

BEGINNER



Shift _____

Time _____

Day _____

4HYD864

SCORE SHEET FOR SOUTH DAKOTA STATE 4-H SPECIAL FOODS CONTEST 2009

Name _____ County _____ ID# _____

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

Special Foods Product _____

Place Setting Occasion(circle): Family Guest Party Holiday Picnic Other

If using meat(circle): Beef Fresh Pork Lamb Poultry Rabbit Egg Fish/Wild game Soy Other

Points	KNOWLEDGE or SKILLS	Comments
	NUTRITION INTERVIEW	
5	My Pyramid – know the 5 basic food groups	
5	My Pyramid – know the number of servings or the amount for each food group based on your age, gender, and activity level	
5	My Pyramid – know into which food group each ingredient from your recipe fits	
5	Know the 6 major nutrients	
3	Know the main vitamins and/or minerals present in the recipe prepared	
3	Snack or meal menu provides foods from at least 2 food groups	
4	Special Foods recipe worksheet completed	
30		
	FOOD QUALITY	
10	Taste – Appealing flavor, proper serving temperature, balanced seasoning appropriate for the dish	
5	Variety – textures (crisp, chewy, hard, soft), tastes (salty, spicy, mild, sweet)	
5	Appearance of individual serving – attractive, color, shapes, looks inviting (eye appeal)	
20		
	AESTHETICS and HOSPITALITY	
5	Place setting is correct	
4	Place setting is appropriate for occasion chosen	
3	Design – coordination of tableware (dishes, utensils, mats, and napkins). Consider color, shape, textures, theme	
2	Snack or meal menu organized and neatly written on index card. Put next to place setting	
1	Exhibit appropriately garnished	
15		
	TECHNIQUE	
4	Personal grooming	
6	Correct weighing and/or measuring techniques (at least 3 ingredients, and no more than 2 pre-measured)	
6	Knowledge of food preparation techniques	
6	Knowledge of food safety issues and procedures	
5	Appropriate serving size for the food prepared	
5	Organization, neatness, and personal safety	
3	Able to finish in 90 minutes (1.5 hour)	
35		
100	Total	