

FOOD, NUTRITION & HEALTH LABS
JUDGE'S SCORE CARD for 5th & 6th Grade

Between Meal Snacks
 Food Fare

JUDGE'S NAME _____

MAXIMUM SCORE _____

COUNTY _____
 DISTRICT _____
 NAME _____
 TOPIC _____
 NUMBER _____

LABORATORY **50**
GROOMING - APPEARANCE 5 _____
 _____ Appropriately dressed for lab work
 _____ Neatness

Grooming _____

TECHNIQUE (SKILLED WORK) 20 _____
 _____ Used recommended techniques and principles
 for preparing the product
 _____ Used appropriate equipment and utensils

Technique _____

LABORATORY MANAGEMENT 15 _____
 _____ Organization of work area
 _____ Neatness of work area
 _____ Managed lab time well

Laboratory Management _____

FOOD HANDLING, STORAGE AND SAFETY 15 _____
 _____ 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.

Food Handling _____

FINISHED PRODUCT **30**
THE MENU 5 _____
 _____ 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 budget

The Menu _____

FOOD 10 _____
 _____ Appealing appearance
 _____ Tasty in flavor, no ingredient over-bearing
 _____ All ingredients cooked until done

Food _____

RECIPE.....10 _____

Recipe _____

KNOWLEDGE OF SUBJECT **20**
 _____ Knowledge of Food Guide Pyramid and major
 nutrients found in each food group used
 _____ 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.

Knowledge _____

TOTAL SCORE _____