

District 2 4-H Food Challenge Score Sheet Junior Division

Team 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? 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 each nutrient? | 17 | 18 | 19 | 20 | |
| Preparation and Safety: What are the steps you used in preparing your dish? (use correct preparation terms) What food safety practices are appropriate for your dish? (include Fight BAC principles as appropriate) | 17 | 18 | 19 | 20 | |
| Cost of Dish: Total cost of all ingredients | 2 | 3 | 4 | 5 | |
| Communication Skills: Voice, Poise, Presentation and Appearance | 17 | 18 | 19 | 20 | |
| Food Presentation: Food appearance, quality, texture, color and aroma | 12 | 13 | 14 | 15 | |
| Total | | | | | |

No score lower than an 80.