

JUNIOR/SENIOR
Shift _____



Time _____

Day _____

4HYD865

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
Junior	Senior		
		NUTRITION INTERVIEW	
6	5	My Pyramid – know the 5 basic food groups and number of servings or the amount for each food group based on your age, gender, and activity level	
5	2	Know the 6 major nutrients	
6	3	Know the main vitamins and/or minerals present in recipe prepared (2 to 4)	
7	15	Junior – know one function in the body for the 6 major nutrients Senior – know at least 2 functions of 6 major nutrients and one specific vitamin & mineral function	
3	3	For each ingredient in your recipe, know into which food group it fits	
3	5	Able to describe appropriate serving sizes for foods in each of the food groups	
2	*	Jr. Menu provides foods from at least 4 of 5 different food groups	
*	5	Sr. Menu meets minimum daily requirement for personalized MyPyramid	
3	2	Special Foods Recipe Worksheet completed	
35	40		
		FOOD QUALITY	
10	10	Taste – appealing flavor, proper serving temperature, balanced seasoning appropriate for the dish	
5	5	Variety – textures (crisp, chewy, hard, soft) and tastes (salty, spicy, mild, sweet)	
5	5	Appearance of individual serving – color, shapes, attractive, looks inviting (eye appeal)	
20	20		
		AESTHETICS and HOSPITALITY	
4	4	Place setting is correct	
3	3	Place setting is appropriate for occasion chosen	
3	3	Design – coordination of tableware (dishes, utensils, mats, and napkins). Consider color, shape, textures.	
2	2	Centerpiece appropriate in proportion to table décor and place setting	
2	2	Meal menu organized and neatly written on index card. Put next to place setting.	
1	1	Exhibit appropriately garnished	
15	15		
		TECHNIQUE	
3	3	Personal grooming	
5	2	Correct weighing and/or measuring techniques (at least 3 ingredients; no more than 2 pre-measured)	
5	5	Knowledge of food preparation techniques	
7	8	Knowledge of food safety issues and procedures for preparing foods in food group entered	
4	3	Plate, bowl, or glass contains appropriate serving size for the food prepared	
4	3	Organization, neatness, and personal safety	
2	1	Able to finish in 90 minutes (1.5 hour)	
30	25		
100	100	Total	