

# 4-H FOOD CHALLENGE WORKSHEET

This worksheet is designed to be used to prepare for Food Challenge contests. This worksheet may be utilized as a resource at county, district, or contests; however, will not be used at the state 4-H contest.

Knowledge Of MyPlate		
Ingredient	MyPlate Group	Number of Servings Needed Each Day

Knowledge Of Dietary Guidelines	
Key Message of Dietary Guidelines	How Does This Message Align with Your Dish?

Nutrition Knowledge		
Ingredient & Healthy Substitution	Key Nutrient(s)	Nutrient Function, Benefit, & Deficiency Risks

Food Preparation	
Steps In Preparation	What was Performed in This Step and Why is This Step Important?
Main Ingredient in Dish	What Is the Role of This Main Ingredient?

Food Safety (List Any Food Safety Concerns Associated with The Dish and/or Specific Ingredients)

Serving Size Information	
How Many Total Servings Are in Dish?	What Is the Serving Size for One Person?

Additional Information (List Any Additional Information You Think is Important)