

# 2016 COMPLETE PROGRAM CONTEST WINNERS "What's Cooking?"



1st Place - Susan Pianka, North Stonington Grange #138

2nd Place - Denise Barbieri, Prospect Grange #144

*\*Please note... Copyrighted items have been deleted from programs*

# 1st Place

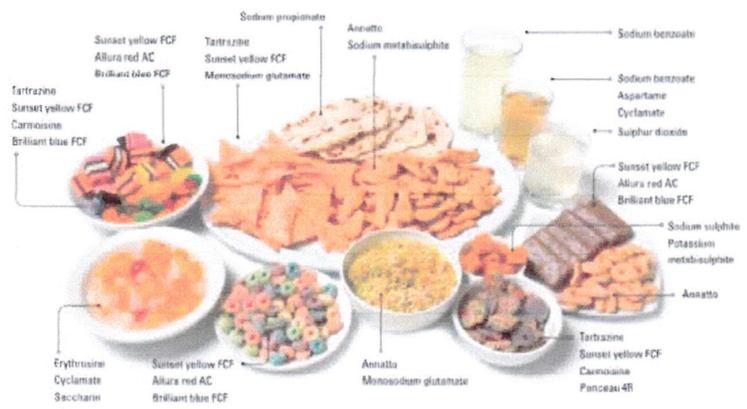
## North Stonington Grange

### Sue Pianka, Lecturer

2016 State Lecturer's Contest – What's Cookin?  
 North Stonington Community Grange #138  
 The Circle of Life  
 Presented March 25, 2016



Nutrition Facts	
Valeur nutritive	
Per 1 cup (250 mL) / par 1 tasse (250 mL)	
Amount	% Daily Value
Teneur	% valeur quotidienne
<b>Calories / Calories 80</b>	
Fat / Lipides 0 g	0 %
Saturated / saturés 0 g	0 %
+ Trans / trans 0 g	
Cholesterol / Cholestérol 0 mg	
Sodium / Sodium 115 mg	5 %
Carbohydrate / Glucides 12 g	4 %
Fibre / Fibres 0 g	0 %
Sugars / Sucres 11 g	
<b>Protein / Protéines 9 g</b>	
Vitamin A / Vitamine A	15 %
Vitamin C / Vitamine C	0 %
Calcium / Calcium	30 %
Iron / Fer	0 %
Vitamin D / Vitamine D	45 %



**2015/2016 State Lecturer's Contest – What's Cookin?  
North Stonington Community Grange #138  
The Circle of Life**

**Preparation**

**People needed:**

A man and a woman to play a couple in the three skits across the years.	Robert Miner Cheree Miner
A soloist (or more if desired; this is optional, as you could all sing all the songs.	Thurlow Coates Jason Miner
A man to be the Civil War soldier.	Charlie Pianka
Pianist (optional; you can sing a capella or use some other instrument or recording.	Susan Pianka
Curtain person (if your hall has a curtained stage)	
Three or more people to read the cut-aparts	
One main reader to alternate with the lecturer.	Jenny Watrous
Photographer (optional)	

**Props needed:**

Skit 1:

Appropriate clothing for colonial days and current times.

Dutch oven or cast iron kettle, wooden spoon, pot holder, bowl and spoons at table.

Tableau:

Civil war representative clothing, "rifle" if available (to add to general appearance)

"Duffle" with 2 plain canned goods and one can labeled Borden Milk, coffee pot, mug, and  
"campfire"

Skit 2:

Frying pan and spatula, taco mix box and pudding box, various tableware set up at table.

Skit 3:

Newspaper (with skit lines attached)

Grocery bag, preferably paper, stuffed with newspaper in bottom and just a few boxes peeking  
out to show results of shopping trip. (Attach skit lines to one side also.)

In addition there are several handouts that you will need to copy to have enough for your  
members, as well as a quiz. The quiz is meant to be verbal though, so you don't need pencils.

2015/2016 State Lecturer's Contest – What's Cookin'?  
North Stonington Community Grange #138  
The Circle of Life

**Lecturer:** What's cookin'? First thought...food. FOOD! The staff of life. Material that contains or consists of essential body nutrients. Nourishment taken into the body. From the Oxford dictionary: "Any nutritious substance that people or animals eat or drink, or that plants absorb, in order to maintain life and growth." We all like food, right? And how do we eat it? Raw, cooked, baked, fried, grilled, nutritious, healthy, safe, fresh, stale, sweet, sour, spicy, processed, toxic, tainted, .... Wait a minute!... No matter, as they say in the musical "Oliver", "Food, Glorious Food!"

