

4-H FOOD CHALLENGE SCORECARD - PRESENTATION JR INT SR MIXED

Team Name: _____ County _____

Team Members: _____

Entry Category: Main Dish Fruit/Veggie Bread/Cereal Nutritious Snack

Team Presentation	Comments	Points	Score
Knowledge of MyPlate:			
Knowledge of MyPlate		2	
Serving sizes and examples of MyPlate groups based on 2000 calorie diet		2	
Told how MyPlate represented in dish prepared		2	
Dish is representative of category		2	
Team shared personal healthy lifestyle choices based on dietary guidelines		2	
Nutrition Knowledge:			
Knows key nutrition in prepared dish		5	
Function of nutrients		5	
Healthy substitutions		3	
Food Preparation:			
Listed & explained steps in how dish was prepared		4	
Explained function of ingredients in dish		4	
Safety Concerns and Practices:			
Explained & applied food safety		8	
Serving Size Information:			
Demonstrated knowledge of serving size		4	
Shared estimated cost of the dish		2	
Food Appearance/Quality:			
Food is appealing and appetizing		3	
Appeared to be cooked properly		3	
Attractive and appropriate garnish		3	
Creativity:			
Used ingredients in a creative way		5	
Incorporated pantry items into dish or garnish		3	
Effectiveness of Communication:			
Displayed effective communication skills		4	
Poise and personal appearance		4	
Teamwork:			
Majority of team contributed to the presentation		5	
Questions:			
		5	
Additional Comments: (use back of sheet for additional space)		Total Points (80)	

4-H FOOD CHALLENGE SCORECARD - PREPARATION JR INT SR MIXED

Team Name: _____ County: _____

Team Members: _____

Entry Category: Main Dish Fruit/Veggie Bread/Cereal Nutritious Snack

Team Observation	Comments	Points	Score
Teamwork:			
Effective use of communication among team members		2	
Each team member played a key role in the preparation phase, whether cooking or preparing presentation		3	
Safety concerns and practices:			
Exhibited knowledge of how to use equipment safely (heat, utensils, sharps, etc.)		3	
Handled ingredients appropriately to avoid cross contamination		1	
Personal Hygiene (hair, nails, jewelry, etc.)		1	
Preparation:			
Displayed a logical process in mixing and assembling ingredients		2	
Practiced correct cooking procedures based upon ingredients provided		1	
Completed tasks efficiently and in a logical order		2	
Management:			
Used work space efficiently		2	
Effective use of time		2	
Preparation table was clean at the conclusion of the preparation period		1	
Additional Comments: <i>(based on observation)</i>		Total Points (20)	