

Arkansas 4-H Food Challenge Scorecard Presentation

Team Name: _____

District: _____

County: _____

Entry Category: _____Appetizer _____Healthy Dessert _____Main Dish _____Side Dish

Key ingredient: _____

Team Presentation	Comments	Points	Score
Knowledge of MyPlate and Dietary Guidelines:			
Exhibits knowledge of MyPlate food groups, serving numbers and sizes needed from each group, and food groups represented in an individual dish. Exhibits knowledge of the Dietary Guidelines for Americans messages and how the dish represents them. The team shared personal lifestyle choices based on the Dietary Guidelines.		15	
Nutrition Knowledge:			
Knows key nutrition in prepared dish and nutrient functions, effects, and deficiency risks. Shares healthy substitutions or modifications that could be made to the dish.		15	
Food Preparation:			
Explained key steps in how the dish was prepared and the roles of the main ingredients in the dish.		10	
Safety Concerns and Practices:			
Explained food safety concerns in preparation and storage of the dish in accordance with Fight BAC recommendations. Explained any kitchen safety measures utilized in the preparation of the dish.		10	
Serving Size Information:			
Demonstrated knowledge of the number of servings and serving size for a prepared dish		5	

Arkansas 4-H Food Challenge Scorecard Presentation

Food Appearance/Quality:			
Food is appealing and appetizing. Appears to be cooked properly and has attractive and appropriate garnish.		5	
Creativity:			
Utilized ingredients creatively. Incorporated at least two grocery store items into the dish.		5	
Effectiveness of Communication:			
Displayed effective communication skills, including use of voice, poise, and personal appearance.		5	
Teamwork:			
The majority of team members contributed to the team presentation.		5	
Questions:			
Accurately and appropriately answered questions.		5	
Additional Comments:		Total Points (80)	

Did they submit their recipe? ___Yes ___No.