*(Duet by Jason Miner and Thurlow Coates: "Food, Glorious Food" from the musical Oliver)*

*Food glorious Food. Hot sausage and mustard.  
While we're in the mood, cold jelly and custard.  
Pease, pudding and sa-ve-loys. "What next?" is the question.  
Rich gentlemen have it boys, in-dye-ges-tion.  
Food Glorious food, we're anxious to try it.  
Three banquets a day, our favorite diet.  
Just picture a great big steak, fried, roasted or stewed. Oh,  
Food, wonderful food, marvelous food, glorious food.*

**Lecturer:** Food...Mexican, Chinese, French, American, Italian...well, the list goes on. There are as many different "foods" as there are countries! Where to start? So, we thought, let's go "back to the basics" and think about our food – where it comes from, and what we do to it. As we researched this, I realized that the old saying "What goes around, comes around" applies to our food also, a true "circle of life", and thus this program has evolved..

**Reader:** In days of yore, we were hunter/gatherers, eating only those things we found or captured and killed. We progressed to raising our own food, having large gardens and finding ways to store that food through the lean winter months. Our diet was based largely on what we could raise in addition to what we could hunt in forests or catch in local waters.

*Skit: (Curtain opens to man and woman on stage in colonial garb, the man is seated at table and the woman gets a pot from the fire and brings it to the table)*

**Man:** What's for dinner? I'm starved; my oatmeal was a lo-o-ng time ago!

**Woman:** Venison stew, with new potatoes, carrots, wild onions, sea salt, and sage. I've made an egg custard for dessert.  
*(curtain closes)*

**Reader:** Through the years, changes were integrated which shifted our food system from primarily local foods grown on family farms to a highly complex, industrial, commercial, globally dependent system.

*(Thurlow sings 1<sup>st</sup> part of "Erie Canal")*

**Reader:** In the 1830's, canal mileage in the United States increased tremendously. By the 1840's one could go from New York City to New Orleans entirely by boat. Produce, wheat, and corn passed both ways. Later, competition from the burgeoning railroad system expanded the idea that one didn't have to purchase only local produce. One could purchase the items that were the least expensive, no matter where they were from; vegetables and fruit from California, bananas and coffee from Latin America, etc.

**Tableau:** *Pianist plays a few bars of a Civil War song, then stops; speaker continues with the next paragraph... Meanwhile, open stage curtain to see man in Civil War uniform holding a cup of coffee; he reaches in a sac, pulls out an unlabeled can and shakes it and sets it down, then pulls another out and sets it down, and then finally pulls out a labelled can of milk and "opens" it up, then "pours" some into the coffee and enjoys the taste of it...)*

**Reader:** Even with these advances in transportation, there remained the problem of spoilage. When the Civil War began, the armies could still live off the land, but so many men strained the commissary units' ability to feed the troops. The Union army faced a particular problem with milk, which was in good supply in the North but scarce in the South. Gail Borden invented a method of preserving milk by adding sugar, heating it, and reducing it. The commissary department tried it and it worked so well, that the federal government gave contracts to other canners throughout the Northern and Border states to supply a variety of canned goods for the land and naval forces, and for the wounded and sick in hospitals. As you can see here, the rebels were happy to find it also.  
*(close curtain here)*

**Lecturer:** Large war time orders made it financially viable to build new canning plants, and when the soldiers and sailors returned home after the war, civilian demand for these canned goods soared, with many other products being canned. You can't see what's in a can however, so Campbell's soup company initiated the idea of using labels to advertise and attract buyers. Labels come and go, but there have been memorable ones over the years. Let's see how well you can tell the brand from the description:

*Logo quiz (fill in the blank)*

**Reader:** Beginning with the Centennial Exposition in Philadelphia in 1876, fairs popularized snack foods, such as popcorn and peanuts. Traditionally, eating between meals was strongly opposed, but the growing availability of commercial snack foods in the early nineteenth century fostered America's change in eating habits. Snack foods were initially low in cost, and were associated with happy occasions, such as fairs, holidays, circuses, and sporting events.

**Pianist:** Let's all sing "*Take Me out to the Ball Game*"

**Reader:** After WWII, with more women in the work force, people wanted faster and more convenient meal preparation. Frozen dinners, complete with disposable dishes, were developed. The folding TV tray "perfect for TV dining" came into being and soon it was not unusual to find

the whole family eating in front of the television set. Breakfast cereals, which had started out as healthy alternatives to heavy fried breakfasts, saved working mothers time in the morning. Their children could easily get their own cereal and milk. The downside to this was that in their efforts to cater to children, and with the rationing of the war years over, sugars were increased to tempt the child's palate. In 1954, Trix was 46% sugar! Today, ready to eat cereals are served in nine out of ten American households. Ironically, these breakfast cereals, having started out as health foods, are now considered contributors to excess sugar in the American diet. I have a handout for you to take home to see how many cereal mascots you can remember, and there are many more cereals than those listed in the handout.

**Reader:** A candy bar melting in the pocket of an engineer at Raytheon Manufacturing led to the development of the microwave oven, which further sped up the "heat and eat and run" culture. While speed from harvest to preparation to table DOES result in fresher and more nutritious food, some ingredients do not lend themselves well to shorter processing and cooking times. Manufacturers have always looked for ways to modify both the ingredients and the processes they undergo in the preparation of the final products. You used to be able to read a label and recognize all the ingredients. Now you are lucky if you can recognize 3 or 4 ingredients. The rest are names that are nearly unpronounceable.

