



Day: _____ Shift: _____ Time: _____
 Name: _____ County: _____ 4-H Age: _____
 Years in Club Work: _____ Years in Project: _____ Food Group: _____
 Recipe Name: _____ # of Servings: _____
 Place Setting Occasion: _____ If using protein: _____

Knowledge or Skills	Comments
Nutrition Interview	
Choose MyPlate – know the 5 basic food groups	
Know the 6 major nutrients	
Know the main vitamins and/or minerals present in your recipe (at least 1)	
Know the number of servings or the amount for each food group based on your age and activity level	
Know how recipe ingredients match up with <i>MyPlate</i>	
Snack or meal menu provides foods from at least 2 food groups	
Special Foods Worksheets completed and accurate	
Knowledge of food safety issues and procedures – food thermometer used if preparing recipe with raw meat or eggs	
Food Quality	
Flavor and Variety – combination of flavors/flavormates; textures (crisp, chewy, hard, soft), tastes (salty, spicy, mild, sweet)	
Appearance of individual serving – attractive, color, shapes, looks inviting (eye appeal)	
Aesthetics and Hospitality	
Place setting is correct, including serving dish or pitcher	
Place setting is appropriate for occasion chosen	
Design – coordination of tableware (dishes, utensils, mats and napkins). Consider color, shape, textures, theme	
Recipe and snack or 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 food prepared	
Exhibit appropriately garnished	
Technique	
Personal Grooming	
Demonstrate the correct measuring techniques of 3 items: 1 liquid, 1 solid, and 1 teaspoon/ tablespoon measurement (liquid or solid)	
Knowledge of food preparation and techniques	

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Knowledge or Skills	Comments
Nutrition Interview	
Choose MyPlate – know the 5 basic food groups and number of servings or the amount for each food group based on your age and activity level	
Know the 6 major nutrients and one function in the body for each nutrient	
Know the main vitamins and/or minerals present in recipe prepared (at least 2)	
Name the 5 Key Elements of Health Eating Patterns	
Able to describe appropriate serving sizes for foods in each of the food groups	
Know how recipe ingredients match up with <i>MyPlate</i>	
Junior Menu provides foods from at least 4 of 5 different food groups	
Special Foods Worksheets completed and accurate	
Knowledge of food safety issues and procedures for preparing foods in food group entered – food thermometer used if preparing raw meat or egg dish	
Food Quality	
Flavor and Variety – combination of flavors/flavormates; textures (crisp, chewy, hard, soft), tastes (salty, spicy, mild, sweet)	
Appearance of individual serving – attractive, color, shapes, looks inviting (eye appeal)	
Aesthetics and Hospitality	
Place setting is correct, including serving dish or pitcher	
Place setting is appropriate for occasion chosen	
Design – coordination of tableware (dishes, utensils, mats and napkins). Consider color, shape, textures	
Centerpiece appropriate in proportion to table décor and place setting	
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 food prepared	
Exhibit appropriately garnished	
Technique	
Personal Grooming	
Demonstrate the correct measuring techniques of 3 items: 1 liquid, 1 solid, and 1 teaspoon/ tablespoon measurement (liquid or solid)	
Knowledge of food preparation and techniques	

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Knowledge or Skills	Comments
Nutrition Interview	
Choose MyPlate – know the 5 basic food groups and number of servings or the amount for each food group based on your age and activity level	
Know the 6 major nutrients and at least 2 functions of each of the 6 major nutrients	
Know the main vitamins and/or minerals present in recipe prepared (at least three)	
Name the 5 Key Elements of Health Eating Patterns and at least 1 way to achieve each of them	
Know how recipe ingredients match up with <i>MyPlate</i>	
Able to describe appropriate serving sizes for foods in each of the food groups	
Senior Menu meets minimum daily requirement for my MyPlate Daily Checklist	
Special Foods Worksheets completed and accurate	
Knowledge of food safety issues & procedures for preparing foods in food group entered – food thermometer used if preparing raw meat or egg dishes	
Food Quality	
Flavor and Variety – combination of flavors/flavormates; textures (crisp, chewy, hard, soft), tastes (salty, spicy, mild, sweet)	
Appearance of individual serving – attractive, color, shapes, looks inviting (eye appeal)	
Aesthetics and Hospitality	
Place setting is correct, including serving dish or pitcher	
Place setting is appropriate for occasion chosen	
Design – coordination of tableware (dishes, utensils, mats and napkins). Consider color, shape, textures	
Centerpiece appropriate in proportion to table décor and place setting	
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 food prepared	
Exhibit appropriately garnished	
Technique	
Personal Grooming	
Demonstrate the correct measuring techniques of 3 items: 1 liquid, 1 solid, and 1 teaspoon/ tablespoon measurement (liquid or solid)	
Knowledge of food preparation and techniques	

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