



**SOUTH DAKOTA STATE
UNIVERSITY EXTENSION**



Beginner Special Foods Scoresheet

Day: _____ Shift: _____ Time: _____ Revive with 5 participant? Yes No

Name: _____ County: _____ 4-H Age: _____

Years in Club Work: _____ Years in Project: _____ Food Group: _____

Recipe Name: _____ # of Servings: _____

If using protein: _____

Knowledge or Skills	Points	Comments
Nutrition Interview	28	
Know the 5 food groups	5	
Know the 6 main nutrients	6	
Know the main vitamins and/or minerals present in your recipe (at least 1)	2	
Know the number of daily servings or the amount for each food group	5	
Know how recipe ingredients match up with the Daily Serving Guide	5	
Snack or meal menu provides foods from at least 2 food groups	2	
Special Foods Worksheets completed and accurate	3	
Food Quality	20	
Taste – Appealing flavor, proper serving temperature, balanced seasoning appropriate for the dish	10	
Variety – textures (crisp, chewy, hard, soft), tastes (salty, spicy, mild, sweet)	5	
Appearance of individual serving – attractive, color, shapes, garnish, looks inviting (eye appeal)	5	
Aesthetics and Hospitality	20	
Place setting is correct, including serving dish or pitcher	5	
Place setting is appropriate for occasion chosen	4	
Design – coordination of tableware (dishes, utensils, mats and napkins). Consider color, shape, textures, theme	3	
Recipe and snack or meal menu organized and neatly written on an index card. Display next to place setting.	2	
Plate, bowl, or glass contains appropriate serving size for the food prepared	4	
Exhibit appropriately garnished	2	
Technique	32	
Personal Grooming	4	
Correct weighing and/or measuring techniques (at least 3 ingredients, and no more than 2 pre-measured)	6	
Knowledge of food preparation and techniques	6	
Knowledge of food safety issues and procedures – food thermometer used if preparing recipe with raw meat or eggs	6	
Organization, neatness, and personal safety	7	
Able to finish in 90 minutes	3	
TOTAL	100	

Revive with 5	15 points
What value do recipes with fewer ingredients and limited prep/cook time offer?	6
Is this a recipe you will continue to make into the future? Why or why not?	4
Did you pare down the recipe to fit the Revive with 5 category? How?	2
Were you able to prepare this recipe with items you had in your pantry? How?	2
Does this Revive with 5 recipe provide a minimum of 2 and maximum of 6 servings?	1

Circle Appropriate Ribbon Placing			
Purple (100-92)	Blue (91-85)	Red (84-75)	White (74-below)

Judge's Initials

SDSU Extension is an equal opportunity provider and employer in accordance with the nondiscrimination policies of South Dakota State University, the South Dakota Board of Regents and the United States Department of Agriculture.

Learn more at extension.sdstate.edu. © 2026, South Dakota Board of Regents

MC-03739-02



**SOUTH DAKOTA STATE
UNIVERSITY EXTENSION**



Junior Special Foods Scoresheet

Day: _____ Shift: _____ Time: _____ Revive with 5 participant? Yes No

Name: _____ County: _____ 4-H Age: _____

Years in Club Work: _____ Years in Project: _____ Food Group: _____

Recipe Name: _____ # of Servings: _____

If using protein: _____

Knowledge or Skills	Points	Comments
Nutrition Interview	35	
Know the 5 food groups and number of daily servings or the amount for each food group	5	
Know the 6 main nutrients and one function in the body for each nutrient	9	
Know the main vitamins and/or minerals present in recipe prepared (at least 2)	2	
Name 5 of the key messages from the Dietary Guidelines for Americans	6	
Able to describe appropriate serving sizes for foods in each of the food groups	5	
Know how recipe ingredients match up with the Daily Serving Guide	2	
Junior Menu provides foods from at least 4 of 5 different food groups	4	
Special Foods Worksheets completed and accurate	2	
Food Quality	20	
Taste – Appealing flavor, proper serving temperature, balanced seasoning appropriate for the dish	10	
Variety – textures (crisp, chewy, hard, soft), tastes (salty, spicy, mild, sweet)	5	
Appearance of individual serving – attractive, color, shapes, garnish, looks inviting (eye appeal)	5	
Aesthetics and Hospitality	20	
Place setting is correct, including serving dish or pitcher	4	
Place setting is appropriate for occasion chosen	3	
Design – coordination of tableware (dishes, utensils, mats and napkins). Consider color, shape, textures	3	
Centerpiece appropriate in proportion to table décor and place setting	2	
Recipe and meal menu organized and neatly written on an index card. Display next to place setting.	2	
Plate, bowl, or glass contains appropriate serving size for the food prepared	4	
Exhibit appropriately garnished	2	
Technique	25	
Personal Grooming	3	
Correct weighing and/or measuring techniques (at least 3 ingredients, and no more than 2 pre-measured)	5	
Knowledge of food preparation and techniques	5	
Knowledge of food safety issues and procedures for preparing foods in food group entered – food thermometer used if preparing raw meat or egg dish	7	
Organization, neatness, and personal safety	3	
Able to finish in 90 minutes	2	
TOTAL	100	

