

Foods & Nutrition

County: _____ District: _____
4-H'ers Name: _____
Dish: _____
Number: _____ Grade: _____
Judge's Name: _____

Food, Nutrition & Health Labs Judge's Scorecard for 4th – 6th Grade

__ Between Meal Snacks __ Food Fare

LABORATORY _____ /50 points

Grooming – Appearance __ Appropriately Dressed for Lab work __ Neatness	____/5	Notes:
Technique (Skilled Work) __ Used recommended techniques and principles for preparing the product __ Used appropriate equipment and utensils	____/20	
Laboratory Management __ Organization of work area __ Neatness of work area __ Managed lab time well and within 1 hour limit	____/10	
Food Handling, Storage, and Safety __ 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	____/15	

FINISHED PRODUCT _____ 30 points

Food __ Appealing appearance __ Tasty in flavor, no ingredient over-bearing	____/10	Notes:
Recipe __ Met the nutritional needs for a snack __ Balanced in texture, flavor and color	____/10	
Display __ Organization and creativity of display	____/10	

KNOWLEDGE OF SUBJECT _____ /20 points

__ Knowledge of My Plate food groups __ Knowledge of food preparation techniques appropriate for product prepared __ Understanding of role prepared dish has in daily diet.	____/20	Notes:
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Total Score = _____ /100 points
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