

# 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](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](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/>