4-H Virtual Cooking Camp

Monday, July 19th, 2021
MyPlate
Knife Skills

Figure 1. Produce (Microsoft)
Zoom Housekeeping

- Chat is only seen by panelists
- Please submit questions via the Q&A pod
- Questions can be submitted anonymously
What is Penn State Extension?

- Land grant university system
- Provide science-based education to individuals, communities, and industries

Program Areas:
- Agriculture; Community Vitality; Food, Families, and Health; Food Safety and Quality; 4-H/Youth Development; Horticulture; Natural Resources

Public Programs:
- 4-H Youth Development and Master Gardeners
This presentation is available in alternative media upon request.

Where trade names or vendors appear, no discrimination is intended, and no endorsement by Penn State Extension is implied.
Meet the Presenters

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Agenda

- Welcome & Introduction
- Pledges
- Cooking Challenge Overview
- MyPlate
- Knife Skills
- Recipe Demo
- Your Turn to Practice!
The Pledge of Allegiance

I pledge allegiance to the flag of the United States of America and to the republic for which it stands, one nation under God, indivisible, with liberty and justice for all.
The 4-H Pledge

I pledge my head to clearer thinking,
   My heart to greater loyalty,
   My hands to larger service,
and my health to better living,
   for my club, my community, my country, and my world.
Cooking Challenge

Introduction

Show off your cooking skills in the PA 4-H Cooking Challenge. Winners have the chance to compete at the national level!

Figure 5. cooking (Microsoft stock image)
Cooking Challenge Objectives

• Challenge youth to increase their food preparation skills, food safety and nutritional knowledge, and creativity when preparing and presenting food.

• Challenge youth to include more fruits and vegetables in meals.

• Provide youth an opportunity to apply basic nutrition principles when making real-life decisions in meal planning.

• Provide opportunities for youth to learn from each other as well as experienced mentors such as Extension educators and volunteers.

• Provide youth opportunities for public speaking through presentation of prepared dish.

• Provide youth and adults opportunities to learn about careers in the food industry and view demonstrations from experienced chefs.
Figure 7. MyPlate graphic (myplate.gov)

(University of Illinois Extension, 2015)
Tips for a Great Plate

1. Make half your plate fruits and veggies
2. Vary your protein choices
3. Make half your grains whole grain
4. Chose low-fat or fat-free dairy
5. Drink water instead of sugary drinks
6. Limit added sugar, saturated fat, and sodium

(University of Illinois Extension, 2015; U.S. Department of Agriculture, n.d.)
Make Half Your Plate Fruits and Veggies

Figure 8. Fruits & Veggies (Pixabay)

(University of Illinois Extension, 2015; U.S. Department of Agriculture, n.d.)
Vary Your Protein Choices

Figure 9. nuts (Microsoft stock image)

Figure 10. eggs (Microsoft stock image)

(U.S. Department of Agriculture, n.d.)
Make Half Your Grains Whole Grains

Figure 11. Grains (Microsoft stock image)

(U.S. Department of Agriculture, n.d.)
Chose Low-Fat or Fat-Free Dairy

Figure 12. milk (Pixabay)

Figure 13. yogurt (Pixabay)

(U.S. Department of Agriculture, n.d.)
Drink Water Instead of Sugary Drinks

Figure 14. bottled water (Microsoft stock image) (U.S. Department of Agriculture, n.d.)
Limit Added Sugar, Saturated fat, & Sodium

Figure 15. candy (Microsoft stock image) (U.S. Department of Agriculture, n.d.)
Stretch Break

Figure 16. Stretch. (Microsoft stock image)
Knife Skills
Rules for Knife Safety

• Sharp is safe
• Use a proper cutting board
• Knife handle should fit comfortably in your hand
• Clean knives by hand
• Stay alert!
• Carry knife with blade pointing down

(Texas A&M AgriLife Extension 4-H Foods and Nutrition, n.d.)
Figure 19. Knives chart (Texas A&M AgriLife Extension 4-H Foods and Nutrition)

- **Pairing Knife**: A knife that is smaller and shorter with fairly narrow blades, generally used for delicate jobs.

