Rotary Cutter	Thread
Loop Turner	Safety Pins	Thread Rack
Measuring Tape	Scissors	Tracing Paper
Needle Threader	Scissor Sharpener	Tracing Wheel

FCS Sewing and Clothing ID Definitions

Revised March 2014

Fabrics

- 1. Aida Cloth- Beautiful even-weave cloth, popular for cross stitch work, crewel embroidery, and other stitchery.
- 2. Cotton- good material for first time sewers to use. Has a good hand and little elasticity. Considered a heavy weight material. Used for everyday clothing.
- 3. Felt- A fabric of matted, compressed animal fibers, such as wool or fur, sometimes mixed with vegetable or synthetic fibers.
- 4. Fleece- Fabric with a soft deep pile.
- 5. Muslin, Unbleached- Sturdy cotton fabric of plain weave, used especially for sheets
- 6. Selvage Uncut edge on both the right and left side of the fabric as it is woven. The way it is finished makes it unsuitable for fabrication.
- 7. Silk- material with a smooth texture and high luster. A light weight material with a somewhat poor cover. Used in blouses and under garments.
- 8. Spandex- A strong fiber with medium weight and good elasticity. Used for clothing and swimsuits.
- 9. Wool- a rough fiber with good crimp. Has a stiff drape and good cover. Use in carpets and some clothing

Trims and Fasteners

- 1. Batting- Cotton, wool, or synthetic fiber wadded into rolls or sheets, used for stuffing furniture and mattresses and for lining quilts
- 2. Bias Tape- Narrow strip of cloth that is cut on the bias (diagonal to the grain of the fabric) that can be used finish or decorate clothing.
- 3. Button A generally disk-shaped fastener used to join two parts of a garment by fitting through a buttonhole or loop.
- 4. Decorative Trim- trim that is used to decorate the edges of material.
- 5. Elastic- A flexible stretchable fabric made with interwoven strands of rubber or an imitative synthetic fiber.
- 6. Fold Over Elastic Can be used to encase the edge of a seam by folding along the center indentation.
- 7. Hook and Eyes- clothes fastener consisting of a small hook and metal loop. Used as closures at the tops of shirts, dresses, skirts or pants.
- 8. Ribbed Elastic- provides maximum cross strength. Found in pants and short
- 9. Rick Rack- strips of material that can be different shapes and widths, which are used to decorate material.
- 10. Ruffle Elastic Soft elastic with shiny, narrow ruffles on each side.
- 11. Sew on Snaps- used as closures at the tops of garments.

Sewing Machine Parts

- 1. Balance/Hand Wheel The balance or hand wheel is used when you want to manually move the needle up and down. The hand wheel can be pulled out when you want to disengage the needle (run the spool of thread without the needle going up and down). The hand wheel raises and lowers the needle. You must always pull the hand wheel towards yourself to prevent tangling of the threads.
- 2. Bobbin Case/Bobbin The bobbin case is a small case into which the bobbin is inserted and threaded, and then is inserted into the sewing machine. The Bobbin is a cylinder on which thread is wound for sewing. Holds the bottom thread.
- 3. Bobbin Winder -On a sewing machine it is a device that winds bobbins. The bobbin is the spool of thread that is below the presser foot. It provides the lower portion of thread that is interlocked with thread from the needle and thus creates a stitch.
- 4. Feed Dogs It is the part under the needle plate, where the teeth are used to move it forward. It is the feeder mechanism which is typically used to pull fabric through a sewing mechanism.
- 5. Foot Control A device which is placed on the floor rather than the table, which is stepped on. Used to apply power to the sewing machine or serger.
- 6. Presser Foot The presser foot holds the fabric in place during sewing. The presser foot must be lowered before you begin to sew or fabric will not move through the machine!
- 7. Presser Foot Lifter -The presser foot is used to hold the fabric down to the needle plate so it can be sewn smoothly. When you sew, the presser foot should be down; when you're done sewing, lift it up with the presser foot lifter.
- 8. Power Switch Turns the sewing machine on and off.
- 9. Spool Pin Holds the spool of thread
- 10. Stitch Length Regulator -The mechanism that allows you to adjust the length of your stitches.
- 11. Stitch Width Regulator The mechanism that allows you to adjust the width of a wide stitch, such as a zigzag stitch.
- 12. Sewing Machine Needle A sewing machine needle consists of: a **shank** clamped by the sewing machine's needle holder; **shoulder** where the thick shank tapers down to the shaft; **shaft** a length suitable for driving the eye and thread through the material and down to the bobbin; **groove** cut in the back of the shaft to release the thread into a loop that aids the hook or shuttle to pick up the thread; **scarf** provides extra room for the hook or shuttle to pass close by; **eye** carries the thread; and **point** penetrates the material by parting the threads or cutting a hole.
- 13. Thread Take Up -The take up lever is used in threading the sewing machine and to keep the thread tension at the proper level. If the take up lever is threaded improperly, the thread will knot up and jam in the machine.
- 14. Thread Guide -Part of the upper threading sequence, they direct the flow of thread to keep the thread going straight in one direction.
- 15. Throat Plate The throat plate is a metal plate with openings for the needle and or the feed dogs.

- 16. Upper Tension Regulator -A sewing machine feature that sets the balance between the bobbin and needle threads. On some sewing machines the tension has one permanent setting. On other machines the tension can be set or is adjusted automatically according to the type of fabric.
- 17. Zipper Foot -A sewing machine attachment that is designed for installing zippers; the design of the foot allows the needle to stitch close different items such as zippers and cording.

Techniques

- 1. Appliqué To attach a small piece of fabric to a larger piece of fabric, to create a desired design.
- 2. Center Zipper Application A centered zipper is a zipper that is sewn in with an even amount of fabric on each side of the zipper. The teeth of the zipper under the area where the fabric would create a seam if there were not a zipper.
- 3. Dart- A tapered tuck sewn to adjust the fit of a garment.
- 4. Gather- To draw into small folds or puckers, as by pulling a thread through cloth.
- 5. Hem- An edge or border on a piece of cloth, especially a finished edge, as for a garment or curtain, made by folding an edge under and stitching it down.
- 6. Lapped Zipper Application -A lapped application zipper has one line of fabric showing on the outside with the appearance that all of the fabric is on one side. It is most commonly seen in slacks and skirts.
- 7. Pleat- A fold in cloth made by doubling the material upon itself and then pressing or stitching it into place.
- 8. Seam Allowance the area between the stitching and raw, cut edge of the fabric.
- 9. Under-Stitching Under-stitching assists a facing or lining to stay to the inside and remain un-seen. It is a stitching that is sewn as close to the seam line as possible holding the graded seam allowance to the facing or lining.

Tools

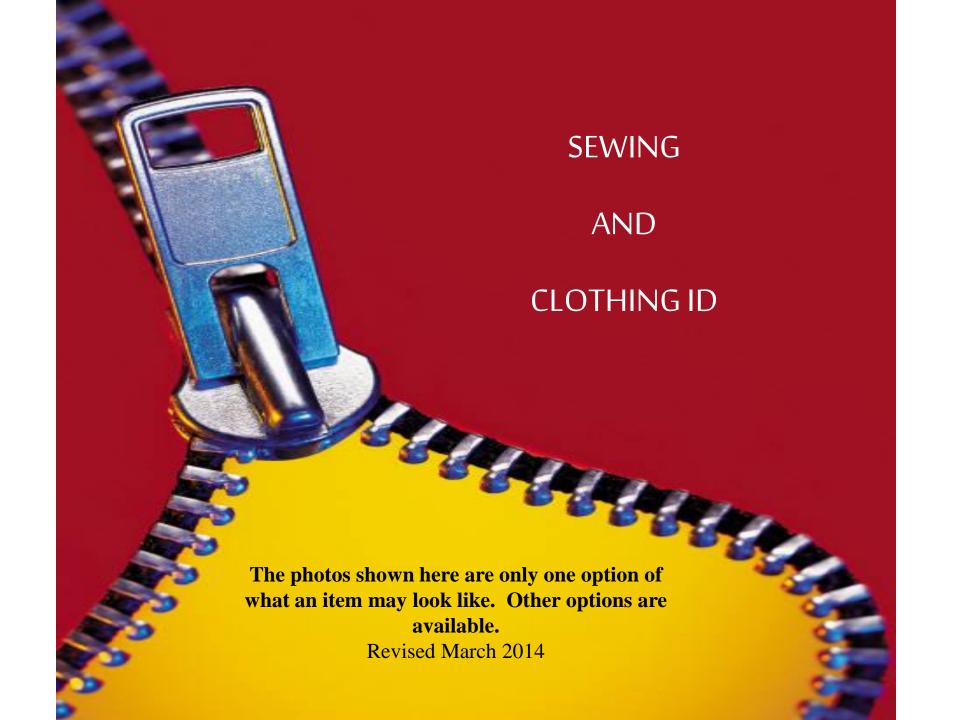
- 1. Acrylic Ruler-Ruler used in crafts and clothing showing different measurements. May come in different shapes and sizes.
- 2. Ball Point Bodkin A sharp slender tool used to insert elastic into casings, to turn bias tubing, and to weave ribbon cording. Handy tool to use instead of a safety pin.
- 3. Crewels- needles with long eyes for easy threading.
- 4. Cutting Mat- mat that is place down to protect the table surface while cutting.
- 5. Dress Form: Used to help form a garment to your specific measurements.
- 6. Dressmaker's Ham- pressing aid for used on hard to reach areas.
- 7. Emery Bag- used to sharpen and remove rust from needles.
- 8. Iron- A metal appliance with a handle and a weighted flat bottom, used when heated to press wrinkles from fabric.
- 9. Ironing Board- A long, narrow padded board, often with collapsible supporting legs, used as a working surface for ironing.
- 10. Loop Turner- used for turning binding and inserting cord into tubing.
- 11. Measuring Tape- used for measuring larger pieces of fabric and body measurements.

- 12. Needle Threader- used to thread machine or hand needles.
- 13. Pattern A plan, diagram, or model to be followed in making things: *a dress pattern*.
- 14. Pattern Weights Keeps pattern pieces in place without pinning.
- 15. Pin Cushion- a small cushion used for holding pins for easy access.
- 16. Pinking Shears- used for finishing seams.
- 17. Pins- used for holding material together while sewing. Come in two forms: dressmaker or silk pins are fine and sharp and are the best to use.
- 18. Point Presser w/clapper Use tailor board for shaping, pressing crisp edges and sharp points, collars and lapels. Use clapper to flatten seams, folds, tucks, creases, enclosed edges, like facings and collars
- 19. Press Cloth- used to help keep shine in fabric. Can be damped to provide moisture for more steam. Unbleached muslin about 14" X 30" in size.
- 20. Pressing Machine- Used to press material.
- 21. Rotary Cutter- a wheel with a sharp edge that is used to cut fabric, used on a cutting mat.
- 22. Safety Pins- a loop shaped pin that fastens into itself with its points under a protective cover to prevent accidental opening or injury.
- 23. Scissors- used for cutting paper and clipping fabric. Scissors may have straight handles.
- 24. Scissor Sharpener Re-sharpens and smoothes worn blade edges.
- 25. Seam Ripper- used to take out seams as well as making buttonholes.
- 26. Seam Roll For pressing seams open on long and narrow areas.
- 27. Sewing Gauge- a short ruler that has a moveable slide for marking hems, seams, and other areas.
- 28. Sharps needles with small round eyes.
- 29. Shears- used for cutting fabric, not paper. Shears are 7-8 inches long, are sharp, and have bent handles making them easier to cut with.
- 30. Tailors Chalk- used for marking sewing details on fabric.
- 31. Tapestry Needle Threader For threading needlepoint and tapestry yarn needles quickly and easily.
- 32. Thimble- used to protect your fingers when hand sewing.
- 33. Thread- Fine cord of a fibrous material, such as cotton or flax, made of two or more filaments twisted together and used in needlework and the weaving of cloth.
- 34. Thread Rack- rack that is used for holding spools of thread.
- 35. Tracing Paper-paper used to mark sewing details on fabric.
- 36. Tracing Wheel- wheel used along with tracing paper to transfer sewing details to fabric.



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Fabrics









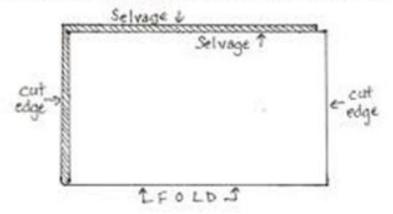








The selvage edge is the woven edge that does not fray



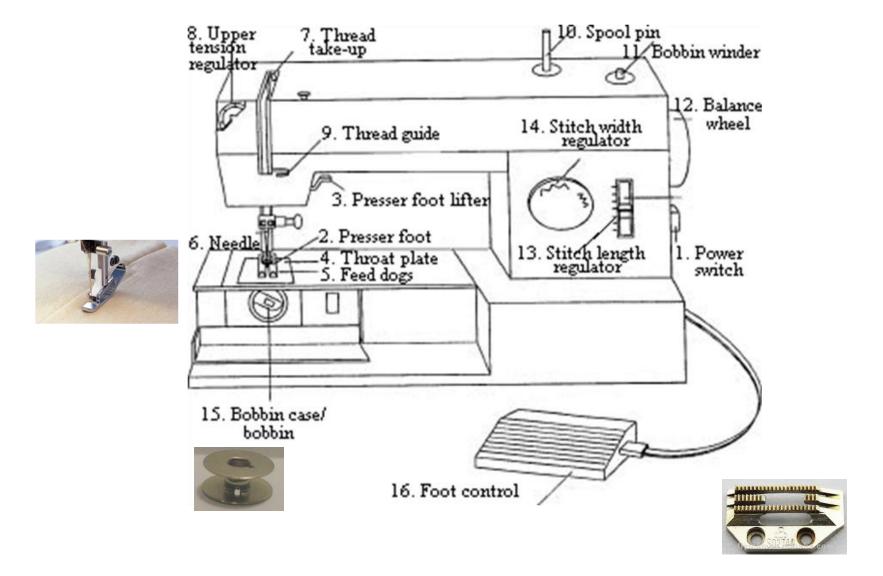
Fabric has two selvage edges and two cut edges







