

4-H FOOD CHALLENGE SCORECARD - PRESENTATION

Team Name: _____

Team #: _____

___ Junior

___ Intermediate

___ Senior

Entry Category: ___ Appetizer

___ Main Dish

___ Side Dish

___ Healthy Dessert

Team Presentation	Comments	Points	Score
Knowledge of MyPlate and Dietary Guidelines:			
Knowledge of MyPlate (based on 2,000 calorie diet)		5	
Knowledge of Dietary Guidelines for Americans		5	
Nutrition Knowledge:			
Knows key nutrition in prepared dish		6	
Knowledge of nutrient functions, effects, and deficiency risks		6	
Healthy substitutions and modifications		3	
Food Preparation:			
Explained key steps in how dish was prepared		2	
Role and function of main ingredients in dish		4	
Safety Concerns and Practices:			
Explained food safety according to Fight BAC		8	
Serving Size Information:			
Demonstrated knowledge of serving size for prepared dish		4	
Food Appearance/Quality:			
Food is appealing and appetizing		3	
Appeared to be cooked properly		3	
Attractive and appropriate garnish		2	
Creativity:			
Used ingredients in a creative way		5	
Incorporated grocery store items into dish or garnish		3	
Effectiveness of Communication:			
Displayed effective communication skills		6	
Poise and personal appearance		4	
Questions:			
Accurately and appropriately answered questions		6	
Additional Comments:		Total Points (75)	

Judge 1 _____ Judge 2 _____ Judge 3 _____

4-H FOOD CHALLENGE SCORECARD

PREPARATION

Team Name: _____

Team #: _____

Entry Category: Junior Intermediate Senior
 Appetizer Main Dish Side Dish Healthy Dessert

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		3	
Personal Hygiene (hair, nails, jewelry, etc.)		3	
Preparation:			
Practiced correct cooking procedures based upon ingredients provided		3	
Completed tasks efficiently and in a logical order		2	
Management:			
Used workspace efficiently		2	
Effective use of time		2	
Preparation table was clean at the conclusion of the preparation period		2	
Additional Comments: (based on observation)			
		Total Points (25)	