

Arkansas 4-H Food Challenge Presentation 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.



Knowledge Of MyPlate		
Ingredient	MyPlate Group	Number of Servings Needed Each Day

Ingredient Information	
Main Ingredient in Dish:	Main ingredient role in the dish:
Other Ingredients Used:	Other ingredients' role in the dish:

Nutrition Knowledge		
Ingredient & Healthy Substitution	Key Nutrient(s)	Nutrient Function, Benefit, & Deficiency Risks

Food Preparation	
Steps In Preparation	What was Performed in This Step and Why is This Step Important?

Food Safety (List Any Food Safety Concerns Associated with The Dish and/or Specific Ingredients)

Serving Size Information	
How Many Total Servings Are in the Dish?	What Is the Serving Size for One Person?

Additional Information (List Any Additional Information You Think is Important)

Modified from Texas 4-H Food Challenge Worksheet

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