

STUDY RESOURCES

My Plate

<http://www.choosemyplate.gov/>

Food Safety <http://www.fightbac.org/>

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>

Texas A&M AgriLife Extension Service: Nutrient Needs at a Glance

<http://fcs.tamu.edu/files/2015/02/nutrient-needs-at-a-glance-E-589.pdf>

Texas A&M AgriLife Extension Service: Nutrient Needs at a Glance (kid friendly)

<https://texas4-h.tamu.edu/wp-content/uploads/Nutritional-Concepts.pdf>

THEME RESOURCES

Beef from Farm to Table

https://www.fsis.usda.gov/wps/wcm/connect/c33b69fe-7041-4f50-9dd0-d098f11d1f13/Beef_from_Farm_to_Table.pdf?MOD=AJPERES

Produce: Selecting and Serving it Safely

<https://www.fda.gov/food/resourcesforyou/consumers/ucm114299.htm>

Raw Produce Selecting and Serving it Safely

<https://www.fda.gov/downloads/food/foodborneillnesscontaminants/ucm174142.pdf>

Health and Wellness Resource Guide for Fruits & Vegetables

http://pbhfoundation.org/sites/default/files/pdf/PBH_Health_Wellness_Resource_Guide_1475180337.pdf

“The Garden Grocery: Food Safety & Selection at the Farmer’s Market” Powerpoint

<http://food.unl.edu/powerpoints-handouts-alice/free-garden-grocery-farmers-market-food-safety-powerpoint-2016.pptx>

“The Garden Grocery: Food Safety & Selection at the Farmer’s Market” Handout

<http://food.unl.edu/powerpoints-handouts-alice/food-safety-selection-farmers-markets.pdf>

RECIPE RESOURCE

Dinner Tonight: Texas A&M AgriLife Extension

<http://dinnertonight.tamu.edu/recipes/>