

## Beginner – Special Foods Virtual Scoresheet



Day: SI	hift:	Time:					
Name:		County:		4-H Age:			
Years in Club Work:	Years in Project:		Food Grou	лр:			
Recipe Name:				# of Servings:			
Place Setting Occasion:			If using protein:				
Knowledge or Skills				Comments			
Nutrition Interview							
Choose MyPlate – know the 5 ba	asic food groups						
Know the 6 major nutrients							
Know the main vitamins and/or r	minerals present in your rec	ipe (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							
Aesthetics and Hospitality							
Place setting is correct, including	serving dish or pitcher						
Place setting is appropriate for or							
Design – coordination of tablewa shape, textures, theme							
Recipe and snack or meal menu to place setting.							
Plate, bowl, or glass contains app							
Exhibit appropriately garnished							
Technique							
Personal Grooming							
Demonstrate the correct measur tablespoon measurement (liquid							
Knowledge of food preparation a							

Judge's Initial



## Junior – Special Foods Virtual Scoresheet



Day: Shift: _		Time:					
Name:		County:		4-H Age:			
Years in Club Work:							
Recipe Name:							
Place Setting Occasion:	ing protein: _						
Knowledge or Skills				Comments			
Nutrition Interview							
Choose MyPlate – know the 5 basic for each food group based on your age and	• .	er of servings or the	e amount for				
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 MyPlate							
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 – attra	ctive, color, shapes,	looks inviting (eye a	ippeal)				
Aesthetics and Hospitality							
Place setting is correct, including serving							
Place setting is appropriate for occasion chosen							
Design – coordination of tableware (disl 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)			l 1 teaspoon/				
Knowledge of food preparation and tech							

Judge's Initials



## Senior – Special Foods Virtual Scoresheet



Day:	Shift:	Time:						
Name:		County:		4-H Age:				
Recipe Name: _				# of Servings:				
Place Setting Occ	casion:	If using protein:						
Knowledge or Sk	ills			Comments				
Nutrition Intervie	W							
·	know the 5 basic food groups ased on your age and activity le	s or the amount for						
Know the 6 major nutrients and at least 2 functions of each of the 6 major nutrients								
Know the main vit	amins and/or minerals present	in recipe prepared (at le	east 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 My	Plate						
Able to describe a	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 Wo	rksheets completed and accura	ite						
_	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 tastes (salty, spicy								
Appearance of ind	lividual serving – attractive, colo	(eye appeal)						
Aesthetics and H	ospitality							
Place setting is co	rrect, including serving dish or	pitcher						
Place setting is appropriate for occasion chosen								
Design – coordina shape, textures	tion of tableware (dishes, uten	Consider color,						
Centerpiece appropriate in proportion to table décor and place setting								
Recipe and meal r setting.	menu organized and neatly writ	splay next to place						
Plate, bowl, or gla	ss contains appropriate serving	red						
Exhibit appropriate	ely garnished							
Technique								
Personal Grooming								
	correct measuring techniques ( urement (liquid or solid)	lid, and 1 teaspoon/						
Knowledge of foo	d preparation and techniques							