

FOODS, NUTRITION & HEALTH LABS

JUDGE'S SCORE CARD (Junior & Senior)

- Better Breakfast (Jr)
- Dairy Foods (Jr, Sr)
- Festive Foods for Health (Jr, Sr)
- Food Fare (Jr., Sr.)
- Pizza (Jr.)

JUDGE'S NAME _____

MAXIMUM SCORE

COUNTY _____

DISTRICT _____

NAME _____

TOPIC _____

NUMBER _____

LABORATORY 50

GROOMING - APPEARANCE 5 _____

Appropriately dressed for lab work

Neatness

Grooming _____

TECHNIQUE (SKILLED WORK) 20 _____

Used recommended techniques and principles for preparing the product

Used appropriate equipment and utensils

Technique _____

LABORATORY MANAGEMENT 15 _____

Organization of work area

Neatness of work area

Managed lab time well

Laboratory Management _____

FOOD HANDLING, STORAGE AND SAFETY 10 _____

Washed hands before preparing food

Demonstrated safe handling of food and equipment

Used recommended food safety practices in transporting and storing meat, dairy and other perishable products for the project.

Food Handling _____

FINISHED PRODUCT 30

THE MENU 5 _____

Met the daily nutritional needs for a meal

Balanced in texture, flavor and color

Considered personal or family needs in planning

All food groups from MyPlate represented

(EXCEPTION: Only 4 of 5 needed for Better Breakfast)

The Menu _____

TABLE SETTING 5 _____

Correct placement of flatware,

when appropriate

Suitable display of finished product

Table Setting _____

FOOD 10 _____

Appealing appearance

Tasty in flavor, no ingredient over-bearing

All ingredients cooked until done

Food _____

RECIPE.....10 _____

Recipe _____

KNOWLEDGE OF SUBJECT 20

Knowledge of My Plate and major nutrients found in each food group used

Knowledge of food preparation techniques appropriate for product prepared

Knowledge of meal planning, as appropriate for project

Understanding of role prepared dish has in daily diet.

FOOD FARE ONLY (10 of 20 points in category)

Understanding of economically preparing the dish

Knowledge _____

TOTAL SCORE _____

Revised 11/24