***Skit/tableau:*** *Curtain opens to same couple as in the beginning, but modern; she is cooking in a frying pan; he comes in and goes to table.*

**Man:** That donut I had for breakfast wore off a long time ago! Boy, am I hungry. Oh, is this what we're having for supper? ... *hold up box of taco kit*

**Woman:** Well, I had the Women's club meeting today, and it overran the time, then I had to pick Johnny up from school and get him over to the firehouse for that scouting trip the boys are going on, so I stopped at the store and picked up that Taco kit...hope you're in the mood for Mexican tonight. And I thought we'd have store-bought pudding for dessert.

**Man:** (*looking intently at Taco box*) Gosh, I never realized how much stuff is in these...I can't pronounce half of it... (*now pick up pudding box*) and I thought pudding was just eggs, milk and sugar...seems like that's how my mom made it anyway. What is calcium propionate? And why do we modify food starch – what food?

**Woman:** I don't know... but they must do something good, we like these brands...  
(*Close curtain*)

**Lecturer:** Let's check out a few labels. (Now, we could have a whole program on reading the parts of a label, but that's another story. I do have a handout which gives some information.) For today, we just want to talk additives. There are lots of additives available to be used in foods today. Some things you see are just the chemical names of vitamins and minerals that are added into our foods. Others are meant to make the product stand up to the preservation process.. All have to be approved by the FDA. Let's take a short quiz on your additive safety knowledge. It's on the other side of your cereal take home handout. I'll read the question, you just call out if you think you know the answer.

## *Food Safety quiz*

**Lecturer:** With over 1200 additives, there's no way the average consumer is going to know what they all are. But informed consumers will read the labels of the things they use. There is a great deal to be found on the internet about the various additives, and the consumer can decide whether they feel secure using a specific one, or whether they'd like to look for other product alternatives. As Dr. Kanthe Shelke says "Some people say that if you're not familiar with an ingredient – if you can't pronounce it – then you shouldn't eat it. I think that reflects an ignorance of chemistry and nutrition. Take riboflavin, cobalamin, and pyridoxamine. They're big words and sound like things you don't want in your food, but they are actually all forms of vitamin B and skipping them can be detrimental to your health. Instead of being scared of ingredients you don't know, educate yourself." I researched some of the additives I found just looking in my pantry, and have condensed some of the more common ones that I'm sure you have too into a handout for you. Some are benign, and some I will reconsider in view of research with potential reactions in children (grandchildren now, you know). You can read this at home, but I thought we'd go over a few here.

*(Cut-aparts from the handout)*

\_\_\_\_\_ **Calcium or sodium pro-pri-on-ate** are additives used as preservatives in a wide variety of products, including bread, other baked goods, processed meat, whey, and other dairy products. In agriculture, it is used to prevent milk fever in cows and as a feed supplement. It is an antifungal thought to be easily processed by the body. Typically, freshly baked bread products avoid the addition of calcium propionate, which is why they tend to spoil more quickly.

However, there are potential side effects in sensitive people: behavior changes such as hyperactivity, dystonia, and brain changes similar to autism. These side effects are reversible. However, these additives have the potential to permanently damage the stomach lining by exacerbating gastritis and inducing severe ulcers for those people who are so prone. These people should avoid fast-food products that have a higher ratio of calcium propionate, such as buns, pastries and pizza.

\_\_\_\_\_ **EDTA or Disodium EDTA** is a chemical, a colourless, water-soluble solid. It is ethyl-ene-dia-mi-net-re-tra-acetic acid, and is widely used to dissolve limescale. In food, it is useful because of its ability to "sequester" metal ions such as Calcium and Iron, which keeps them in solution and diminishes their reactivity. It acts as a preservative or stabilizer to prevent oxidative discoloration, and in soft drinks containing acetic acid it slows down formation of benzene, which is a carcinogen. While it is of low toxicity, it is in such widespread use that questions have been raised whether it is a persistent organic pollutant. Its longevity can pose serious issues in the environment.

\_\_\_\_\_ **Cellulose** is the most abundant organic polymer on Earth. The cellulose content of cotton fiber is 90%, that of wood is 40–50% and that of dried hemp is approximately 57%. Cellulose is mainly used to produce paperboard and paper. In humans,

cellulose acts as a hydrophilic bulking agent for feces and is often referred to as a "dietary fiber". Cellulose for industrial use is mainly obtained from wood pulp and cotton. Cellulose is made by dissolving the fiber in acetic and nitric acid to remove the other stuff. The resulting cellulose is allowed to react with anthrone in sulfuric acid. Microcrystalline cellulose and powdered cellulose are used as inactive fillers in drug tablets and as thickeners and stabilizers in processed foods. Cellulose powder is, for example, used in Parmesan cheese to prevent caking inside the package, and has been much in the headlines lately for its overuse.

