

# D5 4-H FOOD CHALLENGE SCORECARD - PREPARATION

Team Name: \_\_\_\_\_

Team #: \_\_\_\_\_

Entry Category:    \_\_\_ Appetizer            \_\_\_ Main Dish            \_\_\_ Side Dish

\_\_\_ Healthy Dessert

Age Division:        \_\_\_ Junior            \_\_\_ Intermediate        \_\_\_ Senior

Team Observation	Comments	Points	Score
<b><i>Teamwork:</i></b>			
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	
<b><i>Safety concerns and practices:</i></b>			
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	
<b><i>Preparation:</i></b>			
Practiced correct cooking procedures based upon ingredients provided		3	
Completed tasks efficiently and in a logical order		2	
<b><i>Management:</i></b>			
Used workspace efficiently		2	
Effective use of time		2	
Preparation table was clean at the conclusion of the preparation period		2	
<b><i>Additional Comments: (based on observation)</i></b>		Total Points (25)	

## D5 4-H FOOD CHALLENGE SCORECARD - PRESENTATION

Team Name: \_\_\_\_\_ Team #: \_\_\_\_\_

Age Division:      \_\_\_ Junior                      \_\_\_ Intermediate                      \_\_\_ Senior

Entry Category:    \_\_\_ Appetizer              \_\_\_ Main Dish              \_\_\_ Side Dish              \_\_\_ Healthy Dessert

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