

Arkansas 4-H Food Challenge

Team Planning Worksheet

This worksheet is designed to help prepare for Food Challenge contests. This worksheet may be utilized as a resource in county or district contests; however, it will not be used at the state 4-H contest (Seniors Only). The worksheet is not allowed in the presentation area. Participants can only take notecards into the presentation area.



Team Name: _____

Team Captain: _____

Team Members and Assigned Tasks

1. _____

- Assigned Tasks:
 - During Cooking: _____
 - During Speech: _____

2. _____

- Assigned Tasks:
 - During Cooking: _____
 - During Speech: _____

3. _____

- Assigned Tasks:
 - During Cooking: _____
 - During Speech: _____

4. _____

- Assigned Tasks:
 - During Cooking: _____
 - During Speech: _____

Cooking the Dish:

Cooking: _____
Shopping: _____
Cleaning: _____
Speech: _____
Plating Food: _____
Recipe Card: _____

Speech Topics:

MyPlate & Dietary Guidelines: _____
Nutrition: _____
Food Preparation: _____
Safety Concerns & Practices: _____
Serving Size Information: _____