**Lecturer:** I found it interesting that two of the most widely used additives, lecithin, and xanthan gum, are safe for most people, but can be problems for people with certain allergies, which just goes to show that even a GRAS standing doesn't apply to all.

**Reader:** Less obvious than the additives though, are the changes in the actual products themselves. Ever complain that the apples look beautiful, but just don't taste the same? OR note that the rose is gorgeous but doesn't have any scent? Genetic mutations occur naturally in all living organisms and humans have been altering the genetic makeup of plants and animals for thousands of years to produce crops that were faster to grow, or easier to harvest and/or ship, or simply more pleasing in eating quality to the consumer.

**Lecturer:** In the 1970's scientists began working with genetically modifying plant cells. To quote Science News "Traditional crossbreeding mixes entire plant genomes and can take decades to yield a new variety. Transgenics and RNA interference breeding influence a handful of genes and can bring new products within a few years. The term GMO itself is a catchall that encompasses a wide range of products developed through a variety of means, each with its own risks and benefits." This is another topic which could be a complete program in and of itself, and probably more. As I researched it, I found it to be a highly volatile subject... people are rabidly for or rabidly against GMOs...there's little middle ground, and I suspect they're talking "apples and oranges" as there are many different kinds of genetic modifications. I've given you a handout which has a synopsis of some of the research.

**Reader:** Conventional foods or "new" foods bred in conventional manners are generally regarded as safe without much government testing...and yet, occasionally, these may be determined later to have side effects or potential health problems. In contrast, ALL GMO foods have had to undergo rigorous testing and evaluation relative to both human health and the environment, and there are over 20 years of studies on the safety of GMOs which suggest that eating GMO foods is no riskier than eating conventional foods. There are findings however, that suggest that there are potential negative effects on the environment as the various "bugs" and weeds themselves adapt, and there is also some concern with how long they may last in the environment, and the possibility for transference "into the wild". Organic farmers are especially concerned with the potential for transference to their products.

**Lecturer:** In 2003, the Grocery Manufacturers of America estimated that between 70 and 75 percent of all processed foods in US grocery stores may contain ingredients from transgenic plants. If this is the case, I doubt there will ever be a complete reversal of GMO use; it is up to us to push for continued safety evaluation and consideration. Identifying foods as being GMO on the label is currently the hot topic, and a subject of legislation both locally and nationally.

After all the research I've done, I think it is too simplistic an approach though, and deserves more consideration by those involved. Physically modifying a gene within the plant is quite different from introducing another species or toxin within the plant. It is up to US, the consumers, to educate ourselves and to ask those who make these decisions to make that distinction available to us.

And this is leading to that "circle of life" I spoke of in the beginning. Consumers are becoming more aware of just what is in the food they buy. They are making demands to the manufacturers, and to their congressmen and others in the regulatory industry as to food safety and adulteration. Consumers are asking for organic foods in their supermarkets; they are pressuring manufacturers to remove excess salt and fat, high fructose corn syrup and artificial colors; they are looking at the labels to see what country the foods are produced in, and they are going back to farmer's markets and local farms instead of purchasing the large farm commercial varieties. And yes, they are even going back to planting their own.

### **Tableau/Skit:**

*Open curtain: Man seated in kitchen, reading the paper, and looking at his watch frequently. Door opens and woman rushes in with one full grocery bag. Man looks up at her...*

**Man:** That's all you got?! What took you so long?... you said you were just going to Stop and Shop. It's been THREE HOURS! What's for dinner, I'm starved.

**Woman:** Well, you're just going to have to wait! Since you had your doctor visit and were told you have to cut down on salt for your blood pressure and carbs for your diabetes, and gluten for ... well, you know... digestive issues.... I've had to learn to read labels. I spent 20 minutes alone looking at salad dressing! Do you know that they ALL have xanthan gum? All except Cain's Balsamic Dressing... so THAT'S your new favorite! And don't get me started on ice cream! Ought to be milk, sugar, eggs, some kind of flavor... but NO-O-O-O-... you should see the stuff they put in it. And the bread aisle... you know how long that aisle is? Try to read all those labels! Bread ought to be flour, shortening and yeast, maybe a little sugar... but if you look, it's mono and di-glycerides, soy lecithin, calcium propionate, datem, calcium sulfate, I don't even know what all that stuff is... and the list goes on. Label reading takes time! And just try to get through to a manufacturer. One thing I looked at said "Any questions call our Q&A Hotline", so I did... and that took 10 minutes. And if that's not bad enough, I picked up a bag of salad mix. Just lettuce and veggies, you know? By the time I got to the register, they wouldn't sell it to me! Seems a recall had come in because of possible Listeria contamination! I gave up. I tell you, we're going to start a garden this year, and I'm going to dig through grandma's cook books and you're just going to have to wait for your meals! As for tonight, if you want it quicker, you can just take me out to dinner!