Sewing Machine Parts



Trims and Fasteners



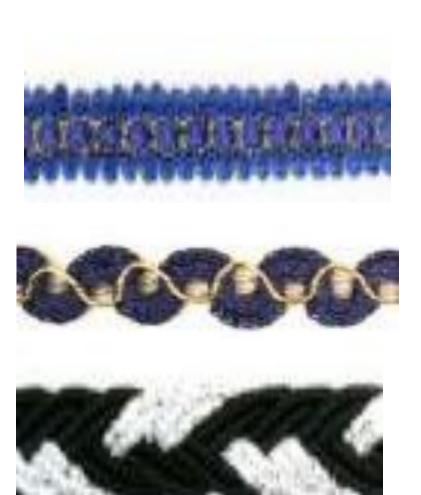






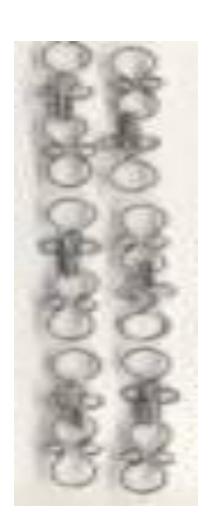






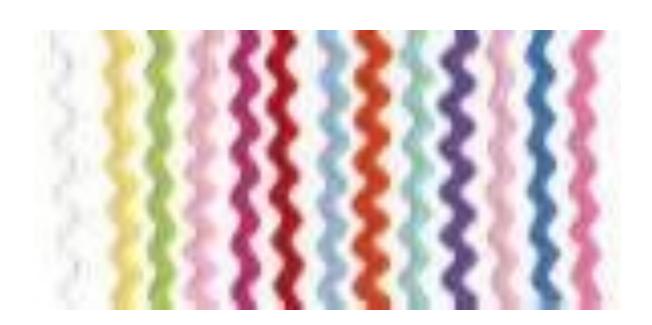


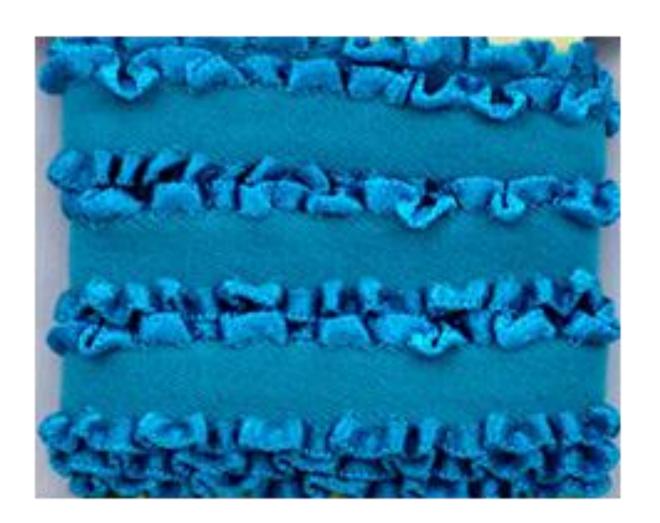


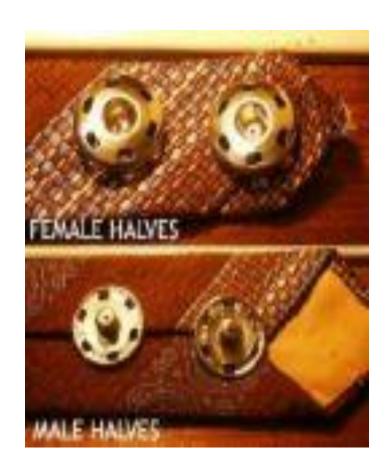








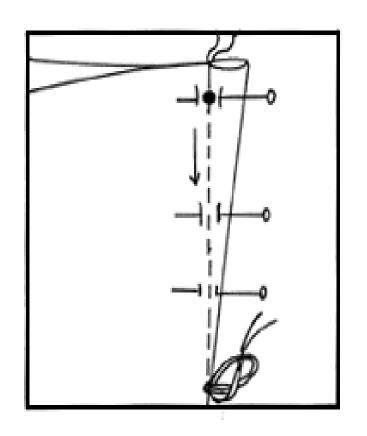




Techniques







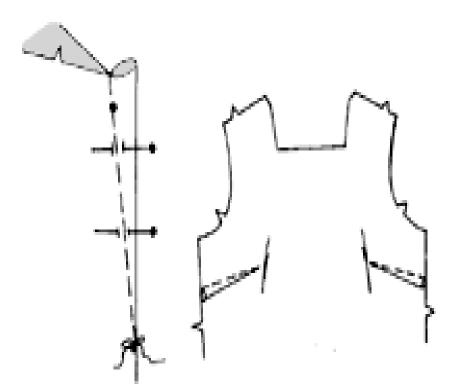


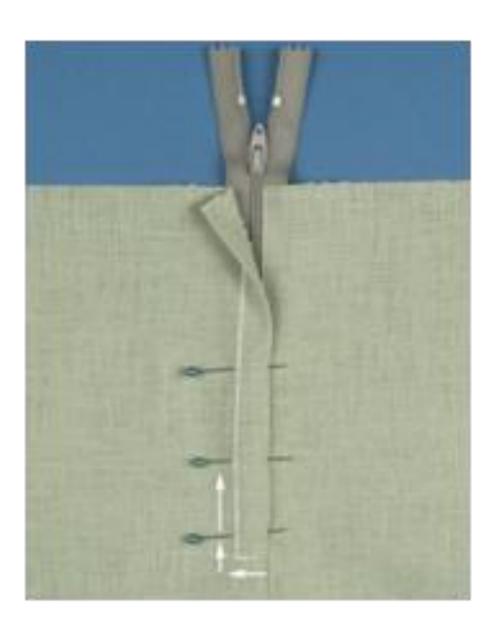


Fig. 18.—Showing half of the gathers bound and attribut.









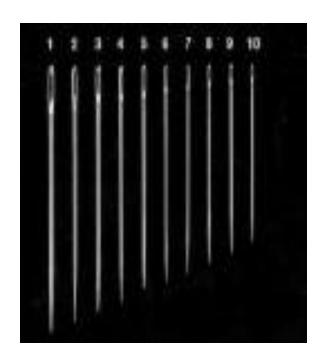








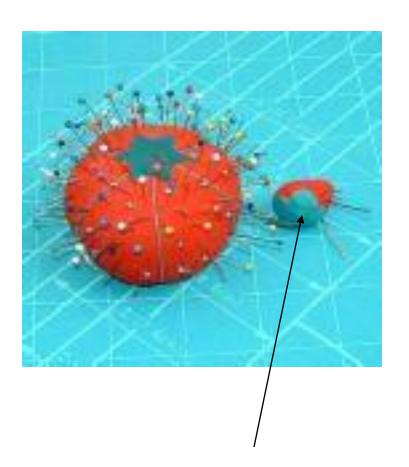


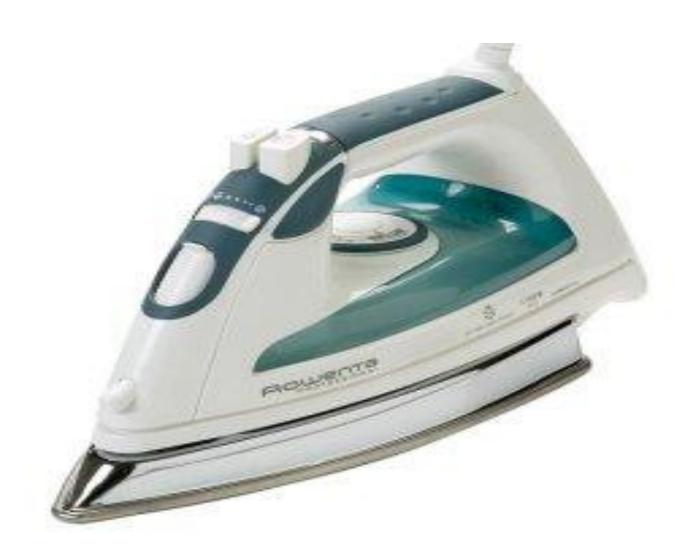














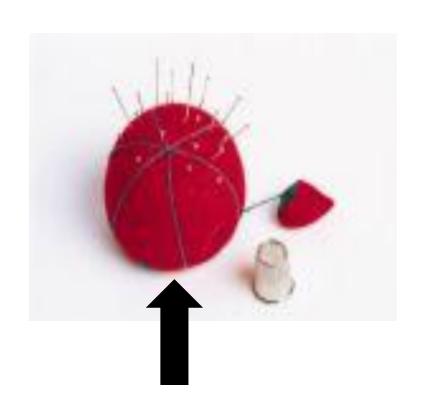




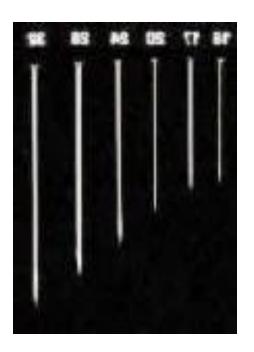






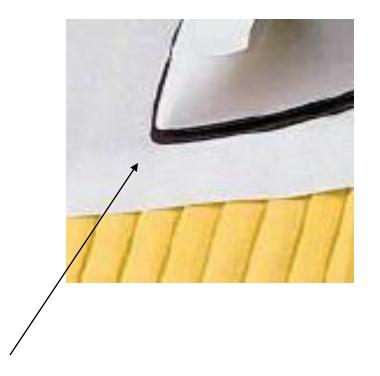


















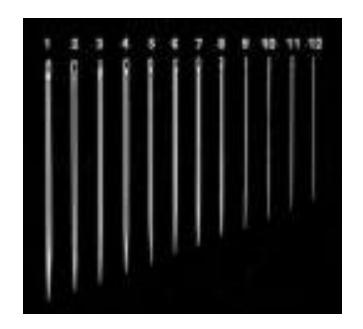




















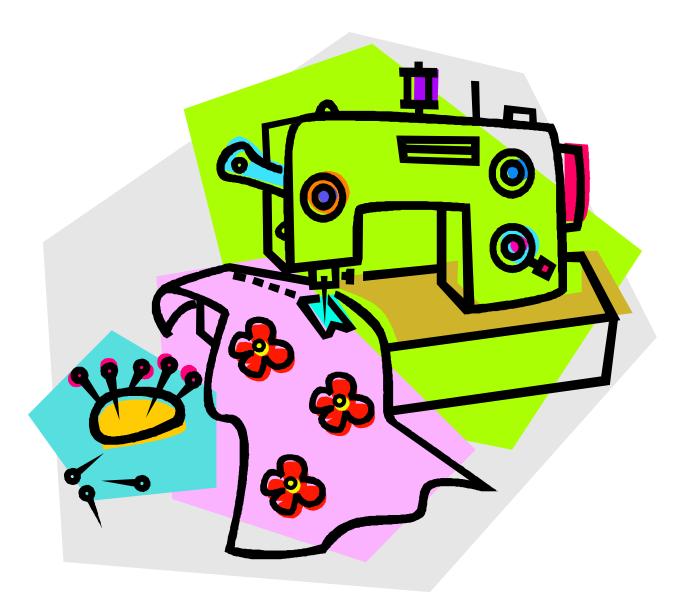






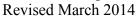


4-H FCS Skill-a-thon Sewing and Clothing ID





The photos shown here are only one option of what an item may look like. Other options are available.





Fabrics



Aida Cloth — Beautiful even-weave cloth, popular for cross stitch work, crewel embroidery, and other stitchery.





Cotton — Good material for first time sewers to use. Has a good hand and little elasticity. Considered a heavy weight material. Used for everyday clothing.

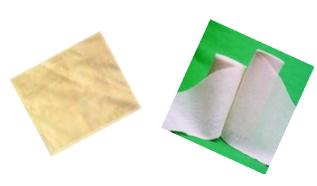


Felt — A fabric of matted, compressed animal fibers, such as wool or fur, sometimes mixed with vegetable or synthetic fibers.

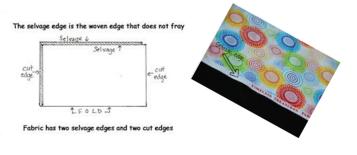




Fleece — Fabric with a soft deep pile.



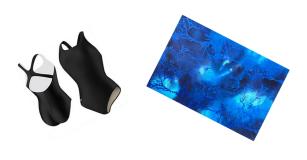
Muslin, Unbleached — Sturdy cotton fabric of plain weave, used especially for sheets.



Selvage - Uncut edge on both the right and left side of the fabric as it is woven. The way it is finished makes it unsuitable for fabrication.



Silk — material with a smooth texture and high luster. A light weight material with a somewhat poor cover. Used in blouses and under garments.



Spandex — A strong fiber with medium weight and good elasticity. Used for clothing and swimsuits.



Wool — A rough fiber with good crimp. Has a stiff drape and good cover. Use in carpets and some clothing.

Trims & Fasteners



Batting — Cotton, wool, or synthetic fiber wadded into rolls or sheets, used for stuffing furniture and mattresses and for lining quilts.





Bias Tape — Narrow strip of cloth that is cut on the bias (diagonal to the grain of the fabric) that can be used to finish or decorate clothing.



Button - A generally disk-shaped fastener used to join two parts of a garment by fitting through a buttonhole or loop.







Decorative Trim —
Trim that is used to decorate the edges of material.



Elastic — A flexible stretchable fabric made with interwoven strands of rubber or an imitative synthetic fiber.



Fold Over Elastic - Can be used to encase the edge of a seam by folding along the center indentation.





Hook and Eyes — Clothes fasteners consisting of a small hook and metal loop. Used as closures at the tops of shirts, dresses, skirts, or pants.



Ribbed Elastic— Provides maximum cross strength. Found in pants and shorts.



Rick Rack — Strips of material that can be different shapes and widths. Used to decorate material.



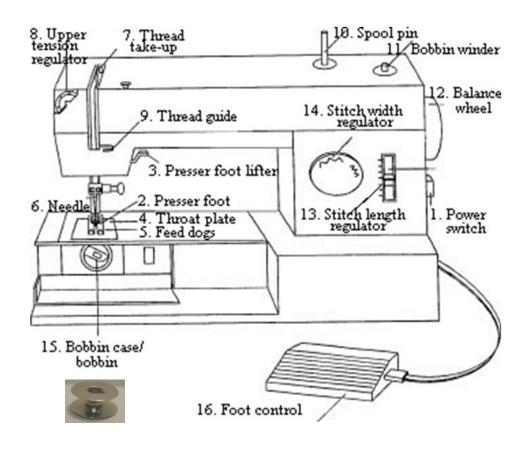
Ruffle Elastic - Soft elastic with shiny, narrow ruffles on each side.



Sew on Snaps — Used as closures at the tops of garments.

Sewing Machine Parts

Please match the number on the picture with the numbered definitions below.



- 1. **Power Switch -** Turns the sewing machine on and off.
- 2. **Presser Foot** The presser foot holds the fabric in place during sewing. The presser foot must be lowered before you begin to sew or fabric will not move through the machine!
- 3. **Presser Foot Lifter** -The presser foot is used to hold the fabric down to the needle plate so it can be sewn smoothly. When you sew, the presser foot should be down; when you're done sewing, lift it up with the presser foot lifter.
- 4. **Throat Plate** The throat plate is a metal plate with openings for the needle and or the feed dogs
- **5. Feed Dogs**—It is the part under the needle plate where the teeth are used to move it forward. It is the feeder mechanism which is typically used to pull fabric through a sewing mechanism.

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- 6. **Sewing Machine Needle -** A sewing machine needle consists of: a **shank** clamped by the sewing machine's needle holder; **shoulder** where the thick shank tapers down to the shaft; **shaft** a length suitable for driving the eye and thread through the material and down to the bobbin; **groove** cut in the back of the shaft to release the thread into a loop that aids the hook or shuttle to pick up the thread; **scarf** provides extra room for the hook or shuttle to pass close by; **eye** carries the thread; and **point** penetrates the material by parting the threads or cutting a hole.
- 7. **Thread Take Up** -The take up lever is used in threading the sewing machine and to keep the thread tension at the proper level. If the take up lever is threaded im properly, the thread will knot up and jam in the machine.
- 8. **Upper Tension Regulator** -A sewing machine feature that sets the balance between the bobbin and needle threads. On some sewing machines the tension has one permanent setting. On other machines the tension can be set or is adjusted automatically according to the type of fabric.
- 9. **Thread Guide** -Part of the upper threading sequence, they direct the flow of thread to keep the thread going straight in one direction.
- 10. **Spool Pin** Holds the spool of thread.
- 11. Bobbin Winder—On a sewing machine it is a device that winds bobbins. The bobbin is the spool of thread that is below the presser foot. It provides the lower portion of thread that is interlocked with thread from the needle and thus creates a stitch.
- 12. **Balance/Hand Wheel**—The balance or hand wheel is used when you want to manually move the needle up and down. The hand wheel can be pulled out when you want to disengage the needle (run the spool of thread without the needle going up and down). The hand wheel raises and lowers the needle. You must always pull the hand wheel towards yourself to prevent tangling of the threads.
- 13. **Stitch Length Regulator** -The mechanism that allows you to adjust the length of your stitches.
- 14. **Stitch Width Regulator** The mechanism that allows you to adjust the width of a wide stitch, such as a zigzag stitch.
- 15. **Bobbin Case/Bobbin** The bobbin case is a small case into which the bobbin is inserted and threaded, and then is inserted into the sewing machine. The **Bobbin** is a cylinder on which thread is wound for sewing. Holds the bottom thread.
- 16. **Foot Control** A device which is placed on the floor rather than the table, which I s stepped on. Used to apply power to the sewing machine or serger.



