

4-H FOOD CHALLENGE SCORECARD - PRESENTATION

Team Name: _____

Team #: _____

Entry Category: ___ Main Dish ___ Fruit/Veggie ___ Bread/Cereal ___ Nutritious Snack

Team Presentation	Comments	Points	Score
<i>Knowledge of MyPlate:</i>			
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	
<i>Nutrition Knowledge:</i>			
Knows key nutrition in prepared dish		6	
Function of nutrients		5	
Healthy substitutions		4	
<i>Food Preparation:</i>			
Listed & explained steps in how dish was prepared		4	
Explained function of ingredients in dish		4	
<i>Safety Concerns and Practices:</i>			
Explained food safety according to Fight BAC		5	
<i>Serving Size Information:</i>			
Demonstrated knowledge of serving size for prepared dish		4	
Shared estimated cost of the prepared dish and individual serving		2	
<i>Food Appearance/Quality:</i>			
Food is appealing and appetizing		3	
Appeared to be cooked properly		2	
Attractive and appropriate garnish		3	
<i>Creativity:</i>			
Used ingredients in a creative way		5	
Incorporated pantry 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)	