DISTRICT 3 4-H FOOD CHALLENGE

Senior Scorecard - Preparation

Team Name: _____ Team #:_____

Entry Category: _____Appetizer _____Main Dish _____Side Dish _____Healthy Dessert

Team Observation	Rating				Comments
	Outstanding	Good	Fair	Needs Improvement	
Teamwork: • Effective use of communication among team members • Each team member played a key role in the preparation phase, whether cooking or preparing presentation					
Safety concerns and practices: • Exhibited knowledge of how to use equipment safely (heat, utensils, sharps, etc.) • Handled ingredients appropriately to avoid cross contamination • Personal Hygiene (hair, nails, jewelry, etc.)					
Preparation: • Practiced correct cooking procedures based upon ingredients provided • Completed tasks efficiently and in a logical order					
Management: • Used work space efficiently • Effective use of time • Preparation table was clean at the conclusion of the preparation period					
Additional Comments: (Based on observation)					

DISTRICT 3 4-H FOOD CHALLENGE

Senior Scorecard – Presentation

Team Name: _____ Team #:_____

Entry Category: _____Appetizer _____Main Dish _____Side Dish _____Healthy Dessert

Team Presentation	Rating				Comments
	Outstanding	Good	Fair	Needs Improvement	
Knowledge of MyPlate: • Serving sizes and examples of each group in MyPlate • Told how MyPlate represented in dish prepared • Team shared healthy lifestyle choices based on dietary guidelines					
Nutrition Knowledge: • Knows key nutrition in prepared dish • Function of nutrients • Healthy substitutions					
Food Preparation: • Explained key steps in how dish was prepared • Explained function of ingredients in dish					
Safety Concerns and Practices: • Explained food safety according to Fight BAC					
Serving Size Information: • Demonstrated knowledge of serving size for prepared dish • Shared estimated cost of the prepared dish and individual serving					
Food Appearance/Quality: • Food is appealing and appetizing • Appeared to be cooked properly • Attractive and appropriate garnish					
Creativity: • Used ingredients in a creative way • Incorporated grocery store items into dish or garnish					
Effectiveness of Communication: • Displayed effective communication skills • Poise and personal appearance					
Questions: • Accurately and appropriately answered questions					
Additional Comments:					