

4-H FOOD CHALLENGE SCORECARD – PRESENTATION

Team Name: _____ Age Division: _____

Team Members: _____ County: _____

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

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

4-H FOOD CHALLENGE SCORECARD – PREPARATION

Team Name: _____ Age Division: _____

Team Members: _____ County: _____

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

| Team Observation | Comments | Points | Score |
|--|----------|-------------------------|-------|
| <i>Teamwork:</i> | | | |
| 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 | |
| <i>Safety Concerns & Practices</i> | | | |
| 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 | |
| <i>Preparation:</i> | | | |
| Practiced correct cooking procedures based upon ingredients provided | | 3 | |
| Completed tasks efficiently and in a logical order | | 2 | |
| <i>Management:</i> | | | |
| 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) | |