**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