



4-H Food Chef Challenge Team Worksheet

This page is intended to serve as a guide for teams preparing their presentations. This page will be turned in to the judges but will not be used as part of the judging criteria.

Use back of sheet for additional space.

Knowledge of MyPlate

Write the food and where it falls on MyPlate:

Food	MyPlate	Number of servings needed each day

Food Preparation/Recipe

Know the steps in the preparation of the food.

Steps	Ingredient Amount	What was prepared/performed in this step?

**Food Safety**

List food safety risks associated with this dish	Steps taken to reduce risk

Serving Size for this dish: _____
(amount)