



## 4-H Food Challenge Score Sheet

Name: \_\_\_\_\_ Club: \_\_\_\_\_

Name: \_\_\_\_\_ Club: \_\_\_\_\_

Team Number: \_\_\_\_\_ County: \_\_\_\_\_ 4-H Age: \_\_\_\_\_

CRITERIA	Possible Pts.	Score	Comments	
<b>NUTRITION KNOWLEDGE - 31 points</b>				
Food group of individual ingredients .....	5			
Serving amount needed for each group daily .....	5			
Food group that dish falls into .....	5			
Number of servings provided by an individual serving of the dish.....	5			
Key nutrients .....	4			
Ingredients providing nutrients .....	4			
Function of key nutrients .....	3			
<b>FOOD SAFETY - 9 points</b>				
Food safety concerns .....	3			
Food safety practices .....	3			
Food quality .....	3			
<b>ORIGINALITY - 25 points</b>				
Appearance of food .....	10			
Garnishing .....	10			
Healthy Substitutions .....	5			
<b>PRESENTATION - 15 points</b>				
Voice .....	3			
Poise .....	3			
Number of members presenting .....	4			
Overall effectiveness of communication .....	3			
Plating of item served to judges .....	2			
<b>TASTE AND FLAVOR - 20 points</b>				
<b>TOTAL SCORE:</b>		<b>100</b>		
<b>Judge's comments:</b>     				

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