

4-H FOOD CHALLENGE TEAM WORKSHEET-Use back of sheet for additional space.

Knowledge of MyPyramid:		
Write the food and where it falls on MyPyramid.		
Food	MyPyramid	Number of servings needed each day

Nutrient Knowledge:		
Know what this dish contributes to the diet.		
Food	Nutrients/Vitamins	What do they do for my body?

Food Preparation:		
Know the steps in the preparation of the food.		
Steps:		What was prepared/performed in this step?

Food Safety:	
List food safety concerns associated with this dish.	
	Concern

Serving Size Information:		
Accurately calculate the cost of the dish and the cost per serving.		
Ingredient	Total cost of ingredient	Cost per measurement
TOTAL		
Total cost per serving		

