

# Junior 4-H Food Challenge Team Worksheet

Knowledge of MyPlate		
MyPlate Group	Serving Amount Needed Daily	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. \_\_\_\_\_

<b>Cost of Dish</b>	
<b>Ingredient</b>	<b>Total Cost of Ingredient</b>
<b>TOTAL COST OF DISH</b>	<b>\$</b>