

4-H FOOD CHALLENGE SCORECARD - PRESENTATION

Team Name: _____ Team #: _____

Entry Category: ___ Appetizer ___ Main Dish ___ Side Dish ___ Healthy Dessert

Team Presentation	Comments	Points	Score
<i>Knowledge of MyPlate and Dietary Guidelines:</i>			
Knowledge of MyPlate		5	
Knowledge of Dietary Guidelines for Americans		5	
<i>Nutrition Knowledge:</i>			
Knows key nutrition in prepared dish		6	
Knowledge of nutrient functions, effects, and deficiency risks		6	
Healthy substitutions and modifications		3	
<i>Food Preparation:</i>			
Explained key steps in how dish was prepared		4	
Role of main ingredients in dish		2	
<i>Safety Concerns and Practices:</i>			
Explained food safety according to Fight BAC		8	
<i>Serving Size Information:</i>			
Demonstrated knowledge of serving size for prepared dish		4	
<i>Food Appearance/Quality:</i>			
Food is appealing and appetizing		3	
Appeared to be cooked properly		3	
Attractive and appropriate garnish		2	
<i>Creativity:</i>			
Used ingredients in a creative way		5	
Incorporated grocery store items into dish or garnish		3	
<i>Effectiveness of Communication:</i>			
Displayed effective communication skills		6	
Poise and personal appearance		4	
<i>Questions:</i>			
Accurately and appropriately answered questions		6	
<i>Additional Comments:</i>		Total Points (75)	