June 8, Food & Nutrition Judges Training Webinar

Part 1 – Dr. Ruth Litchfield; Associate Professor of Food Science & Human Nutrition

New Dietary Guidelines (40:20 run time)
- video link = https://connect.extension.iastate.edu/p2v5g0vkjts/
- PM 1979A “Dietary Guidelines recommend…Know your fats; https://store.extension.iastate.edu/Product/Dietary-Guidelines-recommend-Know-your-fats
- New “Nutrition Facts” food label change-over by 2018
  - www.ChooseMyPlate.gov

Part 2 – Dr. Shannon Coleman; Assistant Professor Human Sciences Extension and Outreach, State Specialist, Nutrition and Wellness

Food Safety Review/Updates (30:16 run time)
- video link = https://connect.extension.iastate.edu/p5m1qus0ah1/
  - Food safety terms, illness, and pathogens
  - Intrinsic factors of food products
- Food Safety Tips for non-acceptable food exhibits (16:30 minutes)
- References:
  - Iowa State University Extension and Outreach 2014. Inappropriate Food Exhibits for Iowa 4-H Fairs: http://store.extension.iastate.edu/Product/Inappropriate-Food-Exhibits-for-Iowa-4-H-Fairs

Part 3 – Liz Meimann; AnswerLine Coordinator; 800-262-3804; www.extension.iastate.edu/humansciences/answering

Judging Tips from the Trenches at the Iowa State Fair (20:35 run time)
- video link = https://connect.extension.iastate.edu/p6gvy3pqj3y/
- Goals: precise and measurable – action step, timetable, results
- Accurate and complete write-up; Tested recipe and Source; Process Method & Time
- Iowa State University Extension and Outreach 2014. Inappropriate Food Exhibits for Iowa 4-H Fairs: http://store.extension.iastate.edu/Product/Inappropriate-Food-Exhibits-for-Iowa-4-H-Fairs
- References for Home Preserved Foods:
  - So Easy to Preserve 6th Edition: http://setp.uga.edu/
  - Preserve the Taste of Summer Publications
    - Canning: Fruits
    - Canning: Vegetables
    - Canning: Fruit Spreads
- **Canning: Pickles**
- **Canning and Freezing: Tomatoes**
- **Freezing: Fruits and Vegetables**
  - Ball Blue Books 2009 or newer
  - Map of Altitudes of Counties
  - Ruler for headspace