

Pike County 4-H Food & Nutrition Score Sheet

Name: _____

4-H Age (as of Jan.1): _____

Project: _____ Club: _____

	POINTS	COMMENTS
PROJECT BOOK (15 points) <ul style="list-style-type: none"> • (5) Brought book to interview • (5) Completion of required activities • (5) Neat 	15	
FOOD PREPARATION AND RECIPE (30 points) <ul style="list-style-type: none"> • (10) Knowledge of food preparation • (10) Cost per serving • (10) Quality of food (appearance & texture) 	30	
NUTRITION AND MENU PLANNING (15 points) <ul style="list-style-type: none"> • (5) Knowledge of MyPlate • (5) Menu Balance <ul style="list-style-type: none"> ○ food groups ○ temperatures ○ flavor & color ○ form/shape & texture • (5) Written in correct menu form 	15	
PROJECT PORTFOLIO PRESENTATION (15 points) <ul style="list-style-type: none"> • (8) 1 page per activity area • (7) Collage, journal, timeline, photo format 	15	
TABLE SETTING (15 points) <ul style="list-style-type: none"> • (7) Appropriate for menu and occasion • (4) Attractive and well-coordinated • (4) Suitable arrangement of dishes, linens, flatware 	15	
PERSONAL QUALITIES (10 points) <ul style="list-style-type: none"> • (5) Appearance: well-groomed, dressed appropriately for the occasion • (5) Attitude: pleasant and responsive 	10	
POINT TOTAL:	100	Judge's Initials:

Excellent: 100 – 85 total points

Good: 84-70 total points

Needs Some Improvement: 69 – 50 total points

Needs Much Improvement: below 50