17. Zipper Foot -A sewing machine attachment that is designed for installing zippers; the design of the foot allows the needle to stitch close different items such as zippers and cording. (Not on sewing machine diagram above.)

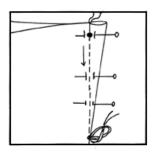
Techniques



Appliqué – To attach a small piece of fabric to a larger piece of fabric, to create a desired design.



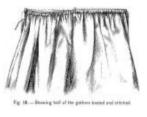
Center Zipper Application - A centered zipper is a zipper that is sewn in with an even amount of fabric on each side of the zipper. The teeth of the zipper under the area where the fabric would create a seam if there were not a zipper.





Dart — A tapered tuck sewn to adjust the fit of a garment.





Gather — To draw into small folds or puckers, as by pulling a thread through cloth.





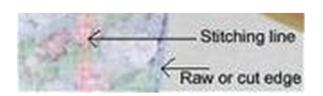
Hem — An edge or border on a piece of cloth, especially a finished edge, as for a garment or curtain, made by folding an edge under and stitching it down.



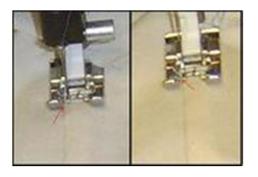
Lapped Zipper Application -A lapped application zipper has one line of fabric showing on the outside with the appearance that all of the fabric is on one side. It is most commonly seen in slacks and skirts.



Pleat — A fold in cloth made by doubling the material upon itself and then pressing or stitching it into place.



Seam Allowance – the area between the stitching and raw, cut edge of the fabric.



Under-Stitching – Under-stitching assists a facing or lining to stay to the inside and remain un-seen. It is a stitching that is sewn as close to the seam possible holding the graded seam allowance to the facing or lining.

Tools



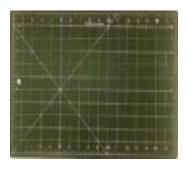
Acrylic Ruler -- Ruler used in crafts and clothing showing different measurement. May come in different shapes and sizes.



Ball Point Bodkin - A sharp slender tool used to insert elastic into casings, to turn bias tubing, and to weave ribbon cording. Handy tool to use instead of a safety pin.



Crewels — Needles with long eyes for easy threading.



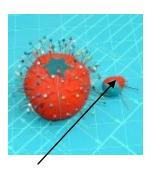
Cutting Mat — Mat that is placed down to protect the table surface while cutting.



Dress Form — Used to help form a garment to your specific measurements.



Dressmaker's Ham — use on hard to reach areas.



Emery Bag — Used to sharpen and remove rust from needles.



Iron— A metal appliance with a handle and a weighted flat bottom, used when heated to press wrinkles from fabric.



Ironing Board — A long, narrow padded board, often with collapsible supporting legs, used as a working surface for ironing.



Loop Turner — Used for turning binding and inserting cord into tubing.



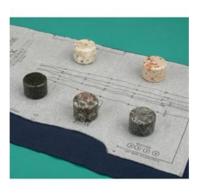
Measuring Tape — Used for measuring larger pieces of fabric and body measurements.



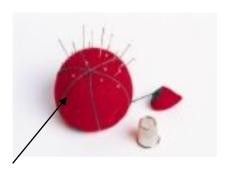
Needle Threader — Used to thread machine or hand needles.



Patterns — A plan, diagram, or model to be followed in making things: *a dress pattern*.



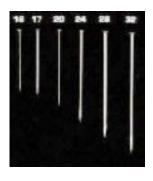
Pattern Weights -Keeps pattern pieces in place without pinning.



Pin Cushion — A small cushion used for holding pins for easy access/.



Pinking Shears — Used for finishing seams.

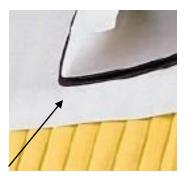




Pins — Used for holding material together while sewing. Come in two forms:dressmaker or silk pins are fine and sharp and are the best to use.



Point Presser with Clapper - Use tailor board for shaping, pressing crisp edges and sharp points, collars and lapels. Use clapper to flatten seams, folds, tucks, creases, enclosed edges, like facings and collars.



Press Cloth — Used to help keep shine in fabric. Can be dampened to provide moisture for more steam. Unbleached muslin about 14" X 30" in size.



Rotary Cutter— A Wheel with a sharp edge that is used to cut fabric, used on a cutting mat.

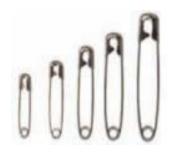


Scissors — Used for cutting paper and clipping fabric. Scissors may have a straight handle.





Pressing Machine— Used to press Material.



Safety Pins — A loop shaped pin that fastens into itself with its points under a protective cover to prevent accidental opening or injury.



Scissor Sharpener - Re-sharpens and smoothes worn blade edges.



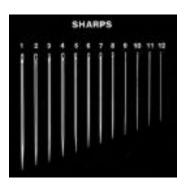
Seam Ripper — Used to take out seams as well as making buttonholes.



Seam Roll - For pressing seams open on long and narrow areas.



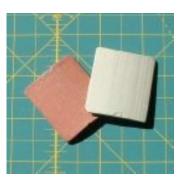
Sewing Gauge — A short ruler that has a moveable slide for marking hems, seams, and other areas.



Sharps — Needles with small round eyes.



Shears — used for cutting fabric, not paper. Shears are 7-8 inches long, are sharp, and have bent handles making them easier to cut with.



Tailor's Chalk — Used for marking sewing details on fabric.



Tapestry Needle Threader - For threading needlepoint and tapestry yarn needles quickly and easily.



Thimble — Used to protect your fingers when hand sewing.



Thread — Fine cord of a fibrous material, such as cotton or flax, made of two or more filaments twisted together and used in needlework and the weaving of cloth.



Thread Rack — A rack that is used for holding spools of thread.



Tracing Paper — Paper used to mark sewing details on fabric and or the feed dogs.



Tracing Wheel — Wheel used along with tracing paper to transfer sewing details to fabric.



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Food & Nutrition Judging

How to Use a Judging Contest Placing Card

This format (or an electronic version of this) is used at most county, district, state, and national contests.

- One card is used per class.
- Put your contestant number on the card.
- Mark the class name on each card.
- Mark an "X" to the right side of the placing you choose.

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4H•JUDG•106	1-2-3-4	A		
Judging Contest Placing Card	1-2-4-3	В		
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Reasons Class: ☐ Yes ☐ No Placing Grade:	3-1-4-2	N		
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86	4-3-1-2	W		
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HISTORY .				

2011 4-H Consumer Choices Study Guide Junior and Senior Division **Breakfast Cereals**

Introduction and Background

Have you heard of the "most important meal of the day?" That's breakfast.

A healthful, balanced breakfast can give you the energy you need to do well in school. If you do not eat breakfast, you are more likely to feel tired, restless and even crabby.



With so many breakfast foods out there, how do you know which ones are the most healthful options? Think about the food groups shown on MyPlate (grain, vegetable, fruit, milk, and meat and beans) and some foods you like from each group. Which foods would you enjoy for breakfast? For more information check out the MyPlate website www.myplate.gov

Let's take a closer look. What breakfast cereals are in your cupboards? Sweetened cereals are marketed skillfully to today's youth. The breakfast cereal aisle at your grocery store is loaded with colorful boxes and bags of dry cereal. The bright colors and cute cartoon characters on the packages may get your attention. Look beyond the advertising to find out what cereals are best for you.

Some Types of Breakfast Cereals

While many types of breakfast cereals are available, most of them can be broken into just five main categories.

Whole-grain Cereal

Nutrition experts recommend that we make half our grain choices wholegrain. Whole grains are an excellent source of fiber. Identify whole-grain products by reading the ingredients listing on the food label. You cannot identify whole grains by the color of the food. Examples of whole grains are whole barley, brown rice, bulgur (cracked wheat), whole wheat, oats and rye. Look for the whole-grain or made with whole grain cereals. Examples such as Cheerios, Kashi and Shredded Wheat feature whole grains with very little or no added sugars. To identify a whole-grain cereal, you can look

for the health claim. Researchers at Columbia University Medical Center have found that oatbased whole-grain cereals can help reduce blood cholesterol and aid in heart health. Other whole grains, such as whole wheat, can help you feel full and satisfied as you start your day.

Hot Cereal

Hot cereals such as oatmeal, Cream of Wheat and Malt-0-Meal are a warm, comforting and wholesome way to enjoy breakfast. Some hot cereals are available in wholesome, unsweetened versions as well as instant, sweetened versions. By buying unsweetened, whole-grain hot breakfast cereals, you can add naturally sweet fruit or a drizzle of honey for a touch of sweetness.

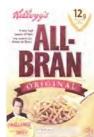


Ready-to-eat Cereal

Many ready-to-eat cereals such as Corn Flakes and Rice Krispies are not made from a whole grain. These cereals are fortified and enriched to include some of the nutrients that we get from whole grains.

Bran Cereal

Bran cereals, such as Raisin Bran, Fiber One, All-Bran and Bran Flakes, are high-fiber offerings for your breakfast table. Fiber can help you keep feeling full and aid in digestion and regularity. Are you getting enough dietary fiber in your daily diet? Consider adding a bran-based cereal to your morning routine. When adding fiber to your diet, add it slowly and drink plenty of water.



Sweetened Cereal

Sweetened cereals sometimes are called "candy cereals," and they often are placed at a child's eye level in the grocery store. Check the ingredient label for added sweeteners, which may be listed as sugar, brown sugar, honey, molasses, high-fructose corn syrup, dextrose, sucrose, maltose or fruit juice concentrates.

If you enjoy sweetened cereals such as Reese's Puffs, Fruit Loops and Lucky Charms, have them as an occasional fun treat but not on a daily basis. Or mix sweetened cereals with unsweetened cereals. Many nutrition experts recommend that we look for cereals with 8 grams or less of sugar per serving. Look at the Nutrition Facts label and compare grams of sugar among types of cereal.

Organic Cereal

Nature's Path, EnviroKidz and Cascadian Farm are examples of organic cereal brands. Organic food is produced without using pesticides and fertilizers. Organic foods also cannot be genetically engineered. Compare the Nutrition Facts labels to help you decide if the added cost is worth the possible benefit to your health.



Questions to Ask Yourself

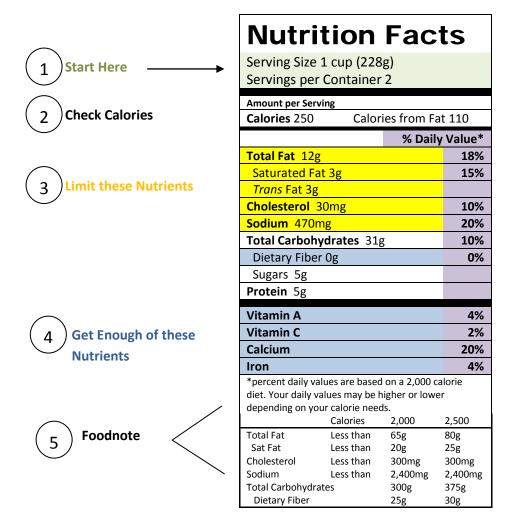
- •:• Do you "make half your grains whole"? MyPyramid teaches us to make at least half of our grain food choices whole grains. For kids and teens, this means trying to eat at least 3 ounces of whole grains each day.
- •: How do you know if a food has whole grain? Look for a couple of clues.

- 1. Look for the word "whole" before grain on the ingredient list. It is usually under the Nutrition Facts panel. For example, the ingredient list for Cheerios is: Whole Grain Oats (includes the oat bran), Modified Corn Starch, Sugar, Salt, Tripotassium Phosphate, Wheat Starch.
- 2. Look for a "health claim" on the package. Some whole grain foods also carry a health claim, such as this: "Diets low in saturated fat and cholesterol and rich in fruits, vegetables, and grain products that contain fiber, particularly soluble fiber, may reduce the risk of coronary heart disease."
- •!• Do you like colorful cereal that is very sweet? Many cereals have lots of added sweeteners. We all can enjoy some sweet treats, but not if it crowds out healthier foods. Go for the nutrition bonus by enjoying naturally sweet fruit on your whole-grain cereal. Raisins or other dried fruits will add to the amount of sugar shown on the Nutrition Facts panel. This natural sugar is not distinguished from added sugars, so you only can estimate the amounts of natural versus added sugars.
- •!• Check the list of ingredients to help you determine how much sweetener has been added. Ingredients are listed on the ingredient label in order of weight, from most to least. If sugar is listed first, you may want to keep looking to get the most nutrition for your money. Is your cereal a good source of fiber? Fiber fills you up and may help with weight management. "Insoluble fiber" (found in bran cereals) may help prevent constipation. "Soluble fiber" (found in oatmeal) may help people reduce their blood cholesterol level.
- •!• How much fat does the cereal contain? Although many types of cereals are low in fat, many granolas and some other cereals may contain saturated fat from coconut or palm oil. Saturated fat and trans fat are not heart-healthy fats. Compare Nutrition Facts labels.
- •!• How hungry are you? Whole-grain breakfast cereals can be tasty, good for you and fill you up, too. Pay attention to the serving size on the package. Is it 1 cup, 3/4 cup or 1/2 cup? We may eat more than the suggested single serving size found on the food label. Remember that the numbers on the Nutrition Facts label refers to the nutrients in one serving of the food, so you may need to do some math.
- •!• How much can you spend? To compare food items, you need to look at the cost per serving. To determine the cost per serving, you can divide the total cost of the snack by the number of servings.
- •!• Is it good for you? Your breakfast combines with the meals and snacks you eat to make your body strong and healthy. Calcium, iron, protein, vitamin A and vitamin Care important for growing bodies. These nutrients are listed on the Nutrition Facts panel.
- •!• Do you drink the milk in the bottom of your cereal bowl? Most breakfast cereals are fortified with vitamins and minerals and contain 10 to 100 percent of the daily value for nutrients. Some vitamins and minerals may end up in the bowl, so drink your milk to take advantage of the nutrients.

You deserve the best. Your body is an amazing machine, and food is the fuel. Choosing your breakfast cereal wisely helps you put the best fuel in your body and will keep your body running at its best.

Reading Food Labels

Sample label for Macaroni & Cheese



(6)

Quick Guide to %
Daily Value

- 5% or less is Low
- 20% or more is High

Information compiled by Monique Stelzer for North Dakota 4-H Consumer Choices Reviewed and edited by Julie Garden Robinson, NDSU Extension food and nutrition specialist, 2010



FAST FOOD MEALS

Fast foods are quick and easy substitutes for home cooking, and a reality with the busy schedules many families maintain. However, fast foods are almost always high in calories, fat, sugar, and salt.

Fast food used to mean fried food. However, today there are many more healthy alternatives available at fast food restaurants. Some restaurants still use hydrogenated vegetable oils for frying. These oils contain trans fats, which increase your risk for heart disease. Some cities have banned or are trying to ban the use of these fats. Now, many restaurants are preparing foods using other types of fat.

Even with these changes, it is hard to eat healthy when you eat out often. Many foods are still cooked with a lot of fat, and many fast-food restaurants do not offer any lower-fat foods. Large portions also make it easy to overeat, and few restaurants offer many fresh fruits and vegetables.

Before heading out, it is important to know your personal calorie limit. Staying within yours can help you get to or maintain a healthy weight. Most adolescents need 1800 (girls) to 2200 (boys) calories; however, knowing how many calories one needs is based upon age, sex, height, weight, and activity level. When choosing what to eat and drink, it's important to get the right mix – enough nutrients, but not too many calories.

In general, eat at places that offer salads, soups, and vegetables. Select a fast-food restaurant that you know offers a variety of food selections that fit in your healthy eating plan. Along with that, the following tips can help you make healthier selections when dining at fast-food restaurants.

Check and compare nutrition information. Knowing the amount of calories, fat, and salt in fast foods can help you eat healthier. Many restaurants now offer information about their food. This information is much like the nutrition labels on the food that you buy. If it is not posted in the restaurant, ask an employee for a copy.

