



Day: _____ Shift: _____ Time: _____
 Name: _____ County: _____ 4-H Age: _____
 Years in Club Work: _____ Years in Project: _____ Food Group: _____
 Recipe Name: _____ # of Servings: _____
 Place Setting Occasion: _____ If using protein: _____

Knowledge or Skills	Points	Comments
Nutrition Interview	28	
Choose MyPlate – know the 5 basic food groups	5	
Know the 6 major nutrients	6	
Know the main vitamins and/or minerals present in your recipe (at least 1)	2	
Know the number of servings or the amount for each food group based on your age and activity level	5	
Know how recipe ingredients match up with <i>MyPlate</i>	5	
Snack or meal menu provides foods from at least 2 food groups	2	
Special Foods Worksheets completed and accurate	3	
Food Quality	20	
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	
Aesthetics and Hospitality	20	
Place setting is correct, including serving dish or pitcher	5	
Place setting is appropriate for occasion chosen	4	
Design – coordination of tableware (dishes, utensils, mats and napkins). Consider color, shape, textures, theme	3	
Recipe and snack or 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	
Technique	32	
Personal Grooming	4	
Correct weighing and/or measuring techniques (at least 3 ingredients, and no more than 2 pre-measured)	6	
Knowledge of food preparation and techniques	6	
Knowledge of food safety issues and procedures – food thermometer used if preparing recipe with raw meat or eggs	6	
Organization, neatness, and personal safety	7	
Able to finish in 90 minutes	3	
TOTAL	100	

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

Judge's Initials