

# DISTRICT 3 4-H FOOD CHALLENGE

## Intermediate Scorecard - Preparation



Team Name: \_\_\_\_\_ Team #: \_\_\_\_\_

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

Team Observation	Rating				Comments
	Outstanding	Good	Fair	Needs Improvement	
<b>Teamwork:</b> <ul style="list-style-type: none"> <li>Effective use of communication among team members</li> <li>Each team member played a key role in the preparation phase, whether cooking or preparing presentation</li> </ul>					
<b>Safety concerns and practices:</b> <ul style="list-style-type: none"> <li>Exhibited knowledge of how to use equipment safely (heat, utensils, sharps, etc.)</li> <li>Handled ingredients appropriately to avoid cross contamination</li> <li>Personal Hygiene (hair, nails, jewelry, etc.)</li> </ul>					
<b>Preparation:</b> <ul style="list-style-type: none"> <li>Practiced correct cooking procedures based upon ingredients provided</li> <li>Completed tasks efficiently and in a logical order</li> </ul>					
<b>Management:</b> <ul style="list-style-type: none"> <li>Used work space efficiently</li> <li>Effective use of time</li> <li>Preparation table was clean at the conclusion of the preparation period</li> </ul>					
Additional Comments: (Based on observation)					

Updated September 2020

# DISTRICT 3 4-H FOOD CHALLENGE

## Intermediate Scorecard – Presentation



Team Name: \_\_\_\_\_ Team #: \_\_\_\_\_

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

Team Presentation	Rating				Comments
	Outstanding	Good	Fair	Needs Improvement	
<b>Knowledge of MyPlate:</b> <ul style="list-style-type: none"> <li>Serving sizes and examples of each group in MyPlate</li> <li>Told how MyPlate is represented in dish prepared</li> </ul>					
<b>Nutrition Knowledge:</b> <ul style="list-style-type: none"> <li>Knows key nutrition in prepared dish</li> <li>Basic Function of nutrients</li> <li>Healthy substitutions</li> </ul>					
<b>Food Preparation:</b> <ul style="list-style-type: none"> <li>Explained steps in how dish was prepared</li> </ul>					
<b>Safety Concerns and Practices:</b> <ul style="list-style-type: none"> <li>Explained food safety according to Fight BAC</li> </ul>					
<b>Serving Size and Cost of Dish:</b> <ul style="list-style-type: none"> <li>Demonstrated knowledge of serving size</li> <li>Shared estimated cost of the dish and individual serving</li> </ul>					
<b>Food Appearance/Quality:</b> <ul style="list-style-type: none"> <li>Food is appealing and appetizing</li> <li>Appeared to be cooked properly</li> <li>Attractive and appropriate garnish</li> </ul>					
<b>Creativity:</b> <ul style="list-style-type: none"> <li>Used ingredients in a creative way</li> </ul>					
<b>Effectiveness of Communication:</b> <ul style="list-style-type: none"> <li>Displayed effective communication skills</li> <li>Poise and personal appearance</li> </ul>					
<b>Questions:</b> <ul style="list-style-type: none"> <li>Accurately and appropriately answered questions</li> </ul>					
Additional Comments:					