



D8 4-H FOOD CHALLENGE

Junior & Intermediate Scorecard – Presentation

CATEGORY		TEAM MEMBERS	
COUNTY & TEAM #			
Team Presentation	Comments	Points	Score
Knowledge of MyPlate:			
Serving sizes and examples in MyPlate		4	
Told how MyPlate represented in dish prepared		3	
Team shared healthy lifestyle choices based on dietary guidelines		2	
Nutrition Knowledge:			
Knows key nutrition in prepared dish		6	
Function of nutrients		5	
Healthy substitutions		4	
Food Preparation:			
Explained key steps in how dish was prepared		4	
Explained function of ingredients in dish		4	
Safety Concerns and Practices:			
Explained food safety according to Fight BAC		5	
Serving Size Information			
Demonstrated knowledge of serving size for prepared dish		6	
Food Appearance/Quality:			
Food is appealing and appetizing		3	
Appeared to be cooked properly		2	
Attractive and appropriate garnish		3	
Creativity:			
Used ingredients in a creative way		5	
Incorporated pantry items into dish or garnish		3	
Effectiveness of Communication:			
Displayed effective communication skills		6	
Poise and personal appearance		4	
Questions:			
Accurately and appropriately answered questions		6	
Additional Comments: (Use back of sheet for additional space)		Total Points (75)	

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