Texas 4-H Food Show Resources

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

# NUTRITION RESOURCES

MyPlate <http://www.choosemyplate.gov/>

Food Safety

https://texas4-h.tamu.edu/projects/food-nutrition/

Dietary Guidelines for Americans <http://health.gov/DietaryGuidelines/>

Preparation Principles & Function of Ingredients

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

Know Your Nutrients

https://texas4-h.tamu.edu/wp-content/uploads/Know-Your-Nutrients\_FINAL.pdf

Nutrient Needs at a Glance

https://cdn-ext.agnet.tamu.edu/wp-content/uploads/2019/11/E-589\_-Nutrient-Needs-at-a-Glance.pdf

# THEME RESOURCES

Texas Beef Council https://beeflovingtexans.com/

Dinner Tonight https://dinnertonight.tamu.edu/

USDA

<https://www.usda.gov/media/blog/2022/05/24/food-safety-belongs-grill>

<https://www.fsis.usda.gov/food-safety/safe-food-handling-and-preparation/food-safety-basics/grilling-food-safely>

TAMU-BBQ Texas https://bbq.tamu.edu/

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