

Junior 4-H Food Challenge Team Worksheet

Knowledge of MyPlate	
MyPlate Group	Example

Nutrient Knowledge		
Food	Nutrient	What does it do for my body?

Steps in Food Preparation

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

There could be more or less than 10 steps.

Food Safety- list food safety concerns associated with this dish

1. _____
2. _____
3. _____
4. _____

Cost of Dish	
Ingredient	Total Cost of Ingredient
TOTAL COST OF DISH	\$