



Day: Shift: Time:			
Name: County:		_ 4-H	Age:
Years in Club Work: Years in Project: Food Group:			
Recipe Name:			
Place Setting Occasion: If using protein:			<b>.</b>
Knowledge or Skills	Poi	nts	Comments
Nutrition Interview	2	8	
Choose MyPlate – know the 5 basic food groups	5		
Know the 6 major nutrients	6		
Know the main vitamins and/or minerals present in your recipe (at least 1)	2		
Know the number of servings or the amount for each food group based on your age and activity level	5		
Know how recipe ingredients match up with MyPlate	5		
Snack or meal menu provides foods from at least 2 food groups	2		
Special Foods Worksheets completed and accurate	3		
Food Quality	2	0	
Taste - Appealing flavor, proper serving temperature, balanced seasoning appropriate for the dish	10		
Variety - textures (crisp, chewy, hard, soft), tastes (salty, spicy, mild, sweet)	5		
Appearance of individual serving - attractive, color, shapes, garnish, looks inviting (eye appeal)	5		
Aesthetics and Hospitality	2	0	
Place setting is correct, including serving dish or pitcher	5		
Place setting is appropriate for occasion chosen	4		
Design - coordination of tableware (dishes, utensils, mats and napkins). Consider color, shape, textures, theme	3		
Recipe and snack or meal menu organized and neatly written on an index card. Display next to place setting.	2		
Plate, bowl, or glass contains appropriate serving size for the food prepared	4		
Exhibit appropriately garnished	2		
Technique	3	2	
Personal Grooming	4		
Correct weighing and/or measuring techniques (at least 3 ingredients, and no more than 2 pre-measured)	6		
Knowledge of food preparation and techniques	6		
Knowledge of food safety issues and procedures - food thermometer used if preparing recipe with raw meat or eggs	6		
Organization, neatness, and personal safety	7		
Able to finish in 90 minutes	3		
TOTAL	10	0	

Circle Appropriate Ribbon Placing				
Purple	Blue	Red	White	
(100-92)	(91-85)	(84-75)	(74-below)	

Judge's Initials





Day:	Shift:	Time:		
Name:		County:		4-H Age:
Years in Club Work:	Years in Proj	ect: Food Gro	up:	
Recipe Name:				_ # of Servings:
Place Setting Occasion:		If using protein	ו:	
Knowledge or Skills			Points	Comments
Nutrition Interview			35	
Choose MyPlate – know the s based on your age and activi	5 basic food groups and number o ty level	p 5		
Know the 6 major nutrients a	nd one function in the body for eac	h nutrient	9	
Know the main vitamins and/	or minerals present in recipe prepa	ared (at least 2)	2	
Name the 4 dietary guideline	S		6	
Able to describe appropriate	serving sizes for foods in each of t	he food groups	5	
Know how recipe ingredients	match up with MyPlate		2	
Junior Menu provides foods f	rom at least 4 of 5 different food g	roups	4	
Special Foods Worksheets co	ompleted and accurate		2	
Food Quality			20	
Taste - Appealing flavor, prop	per serving temperature, balanced	seasoning appropriate for the dish	10	
Variety - textures (crisp, chev	vy, hard, soft), tastes (salty, spicy, r	5		
Appearance of individual serv	ving - attractive, color, shapes, gar	nish, looks inviting (eye appeal)	5	
Aesthetics and Hospitality			20	
Place setting is correct, includ	ding serving dish or pitcher		4	
Place setting is appropriate for	or occasion chosen		3	
Design - coordination of tabl	eware (dishes, utensils, mats and r	apkins). Consider color, shape, textures	3	
Centerpiece appropriate in pr	roportion to table décor and place	setting	2	
Recipe and meal menu organized and neatly written on an index card. Display next to place setting.				
Plate, bowl, or glass contains	appropriate serving size for the for	4		
Exhibit appropriately garnishe	ed		2	
Technique			25	
Personal Grooming			3	
Correct weighing and/or measuring techniques (at least 3 ingredients, and no more than 2 pre-measured)			5	
Knowledge of food preparation and techniques			5	
Knowledge of food safety issues and procedures for preparing foods in food group entered - food			7	
thermometer used if preparing raw meat or egg dish				
Organization, neatness, and personal safety			3	
Able to finish in 90 minutes			2	
		тот	AL 100	

