

## 4-H QUICK TO FIX MEALS ACTIVITY SCORECARD

Exhibitor Name \_\_\_\_\_

Grade Division (Check one)

Years in 4-H \_\_\_\_\_

\_\_\_\_\_ Jr. (Gr. 3-5)

Years in 4-H Foods \_\_\_\_\_

\_\_\_\_\_ Int. (Gr. 6-8)

\_\_\_\_\_ Sr. (Gr. 9-12)

Meal \_\_\_\_\_

Judging Criteria	Possible Points	Points Scored	Comments
<b>1. Personal Skills</b> - Neat and clean appearance - Courteous - Explained procedures well	10		
<b>2. Food preparation skill &amp; time management</b> - Steps in preparation are planned out - Foods and utensils are easily available - Food was handled appropriately	15		
<b>3. Preparation of Foods</b> - Little waste in peeling and measurements - Preparation was handled appropriately	20		
<b>4. Foods and Kitchen Safety</b> - Avoided cross-contamination of foods - Washed hands as needed - Used equipment with ease, skill, and safety - Kept work area in order	20		
<b>5. Foods served/prepared</b> - Eating quality - Appearance – pleasing combination of flavors, colors, texture, temperatures, etc. - Nutritious - Aware of food expense - Service attractive and convenient	15		
<b>6. Cleanup</b> - Done in orderly fashion - Sanitized when and where needed - Washed and dried dishes in sanitary fashion	10		
<b>7. Nutrition of Foods</b> - Knows the Food Groups represented in meal - Knows most important nutrients contributed	10		
<b>TOTAL POINTS</b>	<b>100</b>		

### Circle Ribbon Placing

Blue = 90-100

Red = 80-89

White = 70-79

Judges initials \_\_\_\_\_

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