**District 2 4-H Food Challenge Score Sheet**

**Junior Division**

**Team Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ County:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Entry Category:** \_\_\_Appetizer \_\_\_Main Dish \_\_\_Side Dish \_\_\_Healthy Dessert

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | **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 | 25 |  |
| **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 80.

Updated 8/2022