Have it your way. Remember you don't have to settle for what comes with your sandwich or meal — not even at fast-food restaurants. Ask for healthier options and substitutions. Adding bacon, cheese, or mayonnaise will increase the fat and calories. Ask for vegetables instead, such as lettuce or spinach, and tomatoes. With pizza, get less cheese. Also pick low-fat toppings, such as vegetables. You can also dab the pizza with a paper napkin to get rid of a lot of the fat from the cheese.

Keep portion sizes small. If the fast-food restaurant offers several sandwich sizes, pick the smallest. Bypass hamburgers with two or three beef patties, which can pack close to 800 calories and 40 grams of fat. Choose instead a regular- or children's-sized hamburger, which has about 250-300 calories. Ask for extra lettuce, tomatoes, and onions, and omit the cheese and sauce. If a smaller portion is not available, split an item to reduce calories and fat. You can always take some of your food home, and it is okay if you leave extra food on your plate.

Skip the large serving of french fries or onion rings and ask for a small serving instead. This switch alone saves 200 to 300 calories. Or, ask if you can substitute a salad or fruit for the fries.

Strive to make half your plate fruits and vegetables. Take advantage of the healthy side dishes offered at many fast-food restaurants. For example, instead of french fries choose a side salad with low-fat dressing or a baked potato, or add a fruit bowl or a fruit and yogurt option to your meal. Other healthy choices include apple or orange slices, corn on the cob, steamed rice, or baked potato chips.

When choosing an entrée salad, go with grilled chicken, shrimp, or vegetables with fat-free or low-fat dressing on the side, rather than regular salad dressing, which can have 100 to 200 calories per packet. Vinegar or lemon juice are also healthier substitutes for salad dressing. Watch out for high-calorie salads, such as those with deep fried shells or those topped with breaded chicken or other fried toppings. Also skip extras, such as cheese, bacon bits and croutons, which

% Texas 4-H Consumer Decision Making



quickly increase your calorie count. If you forgo the dressing, you can find salads for around 300 calories at most fast food chains.

Opt for grilled items. Fried and breaded foods, such as crispy chicken sandwiches and breaded fish fillets, are high in fat and calories. Select grilled or roasted lean meats – such as turkey or chicken meat, lean ham, or lean roast beef. Look for meat, chicken, and fish that are roasted, grilled, baked, or broiled. Avoid meats that are breaded or fried. If the dish you order comes with a heavy sauce, ask for it on the side and use just a small amount.

Go for whole grains. Select whole-grain breads or bagels. Croissants and biscuits have a lot of fat. People who eat whole grains as part of a healthy diet have a reduced risk of some chronic diseases.

Slow down on sodium. Americans have a taste for salt, but salt plays a role in high blood pressure. Everyone, including kids, should reduce their sodium intake to less than 2,300 milligrams of sodium a day (about 1 tsp of salt). Adults age 51 and older, African Americans of any age, and individuals with high blood pressure, diabetes, or chronic kidney disease should further reduce their sodium intake to 1,500 mg a day.

When eating at a fast food restaurant, pay attention to condiments. Foods like soy sauce, ketchup, pickles, olives, salad dressings, and seasoning packets are high in sodium. Choose low-sodium soy sauce and ketchup. Have a carrot or celery stick instead of olives or pickles. Use only a sprinkling of flavoring packets instead of the entire packet.

Watch what you drink. What you drink is as important as what you eat. Teenagers often drink more carbonated and caffeinated beverages and eat more fast foods. This, along with peer pressure related to eating and exercise, make teenagers particularly vulnerable to becoming sedentary, overweight, and obese. An obese teenager has a greater than 70% risk of becoming an obese adult.

Many beverages are high in calories, contain added sugars and offer little or no nutrients, while others may provide nutrients but too much fat and too many calories. For example, a large regular soda (32 ounces) has about 300 calories. Instead, order diet soda, water, unsweetened iced tea, sparkling water or mineral water. Also, skip the shakes and other ice cream drinks. Large shakes can contain more than 800 calories and all of your saturated fat allotment for the day.

Drink water. This is a better choice over sugary drinks. Regular soda, energy or sports drinks, and other sweet drinks usually contain a lot of added sugar, which provides more calories than needed. Water is usually easy on the wallet. You can save money by drinking water from the tap when eating out. When water just won't do, enjoy the beverage of your choice, but just cut back, avoiding the supersized option.

Don't forget dairy. Many fast food restaurants offer milk as an option for kids' meals, but you can request it! Dairy products provide calcium, vitamin D, potassium, protein, and other nutrients needed for good health throughout life. When you choose milk or milk alternatives, select low-fat or fat-free milk or fortified soymilk. Each type of milk offers the same key nutrients such as calcium, vitamin D, and potassium, but the number of calories are very different. Older children, teens, and adults need 3 cups of milk per day, while children 4 to 8 years old need 2 ½ cups, and children 2 to 3 years old need 2 cups.

The American Heart Association recommends some examples of healthier alternatives to common fast food picks.

Instead of	Try	
Danish	Small bagel	
Jumbo cheeseburger	Grilled chicken, sliced meats or even a regular 2 oz. hamburger on a bun with lettuce, tomato and onion	
Fried chicken or tacos	Grilled chicken or salad bar (but watch out for the high-calorie dressing and ingredients)	
French fries	Baked potato with vegetables or low-fat or fat-free sour cream topping	



Potato chips	Pretzels, baked potato chips
Milkshake	Juice or low-fat or fat-free milk or a diet soft drink (Limit beverages that are high in calories but
	low in nutrients, such as soft drinks.)

References

American Heart Association www.heart.org/HEARTORG/GettingHEalthy?nuritionCenter/DiningOut/Tips-for-Eating-Fast-Food_UCM_308412_Article.jsp

Choose My Plate Nutrition Education Series http://www.choosemyplate.gov/healthy-eating-tips/ten-tips.html

- Choose My Plate
- Make Half Your Grains Whole
- Salt and Sodium
- Make Better Beverage choices
- Enjoy Your Food, But Eat Less

Choose My Plate – Calories: How Many Can I Have? http://choosemyplate.gov/weight-management-calories/calories/empty-calories-amount.html

Mayo Clinic

www.mayoclinic.com/health/fast-food/MY01268

National Institutes of Health – Medline Plus www.nlm.nih.gov/medlineplu/ency/patientinstructions/000105.htm

US Department of Health & Human Services - Office on Women's Health www.girlshealth.gov/nutrition/fsatfood/fastfood tips.cfm –

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10 tips

Nutrition Education Series

choose MyPlate

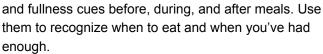
10 tips to a great plate



Making food choices for a healthy lifestyle can be as simple as using these 10 Tips. Use the ideas in this list to *balance your calories*, to choose foods to *eat more often*, and to cut back on foods to *eat less often*.

balance calories
Find out how many calories YOU need for a day as a first step in managing your weight. Go to
www.ChooseMyPlate.gov to find your calorie level. Being physically active also helps you balance calories.

enjoy your food, but eat less
Take the time to fully enjoy
your food as you eat it. Eating
too fast or when your attention is
elsewhere may lead to eating too
many calories. Pay attention to hunger



avoid oversized portions

Use a smaller plate, bowl, and glass. Portion out foods before you eat. When eating out, choose a smaller size option, share a dish, or take home part of your meal.

foods to eat more often

Eat more vegetables, fruits, whole grains, and fat-free or 1% milk and dairy products. These foods have the nutrients you need for health—including potassium, calcium, vitamin D, and fiber. Make them the basis for meals and snacks.

make half your plate fruits and vegetables
Choose red, orange, and dark-green vegetables like tomatoes, sweet potatoes, and broccoli, along with other vegetables for your meals. Add fruit to meals as part of main or side dishes or as dessert.

switch to fat-free or low-fat (1%) milk
They have the same amount of calcium and other essential nutrients as whole milk, but fewer calories and less saturated fat.



make half your grains whole grains
To eat more whole grains, substitute a whole-grain
product for a refined product—such as eating wholewheat bread instead of white bread or brown rice instead of
white rice.

foods to eat less often

Cut back on foods high in solid fats, added sugars, and salt. They include cakes, cookies, ice cream, candies, sweetened drinks, pizza, and fatty meats like ribs, sausages, bacon, and hot dogs. Use these foods as occasional treats, not everyday foods.

compare sodium in foods
Use the Nutrition Facts label
to choose lower sodium versions
of foods like soup, bread, and frozen
meals. Select canned foods labeled
"low sodium," "reduced sodium," or
"no salt added."



drink water instead of sugary drinks
Cut calories by drinking water or unsweetened
beverages. Soda, energy drinks, and sports drinks
are a major source of added sugar, and calories, in American
diets.

tips **Nutrition Education Series**

be choosey in the dining hall



10 tips for healthy eating in the dining hall

Dining halls are full of healthy food options. You just need to know which foods to put on your tray. Use these tips to plan your food choices and know which options are best for you.

know what you're eating Many dining halls post menus with nutrition information. Look at the menus ahead of time, so you can be ready to create healthy, balanced meals when you get there. Having a plan is the first step in making smarter eating decisions! Visit ChooseMyPlate.gov to find information and tools like SuperTracker to help you make meal selection a breeze.

enjoy your food, but eat less Everybody loves the all-you-can-eat dining hall! To resist the urge of eating too much, take smaller portions and use a smaller plate. Remember you can always go back if you are still hungry.

make half your grains whole grains! Whether you're at the sandwich station or pouring yourself a bowl of cereal in the morning, make the switch to whole grains like 100% wholegrain bread and oatmeal.



re-think your drink Americans drink about 400 calories every day. Consider how often you drink sugary beverages such as sodas, cappuccinos, energy drinks, fruit beverages, sweetened teas, and sports drinks. Drinking water instead of sugary beverages can help you manage your calories.

make half your plate fruits and veggies Fruits and veggies can make your meals more nutritious, colorful, and flavorful. Add to pastas, eggs, pizza, sandwiches, and soups. Try spinach in a wrap or add pineapple to your pizza.

make it your own!

Don't feel like you have to choose pre-made plates. Design your own meal! Fresh veggies from the salad bar can be thrown into your omelet for brunch, or grab some tofu on your way to the pasta station for lean protein.

slow down on the sauces Sauces, gravies, and dressings tend to be high in fat and sodium. Watch out for foods prepared with a lot of oil, butter, or topped with heavy condiments, such as mayonnaise. You don't have to do away with sauces and condiments all together; just ask for less or put them on the side. Reducing extras will help you manage your weight.

be on your guard at the salad bar Most veggies get the green light but limit foods high in fat and sodium such as olives, bacon bits, fried noodles, croutons, and pasta or potato salads that are made with mayo and oil. Stick to fat-free or low-fat dressings on the side.



make dessert special Save dessert for a Friday night treat or on special occasions. When you can't resist, opt for something healthy, such as a fruit and yogurt parfait.

don't linger Dining halls should be just that, where you eat. Although it's great to chat with friends while you eat, avoid staying for long periods of time to reduce your temptation to keep eating.





Nutrition Education Series

eat smart and be active as you grow



10 healthy tips for teen girls

Young girls, ages 10 to 19, have a lot of changes going on in their bodies. Building healthier habits will help you—now as a growing teen—and later in life. Growing up means you are in charge of foods you eat and the time you spend being physically active every day.

build strong bones
A good diet and regular physical activity can build strong bones throughout your life. Choose fat-free or low-fat milk, cheeses, and yogurt to get the vitamin D and calcium your growing bones need. Strengthen your bones three times a week doing activities such as running, gymnastics, and skating.

cut back on sweets
Cut back on sugary drinks. Many 12-ounce cans of soda have 10 teaspoons of sugar in them. Drink water when you are thirsty. Sipping water and cutting back on cakes, candies, and sweets helps to maintain a healthy weight.

power up with whole grain

Fuel your body with nutrient-packed whole-grain foods. Make sure that at least half your grain foods are whole grains such as brown rice, whole-wheat breads, and popcorn.

choose vegetables rich in color
Brighten your plate with vegetables that are red,
orange, or dark green. Try acorn squash, cherry
tomatoes, or sweet potatoes. Spinach and beans
also provide vitamins like folate and minerals
like potassium that are essential for
healthy growth.

check Nutrition Facts labels for iron
Read Nutrition Facts labels to find foods containing
iron. Most protein foods like meat, poultry, eggs, and
beans have iron, and so do fortified breakfast cereals and
breads.

be a healthy role model

Encourage your friends to practice healthier habits.

Share what you do to work through challenges. Keep your computer and TV time to less than 2 hours a day (unless it's school work).

try something new
Keep healthy eating fun by picking out new foods
you've never tried before like lentils, mango, quinoa,
or kale.

make moving part of every event

Being active makes everyone feel good. Aim for 60 minutes of physical activity each day.

Move your body often. Dancing, playing active games, walking to school with friends, swimming, and biking are only a few fun ways to be active. Also, try activities that target the muscles in your arms and legs.

include all food groups daily
Use MyPlate as your guide to include all food groups each day. Learn more at www.ChooseMyPlate.gov.

everyone has different needs
Get nutrition information based on your age, gender, height, weight, and physical activity
level. Use SuperTracker to find your calorie level, choose the foods you need, and track progress toward your goals.
Learn more at www.SuperTracker.usda.gov.



tips

Nutrition
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build a healthy meal

10 tips for healthy meals



A healthy meal starts with more vegetables and fruits and smaller portions of protein and grains. Think about how you can adjust the portions on your plate to get more of what you need without too many calories. And don't forget dairy—make it the beverage with your meal or add fat-free or low-fat dairy products to your plate.

make half your plate veggies and fruits

Vegetables and fruits are full of nutrients and may help to
promote good health. Choose red, orange, and darkgreen vegetables such as tomatoes, sweet potatoes, and
broccoli.

add lean protein
Choose protein foods, such as
lean beef and pork, or chicken,
turkey, beans, or tofu. Twice a week,
make seafood the protein on your plate.



include whole grains

Aim to make at least half your grains whole grains.

Look for the words "100% whole grain" or "100% whole wheat" on the food label. Whole grains provide more nutrients, like fiber, than refined grains.

don't forget the dairy

Pair your meal with a cup of fat-free or low-fat milk.

They provide the same amount of calcium and other essential nutrients as whole milk, but less fat and calories. Don't drink milk? Try soymilk (soy beverage) as your beverage or include fat-free or low-fat yogurt in your meal.

Using heavy gravies or sauces will add fat and calories to otherwise healthy choices. For example, steamed broccoli is great, but avoid topping it with cheese sauce. Try other options, like a sprinkling of low-fat parmesan cheese or a squeeze of lemon.

take your time

Savor your food. Eat slowly, enjoy the taste and textures, and pay attention to how you feel. Be mindful. Eating very quickly may cause you to eat too much.

Use a smaller plate at meals to help with portion control. That way you can finish your entire plate and feel satisfied without overeating.

Eat at home more often so you know exactly what you are eating. If you eat out, check and compare the nutrition information. Choose healthier options such as baked instead of fried.

try new foods
Keep it interesting by picking out new foods you've never tried before, like mango, lentils, or kale. You may find a new favorite! Trade fun and tasty recipes with friends or find them online.



satisfy your sweet tooth in a healthy way Indulge in a naturally sweet dessert dish—fruit!

Serve a fresh fruit cocktail or a fruit parfait made with yogurt. For a hot dessert, bake apples and top with cinnamon.



