

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/press-releases/2021/05/27/usda-provides-food-safety-tips-grilling-pros-and-beginners>

<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/>

BBQ Guys

<https://www.bbqguys.com/>