

District 2 4-H Food Challenge Score Sheet Intermediate 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 these nutrients? What happens to the body if you do not get these nutrients? | 17 | 18 | 19 | 20 | |
| Preparation and Safety: What are the steps you used in preparing your dish? (using correct preparation terms) What food safety principles are specific to your dish? (include Fight BAC principles as appropriate). | 22 | 23 | 24 | 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 | | | | | |