



## NH 4-H Grilled Cheese Challenge

(4-H Healthy Living Rubric)

Name(s): \_\_\_\_\_  
 County: \_\_\_\_\_  
 Age Range: \_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_  
8-10 11-13 14-18



The NH 4-H Healthy Living Grilled Cheese Challenge is part of the 4-H Maker's Expo and/or any county 4-H events. It is part of the 4-H Healthy Living Pathway and open to 4-H'ers ages 8-18, as of January 1<sup>st</sup> of the current year. Teams consist of 2-3 members.

Presentation Content	1-5 Points	6-10 Points	10-20 Points	Score
<b>Cleanliness</b>	Demonstrates <b>little to no best practices</b> of handwashing, cleanliness of surfaces, utensils & food products.	<b>Good best practices</b> of handwashing	<b>Thorough best practices</b> of handwashing	/20
<b>Make the Healthy Choice the Easy Choice (Fruit or Veggie added to Recipe)</b>	Team members <b>not able to understand</b> why adding a fruit or vegetable to recipe adds healthiness	Some team members <b>understand importance of adding a fruit or vegetable</b> to recipe to improve healthiness	Team members <b>clearly understand</b> importance of fruit or vegetable to improve healthiness	/10
<b>Understanding of My Plate/Nutrition</b>	Team members <b>not sure of MyPlate</b> regarding food groups, importance of nutrition labels and serving sizes.	Some team members <b>understand MyPlate</b>	Team members <b>clearly understand MyPlate</b>	/10
<b>Food Handling/Safety Best Practices</b>	Team demonstrates <b>little to no best practices of handling food</b> , (e.g., poor hygiene, cooler > 41 degrees Fahrenheit, failure to avoid cross-contamination, etc.)	Team demonstrates <b>good best practices of handling food</b> .	Team demonstrates <b>thorough best practices of handling food</b> .	/20
<b>Presentation Organization</b>	<b>1 Points</b>	<b>5 Points</b>	<b>10 Points</b>	<b>Score</b>
<b>Creativity Final plating presentation</b>	<b>Little to no creative presentation of food</b> (little to no use of color, arrangement, overall appeal, use of garnishes, dishware)	<b>Good creative presentation of food</b> (some use of color, arrangement, overall appeal, use of garnishes, dishware)	<b>Highly creative presentation of food</b>	/10
<b>Presentation by Group to Judges</b>	Team presents <b>little</b> explanation of <b>what and how</b> the creative process was done	Team presents a <b>good</b> explanation of <b>what and how</b> the creative process was done	Team presents a <b>thorough</b> explanation of <b>what and how</b> creative process was done	/10
<b>Teamwork</b>	Team members <b>unclear of role/task</b> . <b>Confusion</b> to how to contribute to the process.	Team members have <b>some understanding of role/ task</b> and contribute to the process.	Team members <b>clearly understand</b> role/task and are <b>highly contributing</b> to the process.	/10
<b>Section Total:</b>				<b>/90</b>
<b>Presentation Delivery</b>	<b>1 Point</b>	<b>3 Points</b>	<b>5 Points</b>	
<b>Speaking &amp; Voice</b>	Speaker is quiet and <b>difficult to understand</b> . <i>Voice volume and tempo</i> detracts from presentation	Speaker is generally <b>easy</b> to understand. <i>Voice</i> may have some minor inconsistencies.	Speaker is <b>confident and clear</b> . <i>Voice</i> shows no inconsistencies.	/5
<b>Manner and Appearance</b>	Speaker <b>does not address or use physical gestures to engage the audience</b> . Appearance - untidy.	Speaker <b>generally addresses or uses physical gestures to engage</b> Appearance - tidy.	Speaker <b>continually addresses or uses physical gestures to engage</b> . Appearance – very tidy	/5
<b>Section Total:</b>				<b>/10</b>
<b>Judges Initials</b> _____				<b>GRAND TOTAL:</b> <span style="border: 1px solid black; padding: 2px 10px;">/100</span>

**PLEASE NOTE:** TASTE is determined by People's Choice (PC) Award process. PC Judges will be selected from the audience for each heat and determine the best tasting sandwich.

**Judge's Comments:**