Circle Appropriate Ribbon Placing				
Purple	Blue	Red	White	
(100-92)	(91-85)	(84-75)	(74-below)	





Name:	Day:	Shift:	Time:				
Recipe Name:   # of Servings:     Place Setting Occasion:   If using protein:     Exowledge or Skills   Points   Comments     Nutrition Interview   40   Comments     Nutrition Interview   40   Comments     Name the 6 major nutrients and at least 2 functions of each of the 6 major nutrients   12   Comments     Know the 6 major nutrients and at least 1 way to achieve each of them   8   Comments     Name the 4 detary guidelines and at least 1 way to achieve each of them   8   Comments     Now the Genigor nutrients and at least 1 way to achieve each of them   8   Comments     Senior Meur meets minimum daily requirement for my MyPiato Daily Checklist   4   Comments     Senior Meur meets minimum daily requirement for my MyPiato Daily Checklist   4   Comments     Food Quality   20   Comments   Comments     Appearance of Individual serving - attractive, color, shapes, garnish, looks inviting (nye appeal)   5   Comments     Appearance of Individual serving - attractive, color, shapes, garnish, looks inviting (nye appeal)   5   Comments     Rease setting is appropriate for the lood prepared   4   Comments   Comments     Reasther individual serving - attractive, color	Name:		County:			4-H	Age:
Place Setting Occasion: If using protein:   Knowledge or Skills Points Comments   Nutrition Interview 40   Choose MPlate - know the 5 basic food groups and number of servings or the amount for each food group based on your gean ad activity level 3 12   Know the 6 major nutrients and at least 2 functions of each of the 6 major nutrients 12 12   Know the 6 major nutrients and at least 2 functions of each of the 6 major nutrients 12 12   Know the 6 major nutrients present in recipe prepared (at least three) 3 14   Know the main vitamins and/or minerals present in recipe prepared (at least three) 3 14   Know the distry guidelines and at least 1 way to achieve each of them 8 14   Know the undest minimum daily requirement for my MPlate Daily Checklist 4 1   Seciel Foods Worksheets completed and accurate 1 1   Food Quality 20   Taste - Appealing flavor, proper serving temperature, balanced seasoning appropriate for the dish 10 10   Appearance of individual serving - attractive, color, shapes, garrish, icols inviting (eye appeal) 5 1   Appearance of individual serving - attractive, color, shapes, garrish, icols inviting (eye appeal) 5 1   Centerrise appropriate serving size for the lood prepared 3 1 1   Place se	Years in Club Work:	Years in Pro	ject:	_ Food Group: _			
Knowledge or Skills     Points     Comments       Nutrition Interview     40       Choose MyPitate - know the 5 basic food groups and number of servings or the amount for each food group     5        based on your age and activity level     12         Know the finan at least 2 functions of each of the 6 major nutrients     12         Know the diary guidelines and at least 1 way to achieve each of them     8         Name the 4 diary guidelines and at least 1 way to achieve each of them     8         Know trecipe ingredients match up with <i>MyPlate</i> 2          Able to describe appropriate serving sizes for foods in each of the food groups     5          Special Foods Worksheets complated and accurate     1           Food Quilty     20             Variety - texture (crisp, chewy, hard, soft), tastes (safty, spicy, mild, sweet)     5           Astherius and Hopshibity     20	Recipe Name:					# (	of Servings:
Nutrition Interview     40       Choose MyPilate – know the 5 basic food groups and number of servings or the amount for each food group     5       Lased on your age and activity level     5       Know the 6 mign runtirents and at least 2 functions of each of the 6 major nutrients     12       Know the 6 mign runtirents and at least 2 functions of each of the 6 major nutrients     12       Know the main vitamins and/or minerals present in recipe prepared (at least three)     3       Name the 4 dietary guidelines and at least 1 way to achieve each of them     8       Know the recipe ingredients match up with MyPlate     2       Able to describe appropriate serving sizes for foods in each of the food groups     5       Senior Menu meets minimum daily requirement for my MyPlate Daily Checklist     4       Special Foods Workshets     70       Taste - Appealing flavor, proper serving temperature, balanced seasoning appropriate for the dish     10       Variety - textures (crisp, chewy, hard, soft), tastes (safty, spicy, mid, sweet)     5       Appearance of individual serving - attractive, color, shapes, garnish, looks inviting (eye appeal)     5       Apstendis and Hospitality     20       Place setting is appropriate for occasion chosen     3       Design - coordinatilion of tableware (dishes, utensils, mats and nap	Place Setting Occasion: _		If u	ising protein:			