Nutrition Education Series



choose the foods you need to grow



10 tips for teen guys

Feed your growing body by making better food choices today as a teen and as you continue to grow into your twenties. Make time to be physically active every day to help you be fit and healthy as you grow.

get over the idea of magic foods There are no magic foods to eat for good health. Teen guys need to eat foods such as vegetables, fruits, whole grains, protein foods, and fat-free or low-fat dairy foods. Choose protein foods like unsalted nuts, beans, lean meats, and fish. SuperTracker.usda.gov will show if you are getting the nutrients you need for growth.

always hungry? Whole grains that provide fiber can give you a feeling of fullness and provide key nutrients. Choose half your grains as whole grains. Eat whole-wheat breads, pasta, and brown rice instead of white bread, rice, or other refined grains. Also, choose vegetables and fruits when you need to "fill-up."

keep water handy Water is a better option than many other drink choices. Keep a water bottle in your backpack and at your desk to satisfy your thirst. Skip soda, fruit drinks, and energy and sports drinks. They are sugar-sweetened and have few nutrients.

make a list of favorite foods Like green apples more than red apples? Ask your family food shopper to buy quick-to-eat foods for the fridge like mini-carrots, apples, oranges, low-fat cheese slices, or yogurt. And also try dried fruit; unsalted nuts; whole-grain breads, cereal, and crackers; and popcorn.

start cooking often Get over being hungry by fixing your own snacks and meals. Learn to make vegetable omelets, bean quesadillas, or a batch of spaghetti. Prepare your own food so you can make healthier meals and snacks. Microwaving frozen pizzas doesn't count as home cooking.

skip foods that can add unwanted pounds Cut back on calories by limiting fatty meats like ribs, bacon, and hot dogs. Some foods are just occasional treats like pizza, cakes, cookies, candies, and ice cream. Check out the calorie content of sugary drinks by reading the Nutrition Facts label. Many 12-ounce sodas contain 10 teaspoons of sugar.

learn how much food you need Teen guys may need more food than most adults, teen girls, and little kids. Go to www.SuperTracker.usda.gov. It shows how much food you need based on your age, height, weight, and activity level. SuperTracker It also tracks progress

check Nutrition Facts labels To grow, your body needs vitamins and minerals. Calcium and vitamin D are especially important for your growing bones. Read Nutrition Facts labels for calcium. Dairy foods provide the minerals your bones need to grow.

strengthen your muscles Work on strengthening and aerobic activities. Work out at least 10 minutes at a time to see a better you. However, you need to get at least 60 minutes of physical activity every day.

towards fitness goals.

fill your plate like MyPlate Go to www.ChooseMyPlate.gov for more easy tips and science-based nutrition from the Dietary Guidelines for Americans (www.DietaryGuidelines.gov).



Wyoming 4-H Produce Judging Handbook Senior













70501D-January 2010

UNIVERSITY OF WYOMING

Cooperative Extension Service

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Issued in furtherance of Cooperative Extension work, acts of May 8 and June 30, 1914, in cooperation with the U.S. Department of Agriculture. Glen Whipple, Director, Cooperative Extension Service, University of Wyoming, Laramie, Wyoming 82071.

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Wyoming 4-H Produce Judging Handbook: Senior

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Horticultural and Consumer Qualities

This publication is a reference for fruit, vegetable, and herb identification and judging and is intended to reduce confusion as contestants, coaches, and judges prepare for this contest. Check with your local University of Wyoming Cooperative Extension Service office to make sure you are using the most recent version of this publication.

The 4-H philosophy for produce judging is that the qualities describing horticultural merit are identical to those traits that make produce ready for purchase and consumption. These qualities include: product uniformity, stage of ripeness, freedom from disease and insect damage, absence of bruises and blemishes, and so forth.

The correct stage of ripeness is determined by examining either the product's skin or leaves. If the product's skin is wrinkled, shriveled, or collapsed in any way, it is probably overripe. Leafy produce should be firm and not wilted. Unripe vegetables and fruits will have uneven color and usually are very hard. Underripe is better than overripe when selecting produce.

Another way to tell if a vegetable or fruit is edible is to look for bruises, growth cracks, or sunscald. Mechanical damage, such as bruises, may need to be cut out. Growth cracks, most often caused by erratic watering practices, may need to be removed. If large portions of a produce item must be removed due to damage, the produce item is low quality.

Sometimes vegetables may be misshapen. This distortion often happens when root vegetables, such as carrots or rad-

ishes, are grown in heavy, compacted soil that has not been amended or properly worked. Odd shapes may occur in vegetables grown above ground or in fruits when they grow next to another plant, a rock, or some other obstacle.

Holes, chewed sections, and discolored areas on vegetables, fruits, and herbs are signs of insect damage. Disease damage results in discolored lesions, off-color and streaked appearances in the flesh, and rotted areas.

Produce Descriptions, Merits, and Faults

Apples (fruit) are round to slightly elongated. Apples commonly come in red, yellow, or green, but many of the newer varieties may be a mixture of these colors. The flesh of the apple should be white or, in some varieties, soft pink. ¹

Merits of apples include: crisp flesh that is white and juicy, smooth skin devoid of blemishes, and firm tissue all the way to the core. The apple should have good symmetry.

Faults of apples include: brown or bruised flesh, discolorations of the skin, corky tissue on the skin, soft flesh, and a watery core. Any apparent insect damage is also a fault.

Artichokes (globe) (vegetable) are actually immature flower buds that are edible. Each bud contains many layers of bracts (modified flower petals), of which the



Correct Produce Names

apple
artichoke
asparagus
banana
basil
beet (table)
broccoli

Brussels sprout (plural is Brussels sprouts)

cabbage carrot cauliflower celeriac celery

chard (also called Swiss

chard)

Chinese cabbage chive (plural is chives)

collard

cucumber (slicing or pickling)

dill

edible podded pea

eggplant
endive
garlic
ginger root
grape
grapefruit
green onion
head lettuce
jicama

jicama kale kiwi kohlrabi leaf lettuce leek

lemon

mint

muskmelon or canta-

loupe mustard okra onion (dry) orange parsley parsnip

pea (green, in pod)

pepper pineapple

potato (plural is pota-

toes)

radish (plural is radishes) raspberry (plural is rasp-

berries) rhubarb rosemary rutabaga (table)

shallot

snap bean (yellow or

green) spinach

strawberry (plural is strawberries) summer squash

sweet corn

sweet potato (plural is sweet potatoes)

thyme

tomato (plural is toma-

toes) turnip

watermelon

winter radish or daikon (plural is winter radishes)

winter squash

lower bases of the bracts are edible. The heart of the artichoke, on which the bracts are attached, may also be eaten. ¹

Merits of the artichoke include: leaves that are thick and firm, stem free of holes and blemishes, and all of the leaves should be tightly closed, perhaps even squeaking when handled.

Faults of the artichoke include: leaves that are soft and browning, stems with holes, which may be evidence of insect damage within the head, and leaves that are loose or open.

Asparagus (vegetable) has young, immature stem tips, and scales on the tips are tight. Asparagus may be dark green or white, or it may be green toward the tip and white toward the base.

Merits of asparagus include: uniform stalk length and size (at least $\frac{1}{2}$ inch in diameter), juiciness, bright color, and tightly closed scales at tips.

Faults of asparagus include: loose scales, or undersized, spindly, wilted, or oversized stalks.

Bananas (fruit) are a curved, long fruit. The skin is yellow, and the flesh is white and creamy. Bunches usually grow in 6 to 25 individual bananas. ¹

Merits of bananas include: bright yellow skin, absence of bruising on the flesh, and lack of skin browning near the stem. The flesh should be soft and creamy but not overripe.

Faults of bananas include: brown skin, bruised flesh, and squishy stem end.

Basil (herb) is a fragrant herb used as a seasoning in a variety of foods. Basil is sold dry or fresh.

Merits of fresh basil include: green bunches that are fresh and not wilted. Basil should be free of insect damage or yellowing and should have a strong, pleasing aroma.

Faults of basil include: yellow leaves, wilting, signs of insect damage, and blackening of the stems.

Beets (vegetable) have round or cylindrical roots. Beets may be red, yellow, or, rarely, white.

Merits of beets include: uniform size, color, and shape. Baby beets should be $1\frac{1}{2}$ inches and table beets should be $1\frac{1}{2}$ to $3\frac{1}{2}$ inches in diameter. The crown should have very little browning and no cracks.

Faults of beets include: damaged, cracked, pithy, or wilted tissues.

Broccoli (vegetable) has immature green flower heads and is harvested before buds open.

Merits of broccoli include: fresh green color with florets close together. Broccoli should be tender, crisp, and free from worms. Stems should be less than 6 inches long.

Faults of broccoli include: heads that are soft or wilted or are showing yellow flowers.

Brussels sprouts (vegetable) are firm, green, round buds measuring about 1 inch across. Brussels sprouts look like small cabbage heads.

Merits of Brussels sprouts include: fresh, solid, and tightly closed buds with good green color.

Faults of Brussels sprouts include: small or loosely closed buds, yellowish color, or wilted buds.

Cabbage (vegetable) is a compact ball of thickened leaves. The heads can be green, red, smooth, or crinkled. Cabbage is solid and heavy with outer leaves intact. The head may be rounded, flattened, conical, or egg-shaped. The midribs may be white

Merits of cabbage include: solid, firm heads that measure about 6 to 9 inches in diameter. Heads should be tender, crisp, and heavy for their size. Worm damage or rot should never be present. Knowing the cabbage variety is important as varieties differ in size and shape.

Faults of cabbage include: prominent midribs on leaves, incorrect size, light weight, loosely formed, wilted, or uneven color.

Carrots (vegetable) have yellow or orange roots. They are cylindrical, tapered, or round, without side roots.

Merits of carrots include: uniform type (diameter depends on variety), smooth surface, and pale to deep orange color (depending on variety). When carrots are cut, they should have a small core without rings. Carrots should be tender and sweet.

Faults of carrots include: off-color, wilted, rough, or cracked roots. Worm damage, crooked or branched roots, or green crowns also are considered faults.

Cauliflower (vegetable) consists of a firm, heavy, white head of immature flowers. Some types may be purple or green.

Merits of cauliflower include: solid heads with good color and smooth, fine-grained texture. Cauliflower should be crisp with outer leaves trimmed about 1 inch above the head's center

Faults of cauliflower include: wilted heads having yellowish color or rough, grainy texture.



Celery (vegetable) is the whole, above-ground portion of the plant. Leaf blades are trimmed off. Stalks may be green, white, or yellowish. Celery is a cylindrical cluster of leaf petioles attached to a very short stem.

Merits of celery include: thick, firm, and crisp petioles that are uniform and long. Color should be uniform.

Faults of celery include: stalks that are stale or wilted. Rust on the stalks is a fault. Stalks that are uneven in color, spindly, or unevenly arranged in the bunch also should be faulted.

Chard (vegetable) consists of large, thick, crumpled leaves. Chard can include single leaves or the entire plant with the roots removed. Stems are short. Petioles and midribs may be white, red, orange, or yellow.

Merits of chard include: firm, tender, crisp leaves free from insect or disease damage.

Faults of chard include: small or wilted leaves, roots that are still present, or uneven color.

Chinese cabbage (vegetable) has a compact, elongated head with thin, many-veined leaves. Chinese cabbage color can be light green to white. One type, bok choy, has dark green leaves and white petioles. Bok choy does not form a solid head.

Merits of Chinese cabbage include: solid, firm heads with tender, crisp leaves and uniform color.

Faults of Chinese cabbage include: very prominent midribs, incorrect sized heads, wilted leaves, or uneven color.

Chives (herb) are small, onion-like plants. Chives grow in clusters and are dark green. The leaves are hollow and thin.

Merits of chives include: fresh leaves that are evenly green and have no sign of blemish or drying.

Faults of chives include: wilted leaves, dried leaves, signs of insect damage, or unevenly colored leaves.

Collards (vegetable) consist of rosettes of tender, dark green leaves, which may be attached or detached from the main stem. The roots are removed.

Merits of collards include: firm, crisp leaves with uniform color and size.

Faults of collards include: wilted, dirty, or damaged leaves.

Cucumber (fruit) is an immature, firm, heavy, green fruit. Pickling cucumbers are 1¾ to 5 inches long, and they are blocky. Slicing cucumbers are 6 to 9 inches long. European slicing cucumbers can be up to 16 inches long. Lemon cucumbers are egg-shaped and 4 to 6 inches long. Lemon cucumbers have light yellow skin. Some might assume cucumbers and several other fruits mentioned in this guide, including edible podded peas, eggplant, okra, peppers, snap beans, squash, and tomatoes, are vegetables. They are fruits because the botanic and horticultural definition of "fruit" is a mature ovary, which may or may not contain seeds (some fruits are seedless).

Merits of cucumbers include: uniform size, crisp and straight fruits, dark green color, uniform maturity, and evenly spaced spines (if present).

Faults of cucumbers include: non-standard size or color, or wilted, over mature fruits.

Dill (herb) has green, fragrant flower heads with stems and green leaves. Seeds are brown and immature and should not be shedding.

Merits of dill include: freshness, uniform and balanced bunches, and clean leaves and stems.

Faults of dill include: dirty foliage or flower heads, disease or insect damage, discoloration, or wilted foliage.

Edible podded peas (fruit) are tender, flat pods. The seeds inside should be starting to enlarge. Some varieties have rounder, crisp pods with nearly full-grown seeds. Both ends of the pods are intact.

Merits of edible podded peas include: uniform color and size, both ends intact, and fresh, crisp pods.

Faults of edible podded peas include: wilted or over mature pods, pale color, or insect or disease damage.

Eggplant (fruit) is a black, purple, or white, round to egg-shaped fruit. An eggplant may be as long as 14 inches.

Merits of eggplant include: well-shaped, firm, mature fruit. Other merits are a connected stem and a shiny surface.

Faults of eggplant include: wilted or misshapen fruit, uneven color, or over maturity.

Endive (vegetable) is a green, leafy rosette plant. The roots are removed, and the center leaves are creamy-white.

Merits of endive include: fresh, uniform, and clean leaves and stems.

Faults of endive include: dirty, diseased, discolored, or wilted leaves or stems.

Garlic (herb) is a bulb $1\frac{1}{2}$ to 3 inches in diameter. Garlic may be white to pink, and it has papery, dry skin.

Merits of garlic include: individual cloves that are uniform in size and shape. Clear skin also is a merit.

Faults of garlic include: soft or damaged bulbs.

Ginger root (vegetable) is actually an edible rhizome. The interior is golden white.

Merits of ginger root: few knots or branches, light brown skin that is smooth, and lack of blemishes or bruises.

Faults of ginger root: withered knobs, many knots and branches, and blemishes or bruised skin.

Grapes (fruit) are round fruits that grow in clusters on vines. The skin of the fruit may be green, red, purple, or yellow when ripe. The skin is usually thin and the flesh juicy. Seeds may or may not be present, depending on the variety. ¹

Merits of grapes include: plump fruits, stems securely attached, rich coloring, and absence of shriveling or skin blemishes.

Faults of grapes include: blackening of skin near stem, soft or shriveled fruits, and mold present on fruits.

Grapefruits (fruit) are large, round fruits with a thick rind. The rind is yellow but may be slightly red or pink. The flesh of the fruit is pinkish-red or yellow and is slightly bitter in taste.

Merits of the grapefruit include: smooth and shiny skin, firm fruit, and absence of mold or bruising.

Faults of the grapefruit include: dull or wrinkled skin, soft fruit, and the presence of mold or bruising.

Green onions (vegetable) are immature onion plants. Green onions have thick, straight stems with roots trimmed short.

Merits of green onions include: no large bulge at the base, clear white base color, and dark green tops. Green onions should be fresh and clean.

Faults of green onions include: wilted or damaged tissues, or soft tops. Another fault is when the base bulges more like an onion.

Head lettuce (vegetable) is a solid, round head of green leaves. The midribs and center leaves are nearly white.

Merits of head lettuce include: a firm, crisp, clean, solid head heavy for its size.

Faults of head lettuce include: wilted, dirty, loose, or damaged leaves.

Jicama (fruit) is a large tuberous root from a legume plant.

Merits of jicama include: tubers free of bruises or cracks and tissue that appears fresh and firm.

Faults of jicama include: cracks, bruises, and soft tubers.

Kale (vegetable) has grayish or blue-green curly leaves. Kale looks like a non-heading cabbage.

Merits of kale include: firm leaves uniform in color. Faults of kale include: wilted, dirty, or damaged leaves or uneven color.

