00105188**D8 4-H FOOD CHALLENGE**



*Senior Worksheet*

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

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| **Nutrient Knowledge** (Know what this dish contributes to the diet): | | |
| Food | Nutrients/Vitamins | What do they do for my body? |
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| **Knowledge of MyPlate** (Write the food and in what food group in belongs): | | |
| Food | MyPlate | Number of servings needed each day |
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| **Food Preparation** (Know the steps in the preparation of the food): | |
| Steps: | What was prepared/performed in this step? |
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| **Food Safety** (List food safety concerns associated with this dish): |
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| **Serving Size Information** (Accurately calculate the cost of the dish and the cost per serving): | | |
| Ingredient | Total Cost of ingredient | Cost per measurement |
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| TOTAL |  |  |
| Total cost per serving |  |  |