

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 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 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.