Notes for Food Science event participants, coaches:

I enjoyed having the teams participate in the Food Science Event at the Invitational. I would like to see every team have a high score in the event. Food Science is actually Food Chemistry, and I hope you enjoyed "playing with your food" during the event. To help you and your teams in future competitions, I have written some notes and am sending both my coaches training presentation and experiments

- **Please make sure that your team participants bring the needed safety items to the event.** Several teams did not bring goggles or aprons/coats. These items are specified in the rules for the event and for the safety of the participant, are required. I do not let teams participate at the state level without these items.
- **I noted that many students in both sessions did not take time to read the entire problem before beginning to answer the questions.** This resulted in several teams wasting time or getting erroneous results because they didn't figure out what was being asked of them. Many points could have been earned if the teams had read the problem and **thought about the possible results** before starting the chemical tests. Not all tests available were required to figure out the unknown ingredients, however most teams used every method given, whether or not it was applicable to the problem.
- **Students should know how to correctly use plastic pipets or droppers and how to swirl tubes and cups to mix the samples.**
- If the students have worked with the chemical tests, they should know when it is best to be exact (amount of the sample needed for a test you have to compare the results) vs. estimating (3.0 mLs of Benedict's reagent will react with the same color as 2.7 or 3.1 mL). It saves time if you don't need to worry about using the exact amount.
- Division B teams should be familiar with nutritional labels and calories/gram from carbohydrates, proteins and fats and be able to use these values for calculation problems.
- Division C teams should be familiar with the structures and nomenclature of the amino acids, standard carbohydrates and standard lipids.