

DISTRICT 3 4-H FOOD CHALLENGE

Senior Scorecard - Preparation



Team Name: _____ Team #: _____

Entry Category: ____Appetizer ____Main Dish ____Side Dish ____Healthy Dessert

Team Observation	Rating				Comments
	Outstanding	Good	Fair	Needs Improvement	
Teamwork: <ul style="list-style-type: none"> Effective use of communication among team members Each team member played a key role in the preparation phase, whether cooking or preparing presentation 					
Safety concerns and practices: <ul style="list-style-type: none"> Exhibited knowledge of how to use equipment safely (heat, utensils, sharps, etc.) Handled ingredients appropriately to avoid cross contamination Personal Hygiene (hair, nails, jewelry, etc.) 					
Preparation: <ul style="list-style-type: none"> Practiced correct cooking procedures based upon ingredients provided Completed tasks efficiently and in a logical order 					
Management: <ul style="list-style-type: none"> Used work space efficiently Effective use of time Preparation table was clean at the conclusion of the preparation period 					
Additional Comments: (Based on observation)					

DISTRICT 3 4-H FOOD CHALLENGE

Senior Scorecard – Presentation



Team Name: _____ Team #: _____

Entry Category: ____Appetizer ____Main Dish ____Side Dish ____Healthy Dessert

Team Presentation	Rating				Comments
	Outstanding	Good	Fair	Needs Improvement	
Knowledge of MyPlate: <ul style="list-style-type: none"> Serving sizes and examples of each group in MyPlate Told how MyPlate represented in dish prepared Team shared healthy lifestyle choices based on dietary guidelines 					
Nutrition Knowledge: <ul style="list-style-type: none"> Knows key nutrition in prepared dish Function of nutrients Healthy substitutions 					
Food Preparation: <ul style="list-style-type: none"> Explained key steps in how dish was prepared Explained function of ingredients in dish 					
Safety Concerns and Practices: <ul style="list-style-type: none"> Explained food safety according to Fight BAC 					
Serving Size Information: <ul style="list-style-type: none"> Demonstrated knowledge of serving size for prepared dish Shared estimated cost of the prepared dish and individual serving 					
Food Appearance/Quality: <ul style="list-style-type: none"> Food is appealing and appetizing Appeared to be cooked properly Attractive and appropriate garnish 					
Creativity: <ul style="list-style-type: none"> Used ingredients in a creative way Incorporated grocery store items into dish or garnish 					
Effectiveness of Communication: <ul style="list-style-type: none"> Displayed effective communication skills Poise and personal appearance 					
Questions: <ul style="list-style-type: none"> Accurately and appropriately answered questions 					
Additional Comments:					