

## D8 4-H FOOD CHALLENGE

### Senior Scorecard – Presentation

<b>CATEGORY</b>		<b>TEAM MEMBERS</b>	
<b>COUNTY &amp; TEAM #</b>			

Team Presentation	Comments	Points	Score
<b>Knowledge of MyPlate and Dietary Guidelines:</b>			
Serving sizes and examples of MyPlate		4	
Told how MyPlate represented in dish prepared		3	
Team shared healthy lifestyle choices based on dietary guidelines		2	
<b>Nutrition Knowledge:</b>			
Knows key nutrition in prepared dish		6	
Function of nutrients		5	
Healthy substitutions		4	
<b>Food Preparation:</b>			
Listed & explained steps in how dish was prepared		4	
Explained function of ingredients in dish		4	
<b>Safety Concerns and Practices:</b>			
Explained food safety according to Fight BAC		7	
<b>Serving Size Information:</b>			
Demonstrated knowledge of serving size for prepared dish		4	
<b>Food Appearance/Quality:</b>			
Food is appealing and appetizing		3	
Appeared to be cooked properly		2	
Attractive and appropriate garnish		3	
<b>Creativity:</b>			
Used ingredients in a creative way		5	
Incorporated pantry items into dish or garnish		3	
<b>Effectiveness of Communication:</b>			
Displayed effective communication skills		6	
Poise and personal appearance		4	
<b>Questions:</b>			
Accurately and appropriately answered questions		6	
<b>Additional Comments:</b> <i>(Use back of sheet for additional space)</i>		Total Points (75)	

