



Day: \_\_\_\_\_ Shift: \_\_\_\_\_ Time: \_\_\_\_\_  
 Name: \_\_\_\_\_ County: \_\_\_\_\_ 4-H Age: \_\_\_\_\_  
 Years in Club Work: \_\_\_\_\_ Years in Project: \_\_\_\_\_ Food Group: \_\_\_\_\_  
 Special Foods Recipe: \_\_\_\_\_

Place Setting Occasion (circle): Family Guest Party Holiday Picnic Formal

If using protein (circle): Beef Fresh Pork Lamb Goat Poultry Rabbit Egg Fish/Wild Game Soy Bean

Knowledge or Skills	Points	Comments
<b>Nutrition Interview</b>	<b>35</b>	
Choose MyPlate – know the 5 basic food groups and number of servings or the amount for each food group based on your age and activity level	5	
Know the 6 major nutrients and one function in the body for each nutrient	9	
Know the main vitamins and/or minerals present in recipe prepared (at least 2)	2	
Name the 5 Key Elements of Health Eating Patterns and at least one way to achieve each of them	6	
Able to describe appropriate serving sizes for foods in each of the food groups	5	
Know how recipe ingredients match up with <i>MyPlate</i>	2	
Junior Menu provides foods from at least 4 of 5 different food groups	4	
Special Foods Worksheets completed	2	
<b>Food Quality</b>	<b>20</b>	
Taste – Appealing flavor, proper serving temperature, balanced seasoning appropriate for the dish	10	
Variety – textures (crisp, chewy, hard, soft), tastes (salty, spicy, mild, sweet)	5	
Appearance of individual serving – attractive, color, shapes, looks inviting (eye appeal)	5	
<b>Aesthetics and Hospitality</b>	<b>20</b>	
Place setting is correct	4	
Place setting is appropriate for occasion chosen	3	
Design – coordination of tableware (dishes, utensils, mats and napkins). Consider color, shape, textures	3	
Centerpiece appropriate in proportion to table décor and place setting	2	
Recipe and meal menu organized and neatly written on an index card. Display next to place setting.	2	
Plate, bowl, or glass contains appropriate serving size for the food prepared	4	
Exhibit appropriately garnished	2	
<b>Technique</b>	<b>25</b>	
Personal Grooming	3	
Correct weighing and/or measuring techniques (at least 3 ingredients, and no more than 2 pre-measured)	5	
Knowledge of food preparation and techniques	5	
Knowledge of food safety issues and procedures for preparing foods in food group entered – food thermometer used if preparing raw meat or egg dish	7	
Organization, neatness, and personal safety	3	
Able to finish in 90 minutes	2	
<b>TOTAL</b>	<b>100</b>	

Circle Appropriate Ribbon Placing			
<b>Purple</b> (100 – 92)	<b>Blue</b> (91 – 85)	<b>Red</b> (84 – 75)	<b>White</b> (74–below)

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Judge's Initials