00105188**D8 4-H FOOD CHALLENGE**



*Junior & Intermediate Scorecard – Presentation*

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| **CATEGORY** |  | **TEAM MEMBERS** |  |
| **COUNTY & TEAM #** |  |  |

|  |  |  |  |
| --- | --- | --- | --- |
| Team Presentation | Comments | Points | Score |
| ***Knowledge of MyPlate:*** |  |  |  |
| Serving sizes and examples in MyPlate |  | 4 |  |
| Told how MyPlate represented in dish prepared |  | 3 |  |
| Team shared healthy lifestyle choices based on dietary guidelines |  | 2 |  |
| ***Nutrition Knowledge:*** |  |  |  |
| Knows key nutrition in prepared dish |  | 6 |  |
| Function of nutrients |  | 5 |  |
| Healthy substitutions |  | 4 |  |
| ***Food Preparation:*** |  |  |  |
| Listed & explained steps in how dish was prepared |  | 4 |  |
| Explained function of ingredients in dish |  | 4 |  |
| ***Safety Concerns and Practices:*** |  |  |  |
| Explained food safety according to Fight BAC |  | 5 |  |
| ***Serving Size Information*** |  |  |  |
| Demonstrated knowledge of serving size for prepared dish |  | 6 |  |
| ***Food Appearance/Quality:*** |  |  |  |
| Food is appealing and appetizing |  | 3 |  |
| Appeared to be cooked properly |  | 2 |  |
| 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 |  | 6 |  |
| Poise and personal appearance |  | 4 |  |
| ***Questions:*** |  |  |  |
| Accurately and appropriately answered questions |  | 6 |  |
| ***Additional Comments:***  ***(Use back of sheet for additional space)*** |  | Total Points (75) |  |