Kiwi (fruit) is an egg-shaped fruit with bright green flesh and brown skin covered with brown fuzz. A ring of small black seeds is embedded in the flesh. The seeds are edible.

Merits of kiwi include: plump, fragrant fruit with skin free of spots or blemishes.

Faults of kiwi include: wrinkled, soft, or very small fruits, and blemishes or soft spots on the fruit.

Kohlrabi (vegetable) has an enlarged stem measuring about 2 to 3 inches in diameter. Leaf scars and petioles of kohlrabi are in a spiral pattern. Kohlrabi may be round or shaped like a toy top.

Merits of kohlrabi include: uniform size, tender stem, and even color.

Faults of kohlrabi include: an oversized (larger than 3 inches), wilted, damaged, or soft stem.

Leaf lettuce (vegetable) consists of a rosette of tender, green leaves attached to a stem. The roots are removed.

Merits of leaf lettuce include: firm, crisp leaves attached to the stem and having uniform color and size.

Faults of leaf lettuce include: wilted, dirty, or damaged leaves.

Leeks (vegetable) look like large, green onions with thick, straight, 1- to 2-inch thick stems. Leeks have flattened, green leaves.

Merits of leeks include: uniform size, shape, and color with dark green tops and clear white bulbs.

Faults of leeks include: uneven color, faded or pale tops, or a wilted or damaged product.

Lemons (fruit) are a bright yellow, oblong shaped fruit. The skin is smooth, and the fruit may have a slight protrusion at the stem end. The inner flesh is light in color with a fragrant smell and acidic taste. ¹

Merits of the lemon include: skin that is vibrant colored and smooth. The skin should lack blemishes. The flesh should be juicy and fragrant.

Faults of the lemon include: pulpy or dry flesh. Avoid skin that is bruised or blemished.

Mint (herb) is a perennial herb known for its distinctive minty smell.

Merits of mint include: green bunches that are fresh and not wilted. Mint should be free of insect damage or yellowing and should have a strong, pleasing aroma.

Faults of mint include: yellow leaves, wilting, signs of insect damage, and blackening of the stems.

Muskmelons or cantaloupes (fruit) are netted or ribbed, round to oval fruits. The fruits have cream-colored netting on rinds and greenish to yellow skins.

Merits of muskmelons include: clean, firm fruits free of soft spots, scratches, or decay. Netting should be deeply ridged over melons. Color should be even.

Faults of muskmelons include: over or under ripeness, poor color, blemishes, or coarse netting.

Mustard (vegetable) consists of green leaves that are used fresh or cooked.

Merits of mustard include: fresh, uniform, and clean leaves and stems.

Faults of mustard include: dirty, diseased, discolored, or wilted leaves or stems.

Okra (fruit) has pointed, velvety pods. The pods may be green, yellow, or somewhat red. The pods should be partially mature.

Merits of okra include: uniform pod size, shape, and color. Pods should be clean, fresh, and crisp.

Faults of okra include: uneven color, damaged, overly mature, or wilted pods.

Onions (vegetable) are mature bulbs with dry roots and dry necks. Outer scales are dry and can be red, brown, yellow, or white. Onions may be flattened, round, or spindle-shaped, but they should be heavy for their

Merits of onions include: even color and heaviness for their size. Onions also should have clear

skin, thin necks, good color, and good shape, and they should be uniform in size.

Faults of onions include: any damage, too many layers of outer skin removed, or thick, soft necks.



Oranges (fruit) are a round fruit that bears similarity to grapefruit but are smaller. The rind tends to be somewhat rough and is orange to yellow-orange in color. The flesh is yellow-orange and sweet to the taste. ¹

Merits of the orange include: smooth and shiny skin, firm fruit, and absence of mold or bruising.

Faults of the orange include: dull or wrinkled skin, soft fruit, and the presence of mold or bruising.

Parsley (herb) has curled or smooth green leaves with no flowers or seed heads.

Merits of parsley include: fresh, deep green color and crisp, clean leaves.

Faults of parsley include: wilted or yellowish foliage, or foliage damaged by insects.

Parsnip (vegetable) is a long, tapered, creamy-white root.

Merits of parsnips include: uniformity in size and trueness to type. Parsnips should be free of side roots. They also should be firm, solid, and exhibit good color.

Faults of parsnips include: cracked or branched roots, rubbery flesh, or uneven color. Warty or over or undersized roots also should be faulted.

Peas (vegetable) are full-size, tender, green seeds in fresh, green pods.

Merits of peas include: freshness, bright green color, and uniform length and size.

Faults of peas include: large, empty, or partially filled pods. Discolored, damaged, or over mature peas also should be faulted.

Peppers (fruit) are green, red, or yellow fruits. They have three or four lengthwise lobes, and their shapes may be round or long and tapered. Peppers have deep color. Peppers are firm and heavy with thick walls.

Merits of peppers include: uniform size, color, and variety. Peppers should be crisp, heavy, smooth, and free of blemishes. Stems should be attached but cut cleanly. Peppers should have the same number of lobes or sections.

Faults of peppers include: dull or rough texture and fruits that are off-color or light weight. Other faults include: soft spots or damage from sunscald, disease, or insects.

Pineapples (fruit) are oval or cylindrical and are topped by a crown of coarse leaves. The pineapple is a multiple fruit, or one that is made up of numerous flowers fused together. The skin of the pineapple has many scales and is yellow when ripe. The inner flesh is juicy, sweet, and yellow in color. There are no seeds inside the fruit, but the core of the pineapple is fibrous and white.¹

Merits of pineapples include: green and healthy top, firm fruit, and a bright yellow color.

Faults of pineapples include: brown leaves, soft fruit, bruises, mold, and sour smell.

Potatoes (vegetable) are swollen underground stems with buds (eyes). Potato skins can be smooth or russet (rough). Color

and shape may differ among varieties. Potatoes should be heavy for their size and should show no green spots.

Merits of potatoes include: medium size tubers (best show size 8 to 10 ounces) that are firm and plump. Skins should be smooth or russet, depending on the variety, and free of scab, mosaic, or other damage.

Faults of potatoes include: immaturity, rubbed off or thin skin, or odd shapes. Bruised or diseased potatoes also should be faulted.

Radishes (vegetable) are crisp, swollen roots measuring up to 1½ inches in diameter. Radishes may be round or long, and their skin may be red, white, or purple. They are white inside.

Merits of radishes include: firm, crisp roots with bright color. Radishes should show good shape for their variety, and skins should be smooth and clean.

Faults of radishes include: poor shapes or colors, rough textures, or wilting. Radishes that are over mature, woody, or pithy should be faulted.

Raspberries (fruit) are aggregate fruits (one flower with multiple sections). When picked, their central core remains on the plant; therefore, the fruit is hollow when picked. Raspberries may be red, black, purple, or golden in color when ripe. ¹

Merits of the raspberry include: fruit is juicy and fragrant and has a rich color; the fruitlets are firmly held together; the fruitlets are not over or underripe, and they have unblemished skin.

Faults of the raspberry include: fruitlets that are soft and falling apart, leakage from fruitlets, and bruising or mold on the skin.

Rhubarb (vegetable) is a leafstalk with a small portion of the leaf blade included. The skin and inside of the stalk either may be red or green. Rhubarb is a vegetable because the edible leafstalk is not the seed-bearing portion of the plant.

Merits of rhubarb include: clean stalks



Faults of rhubarb include: absent, wilted, or dirty leaf blades or damaged stalks.

Rosemary (herb) is an aromatic herb with slender, pointed leaves.

Merits of rosemary include: leaves that are green and pliable.

Faults of rosemary include: leaves that are brittle and dry.

Rutabagas (vegetable) are large, round, or slightly elongated roots. Rutabagas may include several smaller roots at the base. Their skin will be white to yellow, and the top may be purplish.

Merits of rutabagas include: uniform size and trueness to type. Rutabagas should be free of side roots, be firm and solid, and exhibit clear color.

Faults of rutabagas include: roots that are cracked or branched, rubbery flesh, or uneven color. Warty, under or oversized rutabagas also should be faulted.

Shallots (vegetable) are round or oblong bulbs. Shallots have dry yellow or red skin and measure about 1 inch in diameter. They may be up to $2\frac{1}{2}$ inches long.

Merits of shallots include: bulbs that are crisp and have uniform color. Shallots should be relatively heavy, have clear skin, and be uniform in size and shape.

Faults of shallots include: thick, soft necks. Damaged or over or under mature bulbs also should be faulted.

Snap beans (fruit) are crisp pods containing nearly full-size seeds. The pods may be green, yellow, purple, or green with purple spots.

Merits of snap beans include: freshness, uniform color and length, and long, slender shapes. The pods should be brittle and fleshy, well-filled, and free from defects. Both ends of the pods should be intact, and pods may be straight or curled, depending on the variety.

Faults of snap beans include: pods that are tough, wilted, stringy, pale or discolored, rusty, unevenly filled, or over mature.

Spinach (vegetable) consists of thick, dark green leaves that may be smooth or crumpled. Spinach is often harvested as a whole plant.

Merits of spinach include: clean and crisp foliage with fresh, green color.

Faults of spinach include: wilted foliage, dark or poor foliage color, or a gritty texture. Evidence of bolting is also a fault. Bolting is when the plant becomes reproductive and sends up a flower stalk.

Strawberries (fruit) are cone-shaped, red fruits having a skin scattered with small, hard seeds. Strawberry inner flesh is rich red and juicy. The green calyx (the outer covering of the flower bud) may be attached at the stem end. The strawberry is an aggregate fruit. ¹

Merits of the strawberry include: rich red skin with a juicy red flesh. The core should be fleshy and juicy. The skin should be free of bruises and blemishes. If present, the calyx should he healthy and group. No visible dist

plemishes. It present, the calyx should be healthy and green. No visible dirt should be present on the fruits.

Faults of the strawberry include: mold present on the skin, pulpy core, bruised flesh, and a brown calyx or soft tissue near the calyx.

Summer squash (fruit) is a tender, immature fruit. Squash is crisp and even in color, and the seeds are very immature. Summer squash has thin skin. The shape of summer squash varies. The color can be yellow or light to dark green, or squash can be striped.

Merits of summer squash include: an attached stem, heavy weight for size, clear and even color, maturity, and freedom from blemishes.

Faults of summer squash include: stems that are absent or soft, light weight, presence

of blemishes, or fruits not uniform to type.

Over-maturity is a very common fault of summer squash. Over mature squash are often squishy and show bruising.

Sweet corn (vegetable) has well-filled kernels on ears covered with fresh, green husks. Sweet corn kernels should be in the milky stage. In this stage, kernel juices are milky white when kernels are squeezed.

Merits of sweet corn include: uniform in length, size, and color ears, according to variety. Kernels should be full and in the milky stage.

Faults of sweet corn include: immature, unfilled, overripe, or hard kernels. Sweet corn with uneven rows of kernels or rows not filled to the tips of the ears should be faulted. Also, damage from worms, insects, or disease is a fault.

Sweet potatoes (vegetable) are round, spindle-shaped, or cylindrical roots. Sweet potatoes may have red, orange, or yellow skin, and skin can be smooth or russet.

Merits of sweet potatoes include: uniform shape, size, and color. Sweet potatoes should be free from blemishes and should be fresh.

Faults of sweet potatoes include: roots that are branched or cracked, uneven in color, or blemished.

Thyme (herb) is a perennial herb. Thyme has a strong lemony flavor.

Merits of fresh thyme include: green bunches that are fresh and not wilted. Thyme should be free of insect damage or yellowing and should have a strong, pleasing aroma.

Faults of thyme include: yellow leaves, wilting, signs of insect damage, and blacking of the stems.

Tomatoes (fruit) can be red, orange, or yellow. Tomatoes can range from $\frac{1}{2}$ inch to 6 inches in diameter and weigh

up to 1 pound. They are firm and heavy but not soft or overripe. Cherry tomatoes are smaller in diameter than standard tomatoes.

Merits of tomatoes include: medium size according to variety. Tomatoes should be firm and should show clear color typical of variety. They should be clean with no cracks. Stems should be closely trimmed, or all stems should be removed. Tomatoes should show only a small blossom scar.

Faults of tomatoes include: coarse skins or over or under ripeness. Bruised, soft, cracked, or lobed tomatoes should be faulted.

Turnips (vegetable) are round roots that may either be pure white or have a purple top. Turnips have thin, tender skin.

Merits of turnips include: uniformity in size, trueness to type, and freedom from side roots. Turnips should be firm and solid with clear, clean color.

Faults of turnips include: roots that are cracked or branched, rubbery flesh, or uneven color. Warty or under or oversized turnips for the type should be faulted.

Watermelons (fruits) are round or oblong fruits with graygreen, green, striped, or yellow skin. Watermelon flesh may be red, pink, or yellow and size varies.

Merits of watermelons include: good weight and medium to large size (10 to 20 pounds). Watermelons should exhibit bright color with even striping over the whole melon. Watermelon shapes should be even and without bulges, furrows, or dimples. If there is a yellow spot (rather than white) where the melon rested on the ground, it is ripe.

Faults of watermelons include: light weight, uneven shape or color, or presence of blemishes. A white, rather than yellow, ground spot also should be faulted.

Winter radishes (vegetable) are large, round, or elongated roots. Their skins may be black, white, or pink. Their flesh should be firm, crisp, and white.

Merits of winter radishes include: firm, crisp, and bright colored roots. Winter radishes should show good, uniform shapes for the variety and should have smooth, clean skin.

Faults of winter radishes include: poor shape or color, rough texture, wilting, or over mature roots.

Winter squash (fruit) is a mature, hard-shelled fruit. Winter squash shapes and sizes vary. Winter squash should be heavy for its size.

Merits of winter squash include: an attached stem and heavy weight. Winter squash should show clear, even color, be mature, and be free from insect, disease, or mechanical injury damage.

Faults of winter squash include: lack of or a soft stem, uneven color, immaturity, or light weight. Winter squash also should be faulted if the fruit is blemished or not true to type.

Suggested Judging Points Scale (Use as a Guide)

Color	20 points
Condition	20 points
Form	20 points
Size	20 points
Uniformity	20 points

Suggestions for assigning points in each of the above categories follow:

Color

If the produce's color is clear, bright, and typical of the type: 11 to 20 points

If the color is faded or not uniform: 10 points or less

Condition

If the produce's condition is fresh, unblemished, and mature for the type: 11 to 20 points

If the produce is bruised, injured, or scarred by insect or disease damage: 10 points or less

Form

If the produce is formed symmetrically and is typical of the type: 11 to 20 points. Produce may vary in shape, but they will almost always be bilaterally symmetrical. If the produce's form is misshapen, over or under mature, or distorted by insect, disease, or mechanical damage: 10 points or less **Size**

If the produce's size is typical for ideal edibility and consumer use: 11 to 20 points

If the produce is too small or overly large: 10 points or less **Uniformity**

If the produce has uniform size, form, color, and condition: 11 to 20 points

If size, form, color, or condition is not optimal: 10 points or less

Vegetable, Fruit, and Herb Terms

Aggregate fruit One flower with multiple sections.

Bulb Fleshy, underground leaves on a short-

ened stem. Compressed leaf tissue.

Butt The bottom end of a fruit or vegetable.

Cob The portion of an ear of corn to which

kernels are attached.

Core The central part of a fleshy fruit.

Ear The fruiting spike of a cereal such as corn

or wheat.

End The tip of a branch, stem, fruit, or veg-

etable.

Flesh The succulent, thick, or juicy portion of a

fruit or vegetable.

Fruit The ripened ovary; may or may not con-

tain seeds.

Head A dense formation of leaves or flowers.

Herb A plant consisting only of primary tissues.

Lacks wood.

Husk The outer covering of certain fruits or

seeds, such as corn.

Kernel The seed of a grass such as corn. Notes:

The kernels that are eaten are the seeds, not the fruits, which are ripened ovaries. Corn is in the grass family (Poaceae).

Leaf The plant part that photosynthesizes and

transpires.

Lobe Any division or segment of a plant organ.

