



MANUAL

4-H Food Showdown



4-H FOOD SHOWDOWN

Team Worksheet



OSU EXTENSION
4-H YOUTH DEVELOPMENT

This page is intended to serve as a guide for teams preparing their presentations.
Use the back of this sheet for additional space.

Knowledge of MyPlate

Write the ingredients and where they fall on MyPlate.

Food Item	MyPlate	Number of Servings Needed Each Day

Food Preparation

Know the steps in the preparation of this dish.

Steps	What was prepared/performed in this step?

Food Safety

List Food Safety Risks Associated with this Dish	Steps Taken to Reduce Risk

1. How did you determine what was one serving of your recipe?

2. Presentation roles of each team member:



4-H Food Showdown

Scoring Sheet



OSU EXTENSION
4-H YOUTH DEVELOPMENT

Team Number/Name: _____

Recipe or Team Description: _____

Secret Ingredients Used in Dish:

Points Earned	Possible Points	Preparation Section of Cooking Challenge	Remarks
	20	Decision Making: Clean, professional appearance based on contest guidelines. Exhibits efficient use of space, logical process in food prep, and planning the recipe. Use of secret ingredients as the focus of recipe. Note taking for presentation.	
	10	Kitchen Safety: Demonstrates knowledge and use of kitchen safety guidelines while preparing recipe. Appropriate knife skills. Clean/uncluttered workspace throughout preparation time. Proper handling of sharp or hot objects.	
	10	Food Safety: Washes hands and surfaces frequently. Properly handle ingredients to avoid cross contamination. Check food temperatures to ensure foods are stored at an cooked to proper internal temperatures. Avoids touching face and hair.	
	20	Preparation: Demonstrates a variety of preparation skills: chopping, whisking, measuring, sautéing, boiling, stirring, etc. Creativity for ingredient use and technique. Team members work effectively together.	
	60	Preparation Subtotal:	



Team Number/Name: _____

Recipe or Team Description: _____



Points Earned	Possible Points	Presentation Section of Cooking Challenge	Remarks
	10	Effective Communication: Introductions include self, team members, dish prepared and ingredients. Professionally presented with personality and enthusiasm. Eye Contact, voice control, posture. Ability to effectively communicate team's preparation steps and process.	
	15	Nutrition And Safety Knowledge: Explains food groups included in MyPlate. Exhibits knowledge of ingredients used in dish and where they fit. Exhibits knowledge of nutritional benefits of ingredients used. Demonstrates knowledge of appropriate serving size. Understands the principles of food prep for their age and knows how they applied that knowledge to their dish.	
	15	Food Appearance/Quality: Dish has good eye appeal with textures, color and is thoughtfully plated. Utilized secret ingredients creatively, focusing on enhancing tastes and flavors of secret ingredients. Overall creativity and "Wow" Factor.	
	40	Presentation Subtotal:	

Total Score out of 100 points: _____

Additional Judges Remarks:

Placing _____