*Close curtain*

**Lecturer:** So there you have it... the circle of food in our country. We have gone from producing our own, to mass production and convenience, right back around to some of us producing our own. But times are different than they were 200 years ago. There are many more people than old-fashioned farming methods could support, so advances in technology and growth

are necessary. And most people don't live on farms and don't have the capabilities to grow their own food. The best we can do is demand high quality in what we purchase, and when possible, support local farmer's markets and businesses. In the supermarket, minimize going up and down the aisles where all the snacks and "gotcha's" are, instead concentrating on the outer walls – where the produce, meats, breads, and dairy choices are. And we must understand the risks and benefits of the various additives and make informed choices when shopping. We're not going to stop eating, so let's eat smart!

To close our program, Thurlow and Jason will now lead us in singing "Food, Glorious Food"

*Thurlow and Jason sing again: "Food, Glorious Food"*  
*(end of program)*

## 2016 Lecturer's Contest – Skits

Skit 1:

*Skits: (Curtain opens to man and woman on stage in colonial garb, the man is seated at table and the woman gets a pot from the fire and brings it to the table)*

**Man:** What's for dinner? I'm starved; my oatmeal was a lo-o-ng time ago!

**Woman:** Venison stew, with new potatoes, carrots, wild onions, sea salt, and sage. I've made an egg custard for dessert.

*(curtain closes)*

Skit 2:

**Skits/tableau:** *Curtain opens to same couple as in the beginning, but modern; she is cooking in a frying pan; he comes in and goes to table.*

**Man:** That donut I had for breakfast wore off a long time ago! Boy, am I hungry. Oh, is this what we're having for supper? ... *hold up box of taco kit*

**Woman:** Well, I had the Women's club meeting today, and it overran the time, then I had to pick Johnny up from school and get him over to the firehouse for that scouting trip the boys are going on, so I stopped at the store and picked up that Taco kit...hope you're in the mood for Mexican tonight. And I thought we'd have store-bought pudding for dessert.

**Man:** *(looking intently at Taco box)* Gosh, I never realized how much stuff is in these...I can't pronounce half of it... *(now pick up pudding box)* and I thought pudding was just eggs, milk and sugar...seems like that's how my mom made it anyway. What is calcium proprionate? And why do we modify food starch – what food?

**Woman:** I don't know... but they must do something good, we like these brands...

*(Close curtain)*

Skit 3:

*Open curtain: Man seated in kitchen, reading the paper, and looking at his watch frequently. Door opens and woman rushes in with one full grocery bag. Man looks up at her...*

**Man:** That's all you got?! What took you so long?... you said you were just going to Stop and Shop. It's been THREE HOURS! What's for dinner, I'm starved.

**Woman:** Well, you're just going to have to wait! Since you had your doctor visit and were told you have to cut down on salt for your blood pressure and carbs for your diabetes, and gluten for ... well, you know...digestive issues.... I've had to learn to read labels. I spent 20 minutes alone looking at salad dressing! Do you know that they ALL have xanthan gum? All except Cain's Balsamic Dressing... so THAT'S your new favorite! And don't get me started on ice cream! Ought to be milk, sugar, eggs, some kind of flavor... but NO-O-O-O-... you should see the stuff they put in it. And the bread aisle... you know how long that aisle is? Try to read all those labels! Bread ought to be flour, shortening and yeast, maybe a little sugar... but if you look, it's mono and di-glycerides, soy lecithin, calcium proprionate, datem, calcium sulfate, I don't even know what all that stuff is... and the list goes on. Label reading takes time! And just try to get through to a manufacturer. One thing I looked at said "Any questions call our Q&A Hotline", so I did...and that took 10 minutes. And if that's not bad enough, I picked up a bag of salad mix. Just lettuce and veggies, you know? By the time I got to the register, they wouldn't sell it to me! Seems a recall had come in because of possible Listeria contamination! I gave up. I tell you, we're going to start a garden this year, and I'm going to dig through grandma's cook books and you're just going to have to wait for your meals! As for tonight, if you want it quicker, you can just take me out to dinner!

*Close curtain*

Skit 3:

*Open curtain: Man seated in kitchen, reading the paper, and looking at his watch frequently. Door opens and woman rushes in with one full grocery bag. Man looks up at her...*

**Man:** That's all you got?! What took you so long?... you said you were just going to Stop and Shop. It's been THREE HOURS! What's for dinner, I'm starved.

**Woman:** Well, you're just going to have to wait! Since you had your doctor visit and were told you have to cut down on salt for your blood pressure and carbs for your diabetes, and gluten for ... well, you know...digestive issues.... I've had to learn to read labels. I spent 20 minutes alone looking at salad dressing! Do you know that they ALL have xanthan gum? All except Cain's Balsamic Dressing... so THAT'S your new favorite! And don't get me started on ice cream! Ought to be milk, sugar, eggs, some kind of flavor... but NO-O-O-O-... you should see the stuff they put in it. And the bread aisle... you know how long that aisle is? Try to read all those labels! Bread ought to be flour, shortening and yeast, maybe a little sugar... but if you look, it's mono and di-glycerides, soy lecithin, calcium proprionate, datem, calcium sulfate, I don't even know what all that stuff is... and the list goes on. Label reading takes time! And just try to get through to a manufacturer. One thing I looked at said "Any questions call our Q&A Hotline", so I did...and that took 10 minutes. And if that's not bad enough, I picked up a bag of salad mix. Just lettuce and veggies, you know? By the time I got to the register, they wouldn't sell it to me! Seems a recall had come in because of possible Listeria contamination! I gave up. I tell you, we're going to start a garden this year, and I'm going to dig through grandma's cook books and you're just going to have to wait for your meals! As for tonight, if you want it quicker, you can just take me out to dinner!

