

FOOD, NUTRITION & HEALTH LABS
JUDGE'S SCORE CARD (Junior & Senior)

- Better Breakfast (Jr)
- Dairy Foods (Jr, Sr)
- Festive Foods for Health (Jr, Sr)
- Food Fare (Jr., Sr.)

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 10 _____

- ___ 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 _____

TABLE SETTING 5 _____

- ___ Correct placement of flatware, when appropriate
- ___ Suitable display of finished product

Table Setting _____

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 _____