Revive with 5	15 points
What value do recipes with fewer ingredients and limited prep/cook time offer?	6
Is this a recipe you will continue to make into the future? Why or why not?	4
Did you pare down the recipe to fit the Revive with 5 category? How?	2
Were you able to prepare this recipe with items you had in your pantry? How?	2
Does this Revive with 5 recipe provide a minimum of 2 and maximum of 6 servings?	1

Circle Appropriate Ribbon Placing			
Purple (100-92)	Blue (91-85)	Red (84-75)	White (74-below)

Judge's Initials

SDSU Extension is an equal opportunity provider and employer in accordance with the nondiscrimination policies of South Dakota State University, the South Dakota Board of Regents and the United States Department of Agriculture.



**SOUTH DAKOTA STATE
UNIVERSITY EXTENSION**



Senior Special Foods Scoresheet

Day: _____ Shift: _____ Time: _____ Revive with 5 participant? Yes No

Name: _____ County: _____ 4-H Age: _____

Years in Club Work: _____ Years in Project: _____ Food Group: _____

Recipe Name: _____ # of Servings: _____

If using protein: _____

Knowledge or Skills	Points	Comments
Nutrition Interview	42	
Know the 5 food groups and number of daily servings or the amount for each food group	5	
Know the 6 main nutrients and at least 2 functions of each of the 6 main nutrients	12	
Know the main vitamins and/or minerals present in recipe prepared (at least three)	3	
Name 5 of the key messages from the Dietary Guidelines for Americans and at least 1 way to achieve each of them	8	
Know how recipe ingredients match up with the Daily Serving Guide	2	
Able to describe appropriate serving sizes for foods in each of the food groups	5	
Senior Menu meets minimum daily requirement from the Daily Servings Guide	4	
Special Foods Worksheets completed and accurate	1	
Cost per serving worksheet completed and accurate.	2	
Food Quality	20	
Taste – Appealing flavor, proper serving temperature, balanced seasoning appropriate for the dish	10	
Variety – textures (crisp, chewy, hard, soft), tastes (salty, spicy, mild, sweet)	5	
Appearance of individual serving – attractive, color, shapes, garnish, looks inviting (eye appeal)	5	
Aesthetics and Hospitality	18	
Place setting is correct, including serving dish or pitcher	4	
Place setting is appropriate for occasion chosen	3	
Design – coordination of tableware (dishes, utensils, mats and napkins). Consider color, shape, textures	3	
Centerpiece appropriate in proportion to table décor and place setting	2	
Recipe and meal menu organized and neatly written on an index card. Display next to place setting.	2	
Plate, bowl, or glass contains appropriate serving size for the food prepared	3	
Exhibit appropriately garnished	1	
Technique	20	
Personal Grooming	3	
Correct weighing and/or measuring techniques (at least 3 ingredients, and no more than 2 pre-measured)	2	
Knowledge of food preparation and techniques	5	
Knowledge of food safety issues & procedures for preparing foods in food group entered – food thermometer used if preparing raw meat or egg dishes	6	
Organization, neatness, and personal safety	3	
Able to finish in 90 minutes	1	
TOTAL	100	

Revive with 5	15 points
What value do recipes with fewer ingredients and limited prep/cook time offer?	6
Is this a recipe you will continue to make into the future? Why or why not?	4
Did you pare down the recipe to fit the Revive with 5 category? How?	2
Were you able to prepare this recipe with items you had in your pantry? How?	2
Does this Revive with 5 recipe provide a minimum of 2 and maximum of 6 servings?	1

Circle Appropriate Ribbon Placing			
Purple (100-92)	Blue (91-85)	Red (84-75)	White (74-below)

Judge's Initials

SDSU Extension is an equal opportunity provider and employer in accordance with the nondiscrimination policies of South Dakota State University, the South Dakota Board of Regents and the United States Department of Agriculture.