



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	40	
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 at least 2 functions of each of the 6 major nutrients	12	
Know the main vitamins and/or minerals present in recipe prepared (at least three)	3	
Name the 5 Key Elements of Health Eating Patterns and at least 1 way to achieve each of them	8	
Know how recipe ingredients match up with <i>MyPlate</i>	2	
Able to describe appropriate serving sizes for foods in each of the food groups	5	
Senior Menu meets minimum daily requirement for my MyPlate Daily Checklist	4	
Special Foods Worksheets completed and accurate	1	
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	18	
Place setting is correct, including serving dish or pitcher	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	3	
Exhibit appropriately garnished	1	
Technique	22	
Personal Grooming	3	
Correct weighing and/or measuring techniques (at least 3 ingredients, and no more than 2 pre-measured)	2	
Knowledge of food preparation and techniques	5	
Knowledge of food safety issues & procedures for preparing foods in food group entered – food thermometer used if preparing raw meat or egg dishes	8	
Organization, neatness, and personal safety	3	
Able to finish in 90 minutes	1	
TOTAL	100	

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

Judge's Initials