

4-H FOOD CHALLENGE SCORECARD - PRESENTATION

Team Name: _____ Team #: _____

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

Team Presentation	Comments	Points	Score
<i>Knowledge of MyPlate:</i>			
Knowledge of MyPlate		2	
Serving sizes and examples of MyPlate groups based on 2000 calorie diet		2	
Told how MyPlate represented in dish prepared		2	
Dish is representative of category		2	
Team shared personal healthy lifestyle choices based on dietary guidelines		2	
<i>Nutrition Knowledge:</i>			
Knows key nutrition in prepared dish		5	
Function of nutrients		5	
Healthy substitutions		3	
<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 & applied food safety		8	
<i>Serving Size Information:</i>			
Demonstrated knowledge of serving size		4	
Shared estimated cost of the dish		2	
<i>Food Appearance/Quality:</i>			
Food is appealing and appetizing		3	
Appeared to be cooked properly		3	
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		4	
Poise and personal appearance		4	
<i>Teamwork:</i>			
Majority of team contributed to the presentation		5	
<i>Questions:</i>			
		5	
<i>Additional Comments:</i> <i>(use back of sheet for additional space)</i>		Total Points (80)	