Choose MyPlate – know the 5 basic food groups and number of servings or the amount for each food group   5     Landow the 6 major nutrients and at least 2 functions of each of the 6 major nutrients   12     Know the 6 major nutrients and at least 1 works on the amount for each food group   3     Name the 4 dietary guidelines and at least 1 way to achieve each of them   8     Know thow investing earportiate serving sizes for foods in each of the food groups   5     Serving Morn Mark MyPlate   2     Able to describe appropriate serving sizes for foods in each of the food groups   5     Serving Morn Madity requirement for my MyPlate Daily Checklist   4     Special Foods Worksheets completed and accurate   1     Food Quality   20     Taste – Appealing flavor, proper serving temperature, balanced seasoning appropriate for the dish   10     Variety - toxtures (rine, chew, hard, soft), tastes (salty, spicy, mild, sweet)   5     Appearance of individual serving – attractive, color, shapes, garnish, tooks inviting (eye appeal)   5     Aesthetics and Hospitality   20     Place setting is correct, including serving dish or pitcher   4     Hace setting is gorportiate for occasion chosen   3     Design – coordination of tableware (dishes, utensils, mats and mapkins). Consider color, shape, textures   3 <td>Knowledge or Skills</td> <td></td> <td></td> <td></td> <td>Po</td> <td>ints</td> <td>Comments</td>	Knowledge or Skills				Po	ints	Comments
based on your age and activity level   Image: constraints and at least 2 functions of each of the 6 major nutrients   12     Know the 6 major nutrients and at least 2 functions of each of the 6 major nutrients   3   Image: constraints     Name the 4 dietary guidelines and at least 1 way to achieve each of them   8   Image: constraints   12     Able to describe appropriate serving sizes for foods in each of the food groups   5   Image: constraints   1     Special Foods Worksheets completed and accurate   1   Image: constraints   10     Food Quality   20     Taste - Appealing flavor, proper serving temperature, balanced seasoning appropriate for the dish   10   Image: constraints     Variety - textures (crisp, chewy, hard, soft), tastes (salty, spicy, mild, sweet)   5   Image: constraints     Assthetics and Hospitality   20     Place setting is correct, including serving dish or pitcher   4   Image: constraints     Place setting is correct, including serving dish or pitcher   4   Image: constraints     Place setting is appropriate for occasion chosen   3   Image: containts appropriate for accuration and index card. Display next to place setting.     Place setting is appropriate for accurate.   2   Image: containts appropriate for accuratin size for the food prepared   3 <td>Nutrition Interview</td> <td></td> <td></td> <td></td> <td></td> <td>40</td> <td></td>	Nutrition Interview					40	
Know the 6 major nutrients and at least 2 functions of each of the 6 major nutrients   12     Know the main vitamins and/or minerals present in recipe prepared (at least three)   3     Name the 4 dictary guidelines and at least 1 way to achieve each of them   8     Know how recipe ingredients match up with <i>MpPlate</i> 2     Able to describe appropriate serving sizes for foods in each of the food groups   5     Senior Menu meets minimum daily requirement for my MpPlate Daily Checklist   4     Secolar Foods Worksheets completed and accurate   1     Food Quality   20     Taste - Appealing flavor, proces serving temperature, balanced seasoning appropriate for the dish   10     Variety - textures (crisp, chewy, hard, soft), tastes (saity, spicy, mild, sweet)   5     Asstectics and Hospitality   20     Place setting is correct, including serving dish or pitcher   4     Place setting is appropriate for occasion chosen   3     Design - coordination of tableware (dishes, utensits, mats and napkins). Consider color, shape, textures   3     Place setting is appropriate for occasion chosen   3     Design - coordination of tableware (dishes, utensits, mats and napkins). Consider color, shape, textures   3     Plate, bowl, or glass contains asopropriate serving size for the food prepared   1	Choose MyPlate - know the 5	basic food groups and number c	f servings or the amount for e	ach food group	5		
