

District 2 4-H Food Challenge Score Sheet Intermediate Division

Name: _____

County: _____

Entry Category: ___ Main Dish ___ F&V ___ B&C ___ Nutritious Snacks

| | Rating | | | | Comments |
|---|-------------------|------|------|-------------|----------|
| | Needs Improvement | Fair | Good | Outstanding | |
| MyPlate What are the basic food groups according to MyPlate and serving amounts needed daily from each group? (use one member's calorie intake as the example) Give one example of a specific food that fits into each category. | 17 | 18 | 19 | 20 | |
| Nutrients: What are the key nutrients in the dish you prepared and why do you need these nutrients? Which item provides these nutrients? What happens to the body if you do not get these nutrients? | 17 | 18 | 19 | 20 | |
| Preparation and Safety: What are the steps you used in preparing your dish? (using correct preparation terms) What food safety principles are specific to your dish? (include Fight BAC principles as appropriate). | 17 | 18 | 19 | 20 | |
| Price Information: What is the cost of your entire dish? What is cost per serving? | 7 | 8 | 9 | 10 | |
| Communication Skills: Voice, Poise, Presentation and Appearance | 17 | 18 | 19 | 20 | |
| Food Presentation: Food appearance, quality, texture, color and aroma | 7 | 8 | 9 | 10 | |
| Total | | | | | |