

4-H FOOD CHALLENGE SCORECARD - PRESENTATION

Team Name: _____ Team #: _____

Entry Category: ___ Appetizer ___ Main Dish ___ Side Dish ___ Healthy Dessert

| Team Presentation | Comments | Points | Score |
|--|----------|-------------------------|-------|
| <i>Knowledge of MyPlate and Dietary Guidelines:</i> | | | |
| Knowledge of MyPlate | | 5 | |
| Knowledge of Dietary Guidelines for Americans | | 5 | |
| <i>Nutrition Knowledge:</i> | | | |
| Knows key nutrition in prepared dish | | 6 | |
| Knowledge of nutrient functions, effects, and deficiency risks | | 6 | |
| Healthy substitutions and modifications | | 3 | |
| <i>Food Preparation:</i> | | | |
| Explained key steps in how dish was prepared | | 4 | |
| Role of main ingredients in dish | | 2 | |
| <i>Safety Concerns and Practices:</i> | | | |
| Explained food safety according to Fight BAC | | 8 | |
| <i>Serving Size Information:</i> | | | |
| Demonstrated knowledge of serving size for prepared dish | | 4 | |
| <i>Food Appearance/Quality:</i> | | | |
| Food is appealing and appetizing | | 3 | |
| Appeared to be cooked properly | | 3 | |
| Attractive and appropriate garnish | | 2 | |
| <i>Creativity:</i> | | | |
| Used ingredients in a creative way | | 5 | |
| Incorporated grocery store 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) | |