

Intermediate 4-H Food Challenge Team Worksheet

Knowledge of MyPlate		
MyPlate Group	Serving Amount Needed Daily	Example

Nutrient Knowledge			
Food	Nutrient	Function	Deficiency

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	\$
NUMBER OF SERVINGS	
COST PER SERVING	\$