- **Slicing Knife**: A knife with long narrow flexible blades that may or may not be serrated.

- **Chef’s Knife**: A large knife with a wide blade, generally considered all-purpose knives that are used for cutting and dicing.

- **Utility Knife**: A knife that has a long and narrow blade that is generally used for cutting.

(Texas A&M AgriLife Extension 4-H Foods and Nutrition, n.d.)
Rules for Knife Safety

1. Securely hold your knife
2. Anchor cutting board
3. Fingertips curled back
4. Eyes on the knife
5. Take your time
6. Yield to falling knives

(Texas A&M AgriLife Extension 4-H Foods and Nutrition, n.d.)
Safety Tip

If the food you are cutting is round, first slice the food in half. Then lay the flat side of the food on the cutting board. This prevents the food from moving as you cut it.

(University of Illinois Extension, 2015)
How to Hold a Knife

- Gripping the top of the blade
- Middle finger just behind the heel
- Maximum control of knife and wrist when chopping

Figure 20. knife grip 1 (Texas A&M AgriLife Extension 4-H Foods and Nutrition)

(Texas A&M AgriLife Extension 4-H Foods and Nutrition, n.d.)
How to Hold a Knife

• All 4 fingers

• Forefinger behind the heel of the blade

• Thumb rests on the face of the blade

(Texas A&M AgriLife Extension 4-H Foods and Nutrition, n.d.)
How to Hold a Knife

NEVER hold a knife only by the handle

- The heel of the knife becomes the pivot point
- Difficult motion when controlling your knife
- Results in injuries

Figure 22. Knife Grip 3 (Texas A&M AgriLife Extension 4-H Foods and Nutrition)

(Texas A&M AgriLife Extension 4-H Foods and Nutrition, n.d.)
Cutting Boards

• Easy to clean and sanitize
• Protect the edge of your knife from becoming full too quickly
• Rough enough to keep your food from moving around as you chop
• Wash, rinse and sanitize

(Texas A&M AgriLife Extension 4-H Foods and Nutrition, n.d.)
Common Knife Cuts

Slice
- Cut into thin, even pieces

Chop
- Cut into small pieces

Dice
- Cut into small cubes

Mince
- Cut into tiny pieces

(University of Illinois Extension, 2015)
1. To slice food, grasp the food with your fingers and curl your fingertips to avoid cutting yourself.

2. Keep the tip of the chef’s knife on the cutting board, and with a rocking motion, slice down through the food.

(University of Illinois Extension, 2015)
1. To chop food, start by slicing it.

2. Then gather the slices together in a pile, curl your fingertips to avoid cutting yourself, and cut through the slices.

- This will chop your food into small pieces.
- The closer the slices, the smaller the pieces of food will be.

(University of Illinois Extension, 2015)
Dice

1. Slice the food into strips.
2. Stack the strips and slice through them lengthwise into ¼ inch cubes (or larger, depending on the recipe).
3. Keep your fingertips curled around the food to avoid cuts.

(University of Illinois Extension, 2015)

Figure 27. dice (University of Illinois Extension)
Mince

1. Slice the food into thin strips
2. Stack the strips and slice through them lengthwise making tiny pieces
3. Keep your fingertips curled around the food to avoid cuts.
   
   - To mince herbs such as parsley or chives, you can use kitchen scissors to snip the herbs into small pieces

(University of Illinois Extension, 2015)
Questions?

Figure 29. Owl. (Microsoft)
Lime-Honey Fruit Salad Demonstration

• Figure 30. Fruit Basket (Pixabay)
Your turn to cook!

Are you ready?

1. Roll up sleeves and tie hair back
2. Apron on
3. Wash hands before, during and after you cook
4. Ask for help from an adult when you are unsure of something
5. Clean up the kitchen

Figure 31. Family Cooking. (Microsoft)
References:


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