

# FOOD FOR THOUGHT AND FOR ENERGY

## Description:

This event is designed to determine a student's knowledge of the basic food groups, the food pyramid, and the three basic food types - carbohydrates, proteins and fats; their function in the body; the additives added to enhance the nutritional content of food, to prevent food from spoiling, to improve color or flavor, or to change physical characteristics; and diet analysis.

Number of Participants: 2

Approximate Time: 60 minutes

## The Competition:

### **Part I**

The contestants will move to 5 different stations and perform various activities such as:

1. Examination of labels of processed foods to determine Kilocalories.
2. Examination of packaging and label reading basics.
3. Identification of a food given the ingredients on the label.
4. Comparison of protein, fats, complex carbohydrates and simple sugar.
5. Understanding of major vitamins and minerals in human nutrition.
6. Shown pictures or specimens of food, state the food group to which each belongs, according to USDA food guide pyramid.
7. Determination of the sugar content of cereals and fast foods (using a graph) or of soft drinks (using a prepared graph and a hydrometer).
8. Diet analysis, as it relates to serving size and food groups.

### **Part II**

The contestants will be given a paper and pencil quiz to determine their knowledge of food groups, nutrients, additives, diet analysis, and nutritional imbalance.

The students should be familiar with the terms - under nourishment, malnourishment, saturated fat, unsaturated fat, plaque, and cholesterol.

## Scoring:

Highest score wins. Tiebreaker questions will be asked. Part I = 50%, Part II = 50%