



## 4-H Food Chef Challenge

### 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?



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### Food Safety

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

Serving Size for this dish: \_\_\_\_\_  
(amount)