



4-H Foods and Nutrition

Cooking 101, 201, 301 & 401 (Units 1-4)

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 with recipe and documentation of completed activities as well as 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				Comments
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
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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					