

# 4-H FOOD CHALLENGE SCORECARD - PRESENTATION

Team Name: \_\_\_\_\_

Team #: \_\_\_\_\_

Entry Category:     \_\_\_ Appetizer           \_\_\_ Main Dish           \_\_\_ Side Dish           \_\_\_ Healthy Dessert

Team Presentation	Comments	Points	Score
<b><i>Knowledge of MyPlate:</i></b>			
Serving sizes and examples of each group in MyPlate		4	
Told how MyPlate represented in dish prepared		3	
Team shared healthy lifestyle choices based on dietary guidelines		2	
<b><i>Nutrition Knowledge:</i></b>			
Knows key nutrition in prepared dish		6	
Function of nutrients		5	
Healthy substitutions		4	
<b><i>Food Preparation:</i></b>			
Explained key steps in how dish was prepared		4	
Explained function of ingredients in dish		4	
<b><i>Safety Concerns and Practices:</i></b>			
Explained food safety according to Fight BAC		5	
<b><i>Serving Size Information:</i></b>			
Demonstrated knowledge of serving size for prepared dish		4	
Shared estimated cost of the prepared dish and individual serving		2	
<b><i>Food Appearance/Quality:</i></b>			
Food is appealing and appetizing		3	
Appeared to be cooked properly		2	
Attractive and appropriate garnish		3	
<b><i>Creativity:</i></b>			
Used ingredients in a creative way		5	
Incorporated grocery store items into dish or garnish		3	
<b><i>Effectiveness of Communication:</i></b>			
Displayed effective communication skills		6	
Poise and personal appearance		4	
<b><i>Questions:</i></b>			
Accurately and appropriately answered questions		6	
<b><i>Additional Comments:</i></b>		Total Points (75)	