4-H OHIO FOOD CHALLENGE SCORECARD - PRESENTATION

State: _____ Team #: _____

Entry Category: ___ Dairy ___ Fruit & Vegetable ____Grains ___ Protein

Team Presentation	Comments	Points	Score
Knowledge of MyPlate and Dietary Guidelines:			
Exhibits knowledge of MyPlate food groups, serving number and size needed from each group, and food groups represented in individual dish. Exhibits knowledge of Dietary Guidelines for Americans messages and how the dish represents those messages. Team shared personal lifestyle choices bases on the Dietary Guidelines.		15	
Nutrition Knowledge:			
Knows key nutrition in prepared dish and nutrient functions, effects, and deficiency risks. Shares healthy substitutions or modifications which could be made to the dish.		15	
Food Preparation:			
Explained key steps in how dish was prepared and roles of main ingredients in dish.		10	
Safety Concerns and Practices:			
Explained food safety concerns in preparation and storage of the dish in accordance to Fight BAC recommendations. Explained any kitchen safety measures utilized in preparation of dish.		10	
Serving Size Information:			
Demonstrated knowledge of number of servings and serving size for prepared dish		5	
Food Appearance/Quality:			
Food is appealing and appetizing. Appears to be cooked properly and has attractive and appropriate garnish.		5	
Creativity:			
Utilized ingredients in a creative way. Incorporated at least two grocery store items into dish.		5	
Effectiveness of Communication:			
Displayed effective communication skills including use of voice, poise, and personal appearance.		5	
Teamwork:			
Majority of team members contributed to the team presentation.		5	
Questions:			
Accurately and appropriately answered questions		5	
Additional Comments:		Total Points (80)	

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