

Foods Lab



Item 1 Contestant Name

Name _____

Item 2 Judge Name

Name _____

Item 3 Contestant Number

0	0	0	0	0	0	0	0
1	1	1	1	1	1	1	1
2	2	2	2	2	2	2	2
3	3	3	3	3	3	3	3
4	4	4	4	4	4	4	4
5	5	5	5	5	5	5	5
6	6	6	6	6	6	6	6
7	7	7	7	7	7	7	7
8	8	8	8	8	8	8	8
9	9	9	9	9	9	9	9

Please use a #2 pencil to make marks that are dark and completely fill the circles. Erase mistakes completely.



	Needs Improvement	Average	Good	Excellent												
Grooming - Appearance Appropriately dressed for presentation. Neatness	1 []	2 []	3 []	4 []	5 []	6 []	7 []	8 []	8.25 []	8.50 []	8.75 []	9 []	9.25 []	9.50 []	9.75 []	10 []
Technique (Skilled Work) Used recommended techniques and principles for preparing the product; Used appropriate equipment and utensils	1 []	2 []	3 []	4 []	5 []	6 []	7 []	8 []	8.25 []	8.50 []	8.75 []	9 []	9.25 []	9.50 []	9.75 []	10 []
Laboratory Management Organization of work area; Neatness of work area; Managed lab time well	1 []	2 []	3 []	4 []	5 []	6 []	7 []	8 []	8.25 []	8.50 []	8.75 []	9 []	9.25 []	9.50 []	9.75 []	10 []
Food Handling, Storage and Safety Washed hands before preparing food; Demonstrated safe handling of food and equipment; Used recommended food safety practices in transporting and storing meat, dairy and other perishable products for the project.	1 []	2 []	3 []	4 []	5 []	6 []	7 []	8 []	8.25 []	8.50 []	8.75 []	9 []	9.25 []	9.50 []	9.75 []	10 []
The Menu Met the daily nutritional needs for a day; Balanced in texture, flavor and color; Considered personal or family needs in planning; Used practical foods appropriate for family's budget	1 []	2 []	3 []	4 []	5 []	6 []	7 []	8 []	8.25 []	8.50 []	8.75 []	9 []	9.25 []	9.50 []	9.75 []	10 []
Table Setting Correct placement of flatware, when appropriate; Suitable display of finished product	1 []	2 []	3 []	4 []	5 []	6 []	7 []	8 []	8.25 []	8.50 []	8.75 []	9 []	9.25 []	9.50 []	9.75 []	10 []
Food Appealing appearance; Tasty in flavor, no ingredient over-bearing; All ingredients cooked until done	1 []	2 []	3 []	4 []	5 []	6 []	7 []	8 []	8.25 []	8.50 []	8.75 []	9 []	9.25 []	9.50 []	9.75 []	10 []
Recipe Recipe meets criteria.	1 []	2 []	3 []	4 []	5 []	6 []	7 []	8 []	8.25 []	8.50 []	8.75 []	9 []	9.25 []	9.50 []	9.75 []	10 []
Knowledge of Subject Knowledge of Food Guide Pyramid and major nutrients found in each food group Knowledge of food preparation techniques appropriate for product prepared Knowledge of meal planning, as appropriate for project Understanding of role prepared dish has in daily diet.	1 []	2 []	3 []	4 []	5 []	6 []	7 []	8 []	8.25 []	8.50 []	8.75 []	9 []	9.25 []	9.50 []	9.75 []	10 []