Midrib The main or central vein of a leaf.

Neck Any constricted, slender area.

Outer shell A hard or tough covering.

Pod Any dry fruit.

Rib An elongated ridge, as on a leaf.

Rind A hard or tough outer layer.

Root The plant part below ground responsible

for anchoring and water and nutrient up-

take.

Russet Rough.

Seed The product of sexual reproduction in

plants.

Shank The connecting part of a plant between

functional parts.

Skin The outer or surface layer.

Spear A young shoot.

Stalk The main supporting structure, stem.

Stem The vertical axis of a plant.

Taproot A stout, tapering, primary root such as a

carrot or radish.

Tip The end of a branch, leaf, or fruit.

Tuber A thickened, compressed, fleshy, stem,

usually underground.

Vegetable Any other edible portion of a plant be-

sides a fruit.

Descriptive Words: Merits

Fresh Smooth Tender Clean Succulent Straight Crisp Firm High quality Compact Tapering Ripe Maturity Mature Solid Heavy Edible Table use Words concerning uniformity: Uniform size Uniform shape

Uniform color

Words concerning trueness to variety: Same type

Same variety Typical shape Typical color

Descriptive Words: Faults

Blemish Cracks
Bruise Decay
Weather damage Blossom scars

Insect damage Soft Sunburn Mechanical damage Diseased Rust Deteriorated Waste Woody Fibrous Tough Stringy Puffy Pithy Shriveled Withered Wilted Over mature Overripe Discolored Yellowing **Immature**

Dull color

Points to Remember:

Make comparisons

Grant merits, and criticize faults

Use different terms

Be sure you know what you are talking about

Judge as if the produce would be eaten immediately

Learn and enjoy!

Sample Reasons

 "I placed corn tray 1 over tray 4 because the latter tray offers the consumer the highest amount of quality product. It has fuller, plumper kernels with more evenly spaced rows. The corn ears in tray 4 showed insect damage and lacked overall consistency of color and size of kernels. Therefore, I placed corn tray 1 over tray 4."

"I placed tray 2 of beans over tray 4 because of the rusty and shriveled appearance of the beans in tray 4. Although I grant that tray 4 was more uniform in size, shape, and maturity, the presence of the rust and shriveling reduced tray 4's use by the consumer. Tray 2 has the merits of bright color, a more edible product, and a crisp appearance; therefore, I placed tray 2 over tray 4." "I placed corn tray 1 over tray 4 because of the numerous faults in tray 4. The corn ears in tray 4 were not fully developed and had many empty spaces. The earworm insect damage evident on ears in tray 4 also decreased its appeal to the consumer. Although the ears are not as large as those on tray 4, tray 1 showed more consistent color, filling of kernels, and freedom from insect damage. Therefore, I placed corn tray 1 over tray 4."

Sample Class Placement

- "I place this class of leaf lettuce 1, 2, 3, 4. I placed tray 1 over tray 2 because of the crisp, green leaves on the rosettes and the uniformity of the rosettes on the tray. I placed tray 2 over tray 3 because tray 3 shows damage on the leaves from either weather or harvesting. Leaf lettuce on tray 2 is less uniform than that on tray 1 but does not show the damaged foliage like that on tray 3. I placed tray 3 over tray 4 because, even though there is damage to the leaves on tray 3, there is no wilting and the foliage is clean. I placed tray 4 last because the rosettes are wilted and are not of uniform size, and the foliage is dirty; therefore, I place this class of leaf lettuce 1, 2, 3, 4."
- "I place this class of strawberries 4, 3, 2, 1. I placed tray 4 over 3 because of the bright colored fruits, juicy ripe flesh, and healthy green calyx tissue on the strawberries on tray 4. I placed tray 3 over tray 2 because tray 2 shows bruising of the fruit and brown calyx tissues. While tray 3 has some blemishes on the fruit, no bruising is evident, and the calyx tissues are green. I placed

tray 2 over tray 1 because tray 1 has white mold growing on the fruit, and the flesh is extremely soft. Therefore, I place this class 4, 3, 2, 1."

References

¹ Many of the fruit descriptions were adopted from the University of Florida. Many topics relating to gardening and plant sciences are at http://florida4h.org/projects/plants/index.shtml.

A manual on vegetable identification and judging is at http://florida4h.org/projects/plants/HortIDJudging/4HPSJ24.pdf.

A manual on fruits is at http://florida4h.org/projects/plants/ HortIDJudging/4HPSJ22.pdf.



Understanding the Food Label

by J. Anderson, L. Young and S. Perryman¹ (12/10)

Quick Facts...

The food label provides:

- Nutrition labeling for most foods.
- Standardized serving sizes.
- Information on saturated fat, trans fat, cholesterol, dietary fiber and other nutrients of major concern.
- Nutrient reference values to help us understand how that food fits into a daily diet.
- Uniform definitions for nutrient claims, such as "light," "low-fat," and "high-fiber."
- Health claims about the relationship between a nutrient and a disease

Benefits of the Food Label

Health professionals agree that the relationship between diet and health is important. Our eating habits can help or hurt our overall health and well-being. Good eating habits include being a smart shopper and selecting foods that reflect the Dietary Guidelines for Americans.

The food label was designed to help people choose foods for a healthful diet. By using the food label, we can compare the nutrient content of similar foods, see how foods fit into our overall diets, and understand the relationship between certain nutrients and diseases.

The Dietary Guidelines for Americans

Developed by the United States Department of Agriculture (USDA) in 1980, and updated every five years, the Dietary Guidelines for Americans reflect the most recent scientific research about nutrition and health. Released in 2005, the latest version of the Dietary Guidelines contains key recommendations for the general population as well as recommendations for specific population groups. Information found on both the front and back of food packets

Amount Per Serving	ĺ.		
Calories 250	Ca	lories from	Fat 110
		% Dail	y Value
Total Fat 12g			18%
Saturated Fa Trans Fat 1.5			15%
Cholesterol 30r	ng		10%
Sodium 470mg			20%
Total Carbohyd	rate 31g		10%
Dietary Fiber	-		0%
Sugars 5g			
Protein 5g			
Vitamin A			4%
Vitamin C			2%
Calcium			20%
Iron			4%
* Percent Daily Value Your Daily Values your calorie needs:	may be highe		
Total Fat	Less than	65g	2,500 80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400m
Total Carbohydrate	300g	375g	
Dietary Fiber		25g	30g

Figure 1: A sample nutrition facts panel.

groups. Information found on both the front and back of food packages can aid consumers in choosing foods that follow these recommendations. For more information about the Dietary Guidelines for Americans visit www.healthierus.gov/dietaryguidelines for the USDA's complete Dietary Guidelines for Americans report. Also, see fact sheet 9.353, Dietary Guidelines for Americans.

The Front of the Package

Nutrient Descriptors and Claims

The front of the package is designed to get your attention. Manufacturers use different packaging techniques to get us to buy their products. For many years, specific nutrient descriptors and claims appeared on packages with a loosely defined form of standardization. Today, descriptors such as "high fiber," "light," or "low fat," as well as specific nutrient claims, have standard definitions and requirements that consumers can use as a quick guide for making smart selections. By understanding what the nutrient descriptors and claims mean, you can more effectively and efficiently select foods and choose between products. Table 2 provides a glossary of nutrient descriptors and claims.

Health Claims

Health claims describe the relationship between a nutrient or a food and the risk of a disease. Products that make a health claim must contain a defined amount of the nutrient that is directly linked to the health-related condition.

For example, to make a claim about the relationship between sodium and hypertension, the product must contain 140 milligrams or less of sodium per serving. If the package states that the product "may reduce the risk of hypertension," we know that it is a low-sodium product, because low sodium also is defined as 140 milligrams or less sodium per serving.

Additionally, the claims must make it clear that other factors, such as exercise or heredity, may also influence the development of certain diseases. Health claims cannot state the degree of risk reduction and must use words such as "may" or "might" in discussing the food-disease relationship. Examples of health claims approved for food labels:

• Calcium and Osteoporosis

- o *Claim:* A diet adequate in calcium may help reduce the risk for osteoporosis, a degenerative bone disease.
- o *Requirements:* At least 200 milligrams calcium, no more phosphorus than calcium per serving, and calcium must be in a form that can be readily absorbed by the body.

Fat and Cancer

- o *Claim:* A low-fat diet may help the risk for developing some types of cancer.
- o *Requirements:* 3 grams or less fat per serving or fish and game meats that are "extra-lean" (fewer than 5 grams fat, fewer than 2 grams saturated fat, and fewer than 95 milligrams cholesterol per serving).

• Fiber-Containing Fruits, Vegetables and Grain Products and Risk of CHD

- Claim: Along with eating a diet low in fat, saturated fat, and cholesterol, fiber may help reduce blood cholesterol levels and the risk for developing heart disease.
- Requirements: Must be or contain a fruit, vegetable or grain product, 3 grams or less fat per serving, fewer than 20 milligrams cholesterol per serving, 1 gram or less saturated fat per serving, and 15 percent or less calories from saturated fat, 0.6 grams or more dietary fiber per serving.

• Folate or Folic Acid and Neural Birth Defects

- o *Claim:* Healthful diets with adequate folate may reduce a woman's risk of having a child with a neural tube defect.
- Requirements: The food must meet or exceed the criteria for a good source: 40 micrograms folic acid per serving or at least 10 percent of Daily Value. A serving cannot contain more than 100 percent of the Daily Value for vitamins A or D because of potential risk to fetuses.

• Omega 3 - Fatty Acids

- Claim: Supportive but not conclusive research shows that consumption of EPA and DHA omega-3 fatty acids may reduce the risk of coronary heart disease.
- o *Requirements:* With the exception of fish and dietary supplements, foods must be low in cholesterol and low in saturated fat.

A complete listing of health claims approved for food labels is available from the Center for Food Safety and Applied Nutrition at www.cfsan.fda.gov/label.html.

Organic Labeling

The Organic Foods Production Act and the National Organic Program (NOP) ensure that organic foods purchased in the United Sates are produced, processed, and certified to consistent national organic standards. On food labels, products that use the term "organic" must meet the following guidelines.

- Products labeled as "100 percent organic" must contain (excluding water and salt) only organically produced ingredients.
- Products labeled "organic" must consist of at least 95 percent organically produced ingredients (excluding water and salt). Any remaining product ingredients must consist of nonagricultural substances approved on the National List or non-organically produced agricultural products that are not commercially available in organic form.
- Processed products that contain at least 70 percent organic ingredients can use the phrase "made with organic ingredients" and list up to three of the organic ingredients or food groups on the principal display panel. For example, soup made with at least 70 percent

organic ingredients and only organic vegetables may be labeled either "soup made with organic peas, potatoes, and carrots," or "soup made with organic vegetables."

The Back of the Package

The "Nutrition Facts" section on the back of the food label allows you to make comparisons between the nutrient contents of similar foods and to see how the foods fit into your overall diet. The nutrition facts panel provides information on saturated fat, cholesterol, dietary fiber and other nutrients that are of major health concern. As of 2006, the Food and Drug Administration (FDA) also requires that all manufacturers list trans fats on the nutrition facts panel. Scientific research shows that consumption of trans fat raises LDL ("bad") cholesterol levels and increases risk for developing heart disease.

The components of the nutrition panel include mandatory and voluntary dietary information. The mandatory components are listed on the nutrition facts panel in the order shown in Figure 1. Immediately to the right of each nutrient, the absolute amount of that nutrient (in grams or milligrams) is listed per serving.

Additionally, a column labeled "% Daily Value" helps us determine how each nutrient fits into an average daily diet. "Daily Value" is used to refer to two separate sets of reference values. The Reference Daily Intakes (RDIs) are reference values for 19 vitamins and minerals, based on the Dietary Reference Intakes (DRIs). Daily Reference Values (DRVs) also are provided for eight additional nutrients based on dietary guidelines. The RDI and DRV form the basis for the % DV.

Voluntary dietary components on the label include: calories from saturated fat, polyunsaturated fat, monounsaturated fat, potassium, soluble fiber, insoluble fiber, sugar alcohol, other carbohydrate, and other essential vitamins and minerals. The standard "Nutrition Facts" panel may be presented in different formats depending on the size of the package or the total nutrient content in the food.

Table 1: Nutrition reference amounts for different calorie levels*.						
	Calories					
Food Component 1,600 2,000 2,200 2,500 2,800 3,200						3,200
total fat (g)	53	65	73	80	93	107
saturated fat (g)	18	20	24	25	31	36
total carbohydrate (g)	240	300	330	375	420	480
dietary fiber (g)**	20	25	25	30	32	37
protein (g)***	46	50	55	65	70	80

^{*} Numbers may be rounded.

^{** 20} grams is the minimum recommended by the National Cancer Institute.

^{*** 46} grams is the minimum recommended.

List of Ingredients

Ingredients for all foods must be listed on the food label, including standardized foods. The label must also list the FDA-certified color additives by name. Ingredients are listed in descending order by weight. Specific ingredient information, such as the source of the protein, also is included. This allows people to avoid substances to which they are allergic or sensitive, or for religious or cultural reasons.

As of January 2006, food manufacturers also must disclose in plain language whether products contain any of the top eight food allergens. While numerous foods have been identified as sources of allergic reactions, 90 percent of the allergic reactions associated with foods are caused by one of eight foods: milk, eggs, fish, crustacean shellfish, peanuts, tree nuts, wheat and soy.

Manufacturers have two options for declaring the presence of these food substances in foods. One option is to provide a "contains" statement next to the ingredient list that identifies the types of allergenic ingredients contained in the product; for example, "contains milk and wheat." The second option is to place the food source in parentheses next to ingredients derived from one of the eight potential offending foods classes, such as sodium caseinate (milk), albumin (egg). However, the new law does not specifically address gluten. Gluten describes a group of proteins found in certain grains, such as wheat, barley and rye, that cannot be tolerated by people with celiac disease. The new law requires the FDA to issue a proposed rule that allows voluntary use of the term "gluten free" as of August 2006 and to have a final rule on "gluten free" in place by August 2008.

Getting the Right Balance of Each Nutrient

The % Daily Value allows us to determine the nutrient contribution of that particular food or beverage relative to a 2,000 calorie per day diet. Not everyone consumes exactly 2,000 calories each day. That number was established as the average reference intake of Americans. Factors that contribute to energy needs include gender, age and activity level. Therefore, it is important to establish your individual energy needs and make adjustments accordingly to fit your personal "% Daily Value."

Table 1 lists various calorie intake levels and corresponding nutrient recommendations. Remember that the reference amounts listed on the label are based on a 2,000 calorie diet. Some labels also may contain reference values for a 2,500 calorie diet. DVs are listed as the percent of a minimum or a maximum value. For example, DVs for some nutrients (total fat, saturated fat, cholesterol and sodium) represent the upper limit considered desirable.

By using the "% Daily Value," you can easily determine what amount of a nutrient a food provides and then choose the other foods you eat during the day according to your specific needs. For example, if you consume 2,000 calories per day, your total fat intake should not exceed 65 grams. If you eat 13 grams of fat at breakfast or 20 percent of your Daily Value (DV), and about 20 grams of fat at lunch (30 percent of your DV), then you should not consume more than about 32 grams of fat (or 50 percent of your daily fat intake) for the remainder of the day (snacks and dinner combined).

The Daily Value is not a rigid number, but rather a reference value to aim for in balancing your intake. Use it to compare different products. Keep in mind variety and moderation-the important fundamentals of good eating habits!

Making Quick Comparisons Between Similar Products

Regardless of the format, the serving size is the basis for reporting the nutrient content of each food. However, unlike in the past, where the serving size was up to the discretion of the manufacturer, serving sizes now must be consistent between similar products (for example, breakfast cereals) and reflective of typical consumption.

Serving sizes must be expressed in metric measures as well as common household units to make it easier for consumers to make quick comparisons. For example, if you are trying to decide between two breakfast cereals and want to purchase the one higher in dietary fiber, you can make an easier and more educated comparison because the serving sizes are the same.

