

Food & Fiber Information Sheet – 2026

Practicum #1

Each contestant will judge four beef ribeye steaks using the criteria provided. Criteria include quality, muscling, and then trimness. Questions 1-4 will relate to the placing of the class. Questions 5-10 will relate to answering questions about the cuts in the class (i.e. which cut has the most external fat, etc.).

Resources: Mississippi 4-H Meats Judging Manual (pages 3-5)

<https://meat.tamu.edu/aggie-meat-judging/>

****Please review with your students how to complete the appropriate area on the Scantron form. The only possible answers for this section will be 001, 002, 003, 004.****

Time Limit: 12 ½ minutes

Scoring: 50 points

Practicum #2

Each contestant will identify the cookery method for 10 actual products. The products will be selected from the Food and Fiber Identification List, and the Fruits/Vegetables section from the Plant and Seed CDE Identification List. There will be four (4) cookery methods given for each product, and the correct answer will be selected from the Cookery Methods List below. Contestants will select the correct cooking method and fill in the code on the Scantron. Many products have multiple cooking methods, but we are looking for the most commonly used method as the correct answer (see example below).

****Note: The name of the food item for each example WILL NOT be provided.****

Example:



Grilling

Roasting

Braising

Poaching

Cookery Methods

001 – Baking

005 – Deep frying

009 – Roasting

002 – Blanching

006 – Grilling

010 – Simmering

003 – Braising

007 – Pan frying

011 – Steaming

004 – Broiling

008 – Poaching

012 – Stewing

Time Limit: 12 ½ minutes

Scoring: Total of 50 points

Contact Abbi Copp at aecopp@shenandoah.k12.va.us if you have any questions.

