

# D5 4-H FOOD CHALLENGE SCORECARD - PREPARATION

Team Name: \_\_\_\_\_ County: \_\_\_\_\_

Entry Category:    \_\_\_ Appetizer            \_\_\_ Main Dish            \_\_\_ Side Dish            \_\_\_ Healthy Dessert

Age Division:        \_\_\_ Junior                    \_\_\_ Intermediate            \_\_\_ Senior

| Team Observation   | Comments | Points                  | Score |
|--|----------|-------------------------|-------|
| <b><i>Teamwork:</i></b>  |          |                         |       |
| 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                       |       |
| <b><i>Safety concerns and practices:</i></b>   |          |                         |       |
| Exhibited knowledge of how to use equipment safely (heat, utensils, sharps, etc.)                      |          | 3                       |       |
| Handled ingredients appropriately to avoid cross contamination   |          | 3                       |       |
| Personal Hygiene (hair, nails, jewelry, etc.)  |          | 3                       |       |
| <b><i>Preparation:</i></b>   |          |                         |       |
| Practiced correct cooking procedures based upon ingredients provided                                   |          | 3                       |       |
| Completed tasks efficiently and in a logical order   |          | 2                       |       |
| <b><i>Management:</i></b>  |          |                         |       |
| Used workspace efficiently   |          | 2                       |       |
| Effective use of time  |          | 2                       |       |
| Preparation table was clean at the conclusion of the preparation period                                |          | 2                       |       |
| <b><i>Additional Comments: (based on observation)</i></b>  |          | Total<br>Points<br>(25) |       |

# D5 4-H FOOD CHALLENGE SCORECARD - PRESENTATION

Team Name: \_\_\_\_\_ County: \_\_\_\_\_

Entry Category: \_\_\_ Appetizer \_\_\_ Main Dish \_\_\_ Side Dish \_\_\_ Healthy Dessert Age Division: \_\_\_\_\_

| Team Presentation   | Comments | Points                  | Score |
|---|----------|-------------------------|-------|
| <b><i>Knowledge of MyPlate:</i></b>                               |          |                         |       |
| Serving sizes and examples of each group in MyPlate               |          | 4                       |       |
| Told how MyPlate represented in dish prepared                     |          | 3                       |       |
| Team shared healthy lifestyle choices based on dietary guidelines |          | 2                       |       |
| <b><i>Nutrition Knowledge:</i></b>                                |          |                         |       |
| Knows key nutrition in prepared dish                              |          | 6                       |       |
| Function of nutrients   |          | 5                       |       |
| Healthy substitutions   |          | 4                       |       |
| <b><i>Food Preparation:</i></b>                                   |          |                         |       |
| Explained key steps in how dish was prepared                      |          | 4                       |       |
| Explained function of ingredients in dish                         |          | 4                       |       |
| <b><i>Safety Concerns and Practices:</i></b>                      |          |                         |       |
| Explained food safety according to Fight BAC                      |          | 5                       |       |
| <b><i>Serving Size Information:</i></b>                           |          |                         |       |
| Demonstrated knowledge of serving size for prepared dish          |          | 4                       |       |
| Shared estimated cost of the prepared dish and individual serving |          | 2                       |       |
| <b><i>Food Appearance/Quality:</i></b>                            |          |                         |       |
| Food is appealing and appetizing                                  |          | 3                       |       |
| Appeared to be cooked properly                                    |          | 2                       |       |
| Attractive and appropriate garnish                                |          | 3                       |       |
| <b><i>Creativity:</i></b>   |          |                         |       |
| Used ingredients in a creative way                                |          | 5                       |       |
| Incorporated grocery store items into dish or garnish             |          | 3                       |       |
| <b><i>Effectiveness of Communication:</i></b>                     |          |                         |       |
| Displayed effective communication skills                          |          | 6                       |       |
| Poise and personal appearance                                     |          | 4                       |       |
| <b><i>Questions:</i></b>  |          |                         |       |
| Accurately and appropriately answered questions                   |          | 6                       |       |
| <b><i>Additional Comments:</i></b>                                |          | Total<br>Points<br>(75) |       |