

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.

Knowledge _____

TOTAL SCORE _____