

4-H FOOD CHALLENGE SCORECARD

TEAM NUMBER: **ENTRY CLASS:**

CATEGORY	COMMENTS	OUTSTANDING	GOOD	FAIR	POOR
Knowledge of MyPyramid: Food group of individual ingredients Serving amount needed from each group daily Food group that dish falls into Number of servings provided by an individual serving of the dish					
Nutrient Knowledge: Key nutrients Function of key nutrients Ingredient providing nutrients Healthy substitutions					
Food Preparation and Safety: Steps in preparation Food safety concerns Food safety practices					
Serving Size Information: Number of servings in dish Size of serving Cost of entire dish Cost per serving					
Food Appearance/Quality: Appearance of food Garnishing					
Presentation Skills: Voice Poise Number of members presenting Overall effectiveness of communication					