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Table 2: Glossary of nutrient claims and descriptors			
Term	Description		
Calorie free	Less than 5 calories per serving.		
Cholesterol free	Less than 2 mg cholesterol and 2 g or less saturated fat per serving.		
Enriched or fortified	Has been nutritionally altered so that one serving provides at least 10% more of the Daily Value of a nutrient than the comparison food.		
Extra lean	Less than 5 g fat, 2 g saturated fat, and 95 mg of cholesterol per serving and per 100 g.		
Fat free	Less than 0.5 g of fat per serving.		
Free	"Without," "no," or "zero" can all be used in place of "free."		
Fresh	Generally used on food in its raw state. It cannot be used on food that has been frozen or cooked, or on food that contains preservatives.		
Fresh-frozen	Foods that have been quickly frozen while still fresh.		
Good source	One serving provides 10-19% of the Daily Value for a particular nutrient.		
Good source of fiber	Contains 10 to 19% of the Daily Value for fiber (2.5-4.75 g) per serving. If a food is not "low fat," it must declare the level of total fat per serving and refer to the		

	nutrition panel when a fiber claim is mentioned.
High	One serving provides at least 20% or more of the Daily Value for a particular nutrient.
High fiber	Contains 20% or more of the Daily Value for fiber (at least 5 g) per serving. If a food is not "low fat," it must declare the level of total fat per serving and refer to the nutrition panel when a fiber claim is made.
Lean	Less than 10 g fat, 4 g saturated fat, and 95 mg cholesterol per serving and per 100 g.
Light	1) At least one-third fewer calories per serving than a comparison food; or 2) contains no more than half the fat per serving of a comparison food. If a food derives 50% or more of its calories from fat, the reduction must be at least 50% of the fat; or 3) contains at least 50% less sodium per serving than a comparison food; or 4) can refer to texture and/or color, if clearly explained, for example, "light brown sugar."
Low	"Little," "few," or "low source of" may be used in place of "low."
Low calorie	40 calories or less per serving.
Low cholesterol	20 mg or less cholesterol and 2 g or less saturated fat per serving.
Low fat	3 g or less per serving.
Low saturated fat	1 g or less saturated fat per serving and 15% or less calories from fat.
Low sodium	140 mg or less per serving.
More	One serving contains at least 10% more of the Daily Value of a nutrient than the comparison food.
Percent fat free	A claim made on a "low fat" or "fat free" product which accurately reflects the amount of fat present in 100 g of food; a food with 3 g of fat per 100 g would be "97% fat free."
Reduced	A nutritionally altered product which must contain 25% less of a nutrient or of calories than the regular or reference product.
Salt or sodium free	Less than 5 mg per serving.
Sugar free	Less than 0.5 g of sugars per serving.
Unsalted	Has no salt added during processing. To use this term, the product it resembles must normally be processed with salt and the label must note that the food is not a sodium-free food if it does not meet the requirements for "sodium free."
Very low sodium	Less than 35 mg or less sodium per serving.

References

- FDA Backgrounder: *The New Food Label*. BG 92-4 (December 10, 1992).
- Smart Selections for Healthy Eating: Using the new food label. A project of Public Voice for Food and Health Policy in cooperation with Campbell Soup Company.
- Browne, M.B. *Label Facts for Healthful Eating*. National Food Processors Association, 1993.
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- The National Organic Program. *Labeling and Marketing Information*. October 2002. Available at www.ams.usda.gov/nop/FactSheets/LabelingE.html.

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Yogurt

What is Yogurt?

Yogurt is a cultured dairy product that can be made from whole, lowfat or skim milk, including reconstituted nonfat dry milk powder. The Food and Drug Administration (FDA) describes yogurt as a food produced by culturing one or more of the basic ingredients (cream, milk, partially skimmed milk, skim milk, or the reconstituted versions of these ingredients may be used along or in combination) and any of the optional dairy ingredients with a characterizing bacteria (live and active) culture that contains the lactic acid-producing bacteria (*Lactobacillus bulgaricus* and *Streptococcus thermophilus*). Yogurt is made by inoculating certain bacteria (starter culture), usually *Streptococcus thermophilus* and *Lactobacillus bulgaricus*, into milk. After inoculation, the milk is incubated at approximately 110°F ± 5°F until firm; the milk is coagulated by bacteria-produced lactic acid. Yogurts may have additional cultures, sweeteners, flavorings, color additives, stabilizers and emulsifiers and preservations add to it. Yogurts may be heat-treated after culturing to extend the shelf life of the food. Most yogurts in the United States is made from cow's milk, any type of milk can be used. In other countries, yogurt is made from the milk of water buffalo, yak, goat, horses and sheep.

Because of yogurt's is made with live and active cultures, it has become a healthy lifestyle favorite. Yogurt comes in many flavors and varieties which appeals to everyone's taste buds.

Health Benefits

Yogurt is a nutrient-dense food that meets a wide variety of nutritional needs at for everyone. Yogurt is a good source of protein-an average 8-ounce serving contains between 8 and 10 grams of protein, or 16 to 20 percent of the Daily Recommended Value (DRV). Because yogurt is cultured the amount of protein often succeeds liquid milk. Yogurt is also an excellent source of calcium. Yogurt may contain up to 35 percent of the Recommended Daily Intake (RDI) for calcium. Yogurt is low in fat and high in certain minerals and essentials vitamins, including riboflavin B2, Vitamin B12, phosphorus and potassium.

The words "live and active cultures" refer to the living organisms—Lactobacillus bulgaricus and Streptococcus thermophilus—which convert pasteurized milk to yogurt during fermentation. Researchers are currently exploring how live and active culture yogurt may have a beneficial effect on the immune system, the potential to lower cholesterol, and how it may combat certain types of cancer-causing compounds, particularly in the digestive tract.

Health Benefits of eating yogurt:

- ❖ May help reduce osteoporosis risk
- ❖ Yogurt can be eaten by people who are lactose intolerant

- ❖ Diets rich in calcium may help reduce hypertension
- ❖ May enhance the immune system of certain individuals
- Versatile and convenient –use as a substitute for mayonnaise, sour cream and cream cheese to lower calories
- ❖ May reduce the risk of colon cancer
- ❖ Excellent source of calcium
- ❖ Yogurt is considered a meat alternative because of high protein content
- ❖ Large variety of flavors and styles that can be used to reduce calories

Protein

An average eight-ounce serving of live and active culture contains approximately 20 percent of the Daily Value for protein.

Recommended Dietary Allowances (RDA) of Protein for Children

Age Group (years)	RDA (g/day)	
1-3	13g	
4-8	19g	
9-13	34g	
14-18 52 g (boys), 46g (girls)		
Source: Food and Nutrition Board, Institute of Medicine of the National Academy of Science		

Calcium

Calcium is needed at every stage of life and yogurt with its live and active cultures are a great source. Calcium is critical for bone growth, development, and maintenance at every age and stage of life. Toddlers have an increased need for dietary calcium to support growth and skeletal development that takes place rapidly in the early years of life. Calcium needs continue into the teenage years and is particularly crucial for adolescent girls who need to stock their calcium supplies to prevent osteoporosis later in life. The need for calcium increases at the body matures. Adults achieve their peak bone mass at age 35 and after that bone loss begins to take place. Calcium intake is critical in helping reduce bone loss, especially for postmenopausal women.

Yogurt is rich in calcium, high in protein, tolerated by lactose-sensitive children and adults, convenient, versatile and tasty.

Dietary Reference Intake:

Age Groups (years)	Adequate Intake (mg/day)		
1-3	500 mg		
4-8	800 mg		
9-18	1300 mg		

19-50	1000 mg	
51+	1200 mg	
Source: Food and Nutrition Board, Institute of Medicine of the National Academy of Sciences		

Calcium is an essential part of any balanced diet and is found in a wide variety of foods, most people just don't get enough calcium each day. Use the chart below to ensure that you are meeting your daily calcium quota.

Quick-Read Equivalency Chart

Food	Serving Size	Calcium (mg)	
Live & Active Culture Yogurt (plain)	One cup	450 mg	
Calcium-fortified Orange Juice	One cup	300 mg	
Milk, (nonfat)	One cup	300 mg	
Chocolate milk 1%	One cup	285 mg	
Swiss Cheese	One ounce	270 mg	
Cheddar cheese	One ounce	205 mg	
Salmon (edible with bones)	3 ounces	180 mg	
Frozen yogurt	1/2 cup	155 mg	
Turnip greens, cooked	1/2 cup	125 mg	
Dried figs	3	80 mg	
Broccoli, cooked	1/2 cup	35 mg	
Source: The Food Processor, Esha Research 7.0, 1998			

Yogurt Varieties

Yogurt products come in a wide variety of flavors, forms and textures. Here are the common terms associated with yogurt products available today. Some of the definitions were established by the Food and Drug Administration (FDA), while others were determined by the manufacturers.

Lowfat and nonfat: There are three types of yogurt: regular yogurt, lowfat yogurt and nonfat yogurt. Yogurt made from whole milk has at least 3.25 percent milk fat. Lowfat yogurt is made from lowfat milk or part-skimmed milk and has between 2 and 0.5 percent milk fat. Nonfat yogurt is made from skim milk and contains less than 0.5 percent milk fat.

Lite (light) yogurt: 1/3less calories or 50% reduction in fat than regular yogurt.

Swiss or custard: Fruit and yogurt are mixed together for individual servings. To ensure firmness or body, a stabilizer, such as gelatin, may be added. These products are also referred to as "blended" yogurt.

Frozen yogurt: Frozen yogurt is a non-standardized food and, therefore, is not subject to Federal composition standards, as is the case for "yogurt". In order to qualify for National Yogurt Association's (NYA) Live and Cultures seal, frozen yogurt must be a product made by fermenting pasteurized milk (can include skim milk and powdered skim milk, plus other ingredients), using traditional yogurt cultures, until the proper acidity is reached. Many manufacturers, according to their unique recipes, will then mix this (the "yogurt" component) with a pasteurized ice cream mix of milk, cream, and sugar, plus stabilizers or other ingredients needed for desired consistency. This frozen yogurt base mix can then be blended with fruit or other ingredients and then frozen. The freezing process does not kill any significant amount of the cultures—in fact, during the freezing process the cultures go into a dormant state, but when eaten and returned to a warm temperature within the body, they again become active and area capable of providing all the benefits of cultures in a refrigerated yogurt product.

Not all products terms "frozen yogurt" actually contain live and active cultures. Some so-called "frozen yogurts" use heat-treated yogurt, which kills the live and active cultures, or they may simply add in cultures to the mix along with acidifiers, and skip the fermentation step all together. To make sure that a frozen yogurt contains yogurt produced by traditional fermentation and has a significant amount of live and active cultures, look for the NYA Live & Active Cultures seal.

Contains active yogurt cultures: Yogurt labeled with this phrase contains the live and active bacteria thought to provide yogurt with its many desirable healthful properties. Look for the NYA Live & Active Cultures seal to ensure that the yogurt you buy contains a significant amount of live and active cultures

Heat-treated: Yogurt labeled with this phrase has been heated after culturing, thereby killing the beneficial live and active yogurt cultures.

Liquid or drinkable yogurt: Fruit and yogurt are blended into a drinkable liquid.

Made with active cultures: FDA regulations require that all yogurts be made with active cultures. Only those that are *not* heat-treated, however, retain live and active cultures when they reach consumers.

Sundae or fruit-on-the-bottom: Fruit is on the bottom, so that turn upside down, it looks like a sundae. Consumers can mix the fruit and yogurt together to make it smooth and creamy.

Buttermilk: Buttermilk is reminiscent of yogurt because it made by adding a lactic acid bacteria culture to pasteurized whole milk (skim milk or nonfat milk can also be used). The old-fashioned way to make buttermilk was from the left over liquid from churning butter from cream, i.e., milk from the butter or buttermilk. After the addition of the culture, the milk is left to ferment for 12 to 24 hours at a low temperature. It is usually labeled cultured buttermilk and

may be salted or unsalted. Buttermilk is slightly thicker in texture than regular milk but not as heavy as cream.

European-Style yogurt or stirred curd method: Yogurt in which the yogurt is cooked in a large vat instead of in individual cups. The curds are stirred in the vat, before they are poured into the cups, resulting in a smoother, creamier yogurt.

French yogurt or French-style yogurt: Is the same as custard-style yogurt.

Greek yogurt: Greek yogurt is a thicker, creamier version of the regular variety. Greek yogurt is strained to remove the excess whey from the yogurt which in turns gives it a thicker and creamier texture. In Greece, yogurt is made with sheep's or goat's milk.

Yogurt cheese: Yogurt that has been drained and pressed into a soft cheese form. The consistency of the yogurt cheese will be similar to soft cream cheese. It can be used as a base for dips and spreads, as a topping for baked potatoes. It is a great alternative for regular mayonnaise, sour cream or cream cheese.

Smoothie: There are many types of smoothies that contain yogurt or frozen yogurt. These smoothies usually use yogurt as the base and mix in various fruits into the consistency of a milkshake with healthier benefits.

Liquid Yogurt or Yogurt Smoothie: Yogurt that has been thinned to make it drinkable and blended with fruit, fruit juice or other flavorings.

Kefir: is similar to a drinking-style yogurt, but it contains beneficial yeast as well as friendly 'probiotic' bacteria found in yogurt. Kefir can be made from any type of milk, cow, goat or sheep, coconut, rice or soy. The curd size of kefir is smaller than yogurt which makes it easier to digest. Kefir is rich in Vitamin B12, and Vitamin K. It is an excellent source of biotin, a B vitamin which aids the body's assimilation of other B vitamins, such as folic acid, pantothenic acid, and B12.

Yogurt drinks: A "yogurt drink", according to Federal Standards of Identity, must meet the requirements for yogurt (the white mass –yogurt portion). It must contain a minimum of 8.25 percent milk solids not fat and 3.25 percent milkfat prior to the addition of other ingredients. It also must be fermented with Streptococcus thermophilius and Lactobocilllus balgaricus. The processes of yogurt beverages closely resemble that used for stirred-style yogurt. Yogurt drinks usually pas through a homogenizer to reduce the particle size. This assures complete hydrocolloid distribution and stabilized the protein suspension. Flavor may be added immediately prior to homogenization or the white mass may be homogenized and then flavored.

Costs

When looking at costs, you will need to decide whether to buy single-size cartons or larger cartons. Larger cartons are generally cheaper when you compare the price per ounce.

32-ounce store band nonfat @\$1.66 = \$.05 per ounce

6-ounce store brand flavored nonfat @ \$.60 = \$.10 per ounce

Package of eight 2.25-ounce name brand portable yogurt treats (18 ounces) @\$2.95 =\$.16 per ounce.

Fruit-flavored varieties may cost more and include jam-like fruit that adds extra sugar. The sweetened fruit replaces some of the yogurt in the carton so you get less of the calcium-rich yogurt. Buy plain or vanilla yogurt and add your own fruit to it.

Other things to consider:

Serving size, calories, fat content and price.

Resources Used:

National Yogurt Association: http://aboutyogurt.com/index.asp

Iowa State University Extension: Spend Smart. Eat Smart. Milk, Cheese, and Yogurt: http://www.extension.iastate.edu/Publications/PM2066AX.pdf

Food and Drug Administration: http://www.fda.gov/

Making yogurt drinkable, Dairy Foods, June, 2004, by Bob Roberts: http://findarticles.com/p/articles/mi_m3301/is_6_105/ai_n6081210/

What is buttermilk? Does buttermilk contain butter:

 $\underline{http://homecooking.about.com/od/cookingfaqs/f/faqbuttermilk.htm}$

Nutritional Content of Kefir: http://www.kefir.net/nutrit.htm

Yogurt Cheese: http://lowfatcooking.about.com/od/quicktips/qt/yogcheese.htm

How to Make Yogurt Smoothie: http://www.ehow.com/how_4536718_make-yogurt-title-1

smoothie.html

What is Greek Yogurt? http://www.cookthink.com/reference/257/What is Greek yogurt

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