



4-H Foods and Nutrition Cooking 101, 201, 301 & 401 Judging Sheet

American System Placing: (Check One)
Champion _____
Reserve Champion _____
Placing 3-10 _____
Grand Champion _____
Reserve Grand Champion _____

Danish System Award: (Check One)
 (For County Use Only)
Blue _____
Red _____
White _____

Project Level: (Check One)
Unit 101 _____ **Unit 301** _____
Unit 201 _____ **Unit 401** _____

Member Name: _____

County: _____

Jr. ___ Int. ___ Sr. ___ Yrs. in Project: _____

Exhibit: Completed Food and Nutrition e-Record and Food Product. Judges may use the back of the form for more comments.

Judging Element 1: 4-H e-Record: Complete means that everything has been filled out. Not complete means that there is something missing and needs a comment as to what is missing or why it is not complete. Project will be evaluated on the quality of information completed in e-record (25 percent) and quality of exhibit (75 percent).

| Criteria | Complete | Not Complete | | | | Comments |
|--|----------|--------------|---|-----|----------|----------|
| E-Record | | | | | | |
| Record Cover | | | | | | |
| 4-H Projects taking this year | | | | | | |
| What activities helped you learn the skills for the project? (workshops, project meetings, classes, contests, etc.) | | | | | | |
| What Leadership Development experiences did you participate in? | | | | | | |
| Citizenship/Community Service in 4-H | | | | | | |
| Demonstration/Presentations/Speeches | | | | | | |
| Expense Record | | | | | | |
| Project Photos | | | | | | |
| Story | | | | | | |
| Learning Activities and Food Science Experiments Food and Nutrition Information | | | | | | |
| Cooking 101 –2 learning activities from manual | | | | | | |
| Cooking 201—1 learning activity and 1 cooking basics from the manual | | | | | | |
| Cooking 301—1 food science experiment from manual | | | | | | |
| Cooking 401—1 food science experiment from manual | | | | | | |
| Criteria | E | G | F | N/I | Comments | |
| Judging Element 3: 4-H Food and Nutrition Cooking 101, 201, 301, & 401 N/I=Needs Improvement -must have comments | | | | | | |
| General Appearance | | | | | | |
| Color | | | | | | |
| Crust or outer covering | | | | | | |
| Shape and volume | | | | | | |
| Texture and crumb | | | | | | |
| Grain | | | | | | |
| Consistency | | | | | | |
| Tenderness | | | | | | |
| Flavor | | | | | | |
| Party Planning/Celebration Meals | | | | | | |
| Theme | | | | | | |
| Timeline | | | | | | |
| Budget | | | | | | |
| Menu—includes two or more homemade prepared foods | | | | | | |