*Close curtain*

## **Additives Cut-Aparts**

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**Modified Food Starch** is prepared by treating native starch to change its properties to make them easier to use in certain recipes. Modified starches are used in practically all starch applications. There are many ways that food starch can be modified; the method varies based on the type of starch and on what it will be used for including: treating it with acid, roasting it, treating it with sodium hydroxide, treating it with potassium hydroxide, adding a positive electrical charge, treating it with emulsifiers, or treating it with starch ether. Sometimes a starch may undergo more than one treatment, depending on the desired outcome.

Modified starch has many uses in food products: making a product easier to dissolve in cold water or milk for instant gelatinized recipes; helping powdered foods, (like powdered cheese sauce and gravy), have a less lumpy consistency when mixed; serving as a fat substitute for low-fat foods; acting as an emulsifier for salad dressings in order to keep oils from separating; forming a hard shell on some candies like jelly beans; producing foods with longer shelf lives; or acting as a thickener for soups. Other than an allergy to the initial source (such as wheat), there are no health concerns.

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**Calcium or sodium propionate** are additives used as preservatives in a wide variety of products, including bread, other baked goods, processed meat, whey, and other dairy products. In agriculture, it is used to prevent milk fever in cows and as a feed supplement. It is an antifungal thought to be easily processed by the body. Typically, freshly baked bread products avoid the addition of calcium propionate, which is why they tend to spoil more quickly.

However, there are potential side effects in sensitive people: behavior changes such as hyperactivity, dystonia, and brain changes similar to autism. These side effects are reversible. However, these additives have the potential to permanently damage the stomach lining by exacerbating gastritis and inducing severe ulcers for those people who are so prone. These people should avoid fast-food products that have a higher ratio of calcium propionate, such as buns, pastries and pizza.

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**CALCIUM SULFATE** is a calcium salt that is used for a variety of purposes including: building materials, as a desiccant, in dentistry as an impression material, cast, or die, and in medicine for immobilizing casts and as a tablet excipient. It exists in various forms and states of hydration. Plaster of Paris is a mixture of powdered and heat-treated gypsum. It is used in food manufacture to stabilize and firm foods and regulate their acidity levels, and is found in a variety of processed foods. In the amounts typically found in food and supplements, calcium sulfate isn't likely to cause adverse effects and is generally regarded as safe by the U.S. Food and Drug Administration. In food production it is used as a coagulant in products like tofu, in meats, canned fruits and vegetables, as a flour treatment, thus making it common in pastas, cereals and baked goods.

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**Lecithin** is naturally found in the foods that most of us eat, especially rich foods, such as egg yolks, soybeans, grains, wheat germ, liver, cauliflower, fish, legumes, yeast, and peanuts. On the other hand, commercial lecithin is actually a natural mixture of neutral and polar lipids, including glycolipids, triglycerides, sterols, and small quantities of fatty acids, carbohydrates, and sphingolipids. Lecithin is a very common food additive for its emulsifying properties. This means that it helps to create stable blends of ingredients that otherwise would not mix. As these blends typically involve fats with other solids or liquids, the use of lecithin is extremely common in candies, chocolates and baked goods. Lecithin is also a good source of choline and can be taken as a nutritional supplement. This essential nutrient plays a role in cellular and neurological health and fat metabolism. Choline also helps to lower homocysteine levels, which helps to prevent cardiovascular disease.

Unfortunately for those with allergies or other dietary restrictions, food labeling does not always clearly indicate the source of lecithin. Although the FDA requires general allergy warnings, manufacturers do not need to indicate the source of their lecithin. As such, "lecithin" on food labels can refer to egg lecithin, soy lecithin or vegetable oil lecithin. As such, you should always check for food allergy warnings to figure out whether lecithin comes from eggs, soy or both.

## Food Logo Game

Give the name of the logo or the company it represents.

\_\_\_\_\_

Little girl standing under an umbrella on a rainy day.

\_\_\_\_\_

Smiling very large man wearing a skimpy tunic, wreath, and boots made of leaves.

\_\_\_\_\_

A smiling black woman, wearing a bandana in the early years; she has been modernized 6 times.

\_\_\_\_\_

A smiling white woman dressed in red with white accents (scarf, pearls, etc) about the neck, she has been modernised 9 times.

\_\_\_\_\_

Smiling Italian chef, whose real name was phonetically spelled as the brand.