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Exhibit appropriately garnished1Exhibit appropriately garnished1Cost per serving worksheet completed and accurate.2Technique20Personal Grooming3Correct weighing and/or measuring techniques (at least 3 ingredients, and no more than 2 pre-measured)2Knowledge of food preparation and techniques5Knowledge of food safety issues & procedures for preparing foods in food group entered – food thermometer6Used if preparing raw meat or egg dishes3Organization, neatness, and personal safety3Able to finish in 90 minutes1	Recipe and meal menu organiz	zed and neatly written on an inde	x card. Display next to place s	etting.	2		
Cost per serving worksheet completed and accurate.   2     Technique   20     Personal Grooming   3     Correct weighing and/or measuring techniques (at least 3 ingredients, and no more than 2 pre-measured)   2     Knowledge of food preparation and techniques   5     Knowledge of food safety issues & procedures for preparing foods in food group entered – food thermometer used if preparing raw meat or egg dishes   6     Organization, neatness, and personal safety   3   1	Plate, bowl, or glass contains a	ppropriate serving size for the fo	od prepared		3		
Technique   20     Personal Grooming   3     Correct weighing and/or measuring techniques (at least 3 ingredients, and no more than 2 pre-measured)   2     Knowledge of food preparation and techniques   5     Knowledge of food safety issues & procedures for preparing foods in food group entered – food thermometer used if preparing raw meat or egg dishes   6     Organization, neatness, and personal safety   3   1	Exhibit appropriately garnished				1		
Personal Grooming3Correct weighing and/or measuring techniques (at least 3 ingredients, and no more than 2 pre-measured)2Knowledge of food preparation and techniques5Knowledge of food safety issues & procedures for preparing foods in food group entered – food thermometer used if preparing raw meat or egg dishes6Organization, neatness, and personal safety3Able to finish in 90 minutes1					2		
Correct weighing and/or measuring techniques (at least 3 ingredients, and no more than 2 pre-measured)   2     Knowledge of food preparation and techniques   5     Knowledge of food safety issues & procedures for preparing foods in food group entered – food thermometer used if preparing raw meat or egg dishes   6     Organization, neatness, and personal safety   3     Able to finish in 90 minutes   1	Technique					20	
Knowledge of food preparation and techniques   5     Knowledge of food safety issues & procedures for preparing foods in food group entered – food thermometer used if preparing raw meat or egg dishes   6     Organization, neatness, and personal safety   3     Able to finish in 90 minutes   1	Personal Grooming				3		
Knowledge of food safety issues & procedures for preparing foods in food group entered – food thermometer 6   Used if preparing raw meat or egg dishes 3   Organization, neatness, and personal safety 3   Able to finish in 90 minutes 1	Correct weighing and/or measu	uring techniques (at least 3 ingre	dients, and no more than 2 pr	e-measured)	2		
used if preparing raw meat or egg dishes 3   Organization, neatness, and personal safety 3   Able to finish in 90 minutes 1	Knowledge of food preparation and techniques				5		
Organization, neatness, and personal safety 3   Able to finish in 90 minutes 1	Knowledge of food safety issues & procedures for preparing foods in food group entered - food thermometer				6		
Able to finish in 90 minutes 1	used if preparing raw meat or egg dishes						
	Organization, neatness, and personal safety						
TOTAL 100	Able to finish in 90 minutes				1		
				TOTAL	1	00	

Circle Appropriate Ribbon Placing				
Purple	Blue	Red	White	
(100-92)	(91-85)	(84-75)	(74-below)	

Judge's Initials