\_\_\_\_\_

Smiling man in Quaker garb.

\_\_\_\_\_

A happy baby.

\_\_\_\_\_

A Latin female dancer with a fruit hat.

\_\_\_\_\_

Hamburger buns with the name in the middle.

\_\_\_\_\_

Plump, rosy-cheeked children.

## Food Logo Game Answers

_Moreton Salt____	Little girl standing under an umbrella on a rainy day.
_Green Giant____	Smiling very large man wearing a skimpy tunic, wreath, and boots made of leaves.
_Aunt Jemima____	A smiling black woman, wearing a bandana in the early years; she has been modernized 6 times.
_Betty Crocker____	A smiling white woman dressed in red with white accents (scarf, pearls, etc) about the neck, she has been modernised 9 times.
Chef Boy-Ar-Dee_	Smiling Italian chef, whose real name was phonetically spelled as the brand.
_Quaker Company	Smiling man in Quaker garb.
_Gerber_____	A happy baby.
_Chiquita Bananas	A Latin female dancer with a fruit hat.
_Burger King____	Hamburger buns with the name in the middle.
Campbell Soup Kids	Plump, rosy-cheeked children.

## Food Safety Quiz

- \_\_\_\_\_ 1. Food Safety covers subjects regarding the production and selling of foodstuffs free of biological and physical contaminants.
- \_\_\_\_\_ 2. Food Safety also regulates controversial ingredients and dietary concerns such as fats and carbohydrates.
- \_\_\_\_\_ 3. GRAS stands for General Regulation of Agricultural Supplies.
- \_\_\_\_\_ 4. GRAS foods are exempt from the usual food additive tolerance requirements.
- \_\_\_\_\_ 5. A GRAS designation can be “self-affirmed” (meaning done by the company producing the additive).
- \_\_\_\_\_ 6. If an additive is self-affirmed as GRAS, the FDA has no choice but to accept it for inclusion on the GRAS list.
- \_\_\_\_\_ 7. As of 1958, 700 food items were on the GRAS list.
- \_\_\_\_\_ 8. From 1998 to June 2015 572 additional ingredients or food substances have been filed with the FDA.
- \_\_\_\_\_ 9. Once an item is on the list it is not removed.
- \_\_\_\_\_ 10. To ensure food safety and quality there are several kinds of tests.
- \_\_\_\_\_ 11. Enforcement of Food Safety follows a path of (1) Warning Letters, (2) Recall, (3) Restraining Order or Injunctions, (4) Seizure, (5) Administrative Detention, (6) Suspension of Registration, and (7) Prosecution
- \_\_\_\_\_ 12. Food sampling is the process in which food is tasted to determine if it is safe.

## Food Safety Quiz Answer Sheet

- \_\_\_\_\_ 1. Food Safety covers subjects regarding the production and selling of Foodstuffs free of biological and physical contaminants.  
True
- \_\_\_\_\_ 2. Food Safety also regulates controversial ingredients and dietary concerns such as fats and carbohydrates.  
False *Safety is the concern, not whether too much of something can be “bad” for you.*
- \_\_\_\_\_ 3. GRAS stands for General Regulation of Agricultural Supplies.  
False *GRAS stands for Generally Recognized as Safe*
- \_\_\_\_\_ 4. GRAS foods are exempt from the usual food additive tolerance Requirements.  
True
- \_\_\_\_\_ 5. A GRAS designation can be “self-affirmed” (meaning done by the company producing the additive).  
True
- \_\_\_\_\_ 6. If an additive is self-affirmed as GRAS, the FDA has no choice but to accept it for inclusion on the GRAS list.  
False *The FDA can either (1) accept without question or (2) state that the notifications does not provide a sufficient basis for GRAS determination.*
- \_\_\_\_\_ 7. As of 1958, 700 food items were on the GRAS list.  
True
- \_\_\_\_\_ 8. From 1998 to June 2015 572 additional ingredients or food substances Have been filed with the FDA.  
True
- \_\_\_\_\_ 9. Once an item is on the list it is not removed.  
False One example is Trans Fats
- \_\_\_\_\_ 10. To ensure food safety and quality there are several kinds of tests.  
True *They are (1) Food allergen testing, (2) Food chemical*

*Analysis, (3) Food contact tests, (4) Food contaminant Testing, (5) Nutritional analysis and testing, (6) GMO Testing, (7) melamine contamination testing, (8) micro-Biological testing, (9) Spiral plating for bacterial count, (10) Pesticide residue testing, (11) Veterinary drug Residue testing, and (12) PCR food testing.*

- \_\_\_\_\_ 11. Enforcement of Food Safety follows a path of (1) Warning Letters, (2) Recall, (3) Restraining Order or Injunctions, (4) Seizure, (5) Administrative Detention, (6) Suspension of Registration, and (7) Prosecution

*False The choice depends on the risk to public health and the actions taken by the regulated entity.*

- \_\_\_\_\_ 12. Food sampling is the process in which food is tasted to determine If it is safe.

*False Food sampling is the taking of a portion of the whole and submitting it to the laboratory for testing. Depending on the food and what is being tested for, the results can vary.*

## Cereal Matching Game

- |                                 |  |
|---------------------------------|--|
| _____ 1. Alpha Bits             | a. Tony the Tiger                            |
| _____ 2. Cocoa Krispies         | b. Snap, Crackle & Pop elves                 |
| _____ 3. Cocoa/Fruity Pebbles   | c. Snagglepuss                               |
| _____ 4. Cocoa Puffs            | d. Rabbit                                    |
| _____ 5. Crispy Critters (Post) | e. Cap'n Crunch                              |
| _____ 6. Froot Loops            | f. L.C. Leprechaun                           |
| _____ 7. Frosted Flakes         | g. Dig-em Frog                               |
| _____ 8. Honeycomb              | h. Woody Woodpecker                          |
| _____ 9. Honey Nut Cheerios     | i. Toucan Sam                                |
| _____ 10. Life                  | j. Sonny                                     |
| _____ 11. Lucky Charms          | k. Buzz Bee                                  |
| _____ 12. Quaker Oat biscuits   | l. The California Raisin                     |
| _____ 13. Quaker Quisp          | m. Sugar Bear                                |
| _____ 14. Raisin Bran           | n. Mikey                                     |
| _____ 15. Rice Krispies         | o. Fred Flinstone                            |
| _____ 16. Sugar Pops            | p. The Honeycomb Kid                         |
| _____ 17. Sugar Smacks          | q. Linus the Lionhearted                     |
| _____ 18. Super Golden Crisp    | r. cartoon alien with propeller head         |
| _____ 19. Trix                  | s. "Loveable Truly" cartoon man in blue suit |

## Cereal Matching Game Answers

- |                                 |  |
|---------------------------------|--|
| __s__ 1. Alpha Bits             | a. Tony the Tiger                            |
| __c__ 2. Cocoa Krispies         | b. Snap, Crackle & Pop elves                 |
| __o__ 3. Cocoa/Fruity Pebbles   | c. Snagglepuss                               |
| __j__ 4. Cocoa Puffs            | d. Rabbit                                    |
| __q__ 5. Crispy Critters (Post) | e. Cap'n Crunch                              |
| __i__ 6. Froot Loops            | f. L.C. Leprechaun                           |
| __a__ 7. Frosted Flakes         | g. Dig-em Frog                               |
| __p__ 8. Honeycomb              | h. Woody Woodpecker                          |
| __k__ 9. Honey Nut Cheerios     | i. Toucan Sam                                |
| __n__ 10. Life                  | j. Sonny                                     |
| __f__ 11. Lucky Charms          | k. Buzz Bee                                  |
| __e__ 12. Quaker Oat biscuits   | l. The California Raisin                     |
| __r__ 13. Quaker Quisp          | m. Sugar Bear                                |
| __l__ 14. Raisin Bran           | n. Mikey                                     |
| __b__ 15. Rice Krispies         | o. Fred Flinstone                            |
| __h__ 16. Sugar Pops            | p. The Honeycomb Kid                         |
| __g__ 17. Sugar Smacks          | q. Linus the Lionhearted                     |
| __m__ 18. Super Golden Crisp    | r. cartoon alien with propeller head         |
| __d__ 19. Trix                  | s. "Loveable Truly" cartoon man in blue suit |

# 2nd Place

## Prospect Grange

### Denise Barbieri, Lecturer

#### What's Cookin'

#### 1. Fun Facts about Pumpkins

Pumpkins are a member of the Cucurbita family which includes the Squash and cucumbers and is native to the United States.

Pumpkins contain potassium and Vitamin A.

Pumpkins flowers are edible.

The largest pumpkin pie ever made was over five feet in diameter and weighed over 350 lbs. It used 80 lbs of cooked pumpkin, 36 lbs of sugar, 12 dozen eggs and took six hours to bake

In early colonial times, pumpkins were used as an ingredient for the crust of pies, not the filling.

Pumpkins were once recommended for removing freckles and curing snake bites.

Pumpkins are 90 percent water.

The Connecticut field variety is the traditional American pumpkin.

Eighty percent of the pumpkin supply in the United States is available in October.

Native Americans flattened strips of pumpkins dried them and made mats.

Native Americans dried strips of pumpkin and later ground it into flour.

Native Americans used pumpkin seeds for food and medicine.

Early colonies used pumpkins shell as a template for even hair cuts.

It is said that Columbus carried seeds back to Europe.

## 2. Food and drink made from pumpkins.

Let's see how many items we can name that is made from pumpkins. (Each member attending the meeting is asked for an answer.) They came up with breads, desserts, drinks and soups.

## 3. Game: Pumpkin Roll (using two teams of 5.)

Each player rolls a pumpkin down the floor and places it in a container, The next player goes down and rolls it back. The third player rolls it down and the fourth rolls it back and the last player rolls it down again. The first team to complete this task wins.